

# Fortune tellers

Fortune tellers are simple interactive games that allow people to go through a process together and end with a fact or a question. They are easy to make and very low cost, you can design them to suit any subject or interest which makes them an ideal technique to use.

We have used them in a range of situations when we need to start conversations between people or when we want to establish some specific thoughts and feelings on certain issues.

## Activity:

You can start with a simple template and help people to design their own, or you can complete them and simply ask people to fold them, or you can have them ready folded depending on the time available and the person you are working with. The fortune teller can be as general or specific as you feel fits the task.

## Materials:

- Template with contents already on it or plain A4 or A3 paper
- Scissors

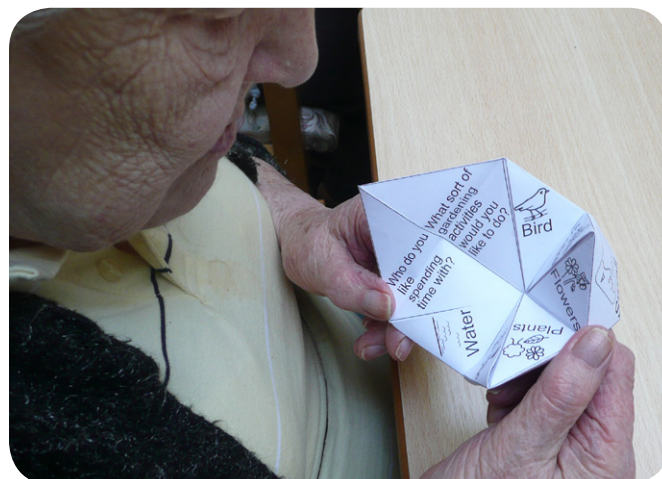
## How to use:

Hold the fortune teller and ask someone to pick from the top layer, for example a number. Open and close the fortune teller that number of times. Then ask them to pick something from the next layer - again this is then counted out through opening and closing. (If you are using words or images then count the number of letters in the word for example open and close five times for 'water'). Then ask them to pick from the middle layer for the final time to reveal a question or activity.



## In brief

- 1 Use fortune tellers as a fun way to start conversations.
- 2 Use A3 paper if you can to make bigger fortune tellers that are easier to handle.
- 3 Use a quiet relaxing space.
- 4 Use open questions to explore memories, thoughts and feelings. Avoid using yes or no questions.





Sensory Trust

Sensory Trust promotes and supports the creation and management of outdoor spaces that can be used and enjoyed by everyone, regardless of age or ability.

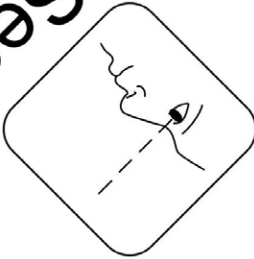










[www.sensorytrust.org.uk](http://www.sensorytrust.org.uk)

Tel: +44 (0)1726 222900

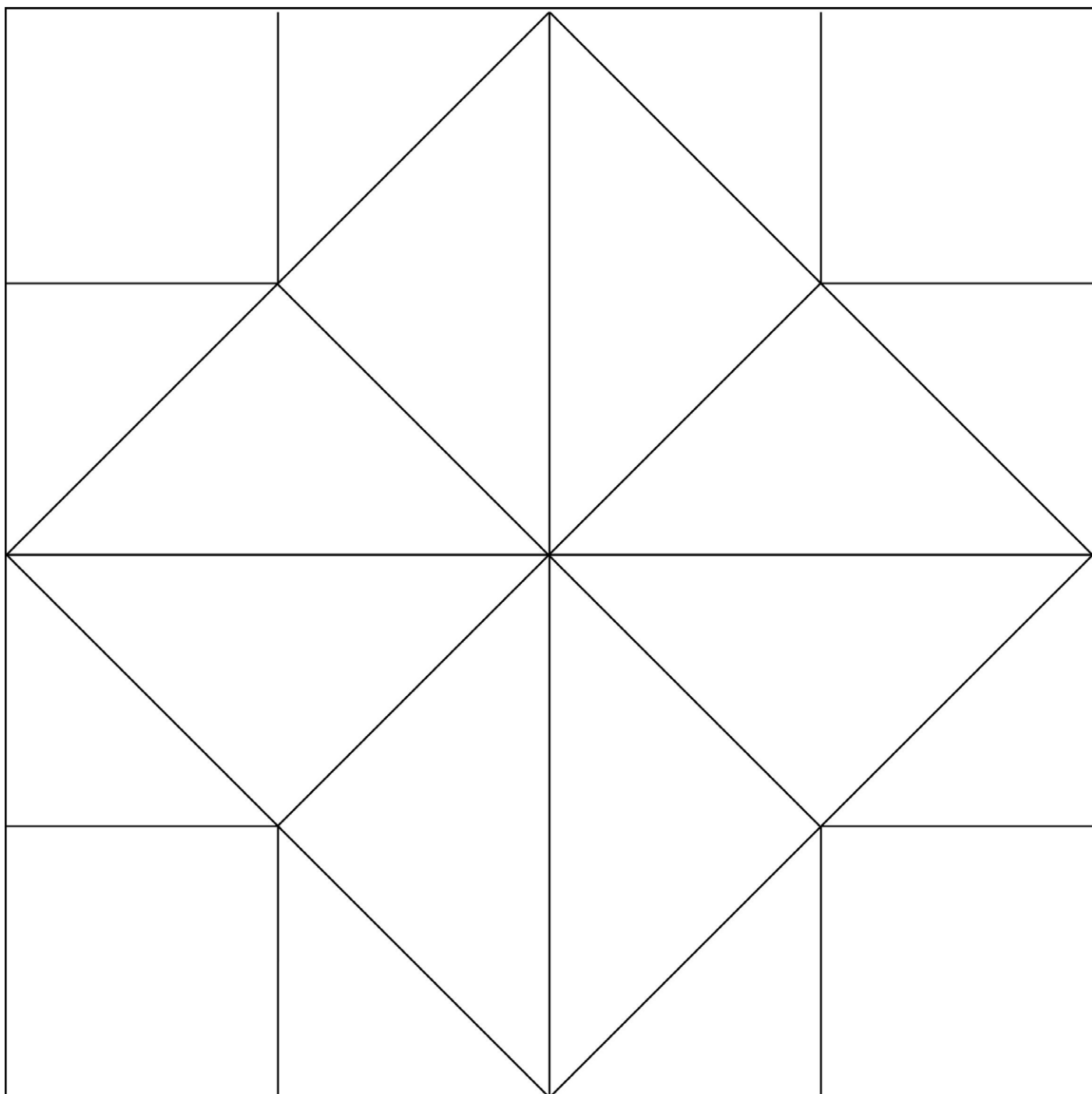
Email: [enquiries@sensorytrust.org.uk](mailto:enquiries@sensorytrust.org.uk)

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Example

 <p>See</p>	 <p>Bird</p>	Where would you like to go on a day trip?	 <p>Bonfire</p>	 <p>Smell</p>
 <p>Season</p>	What sort of gardening activities would you like to do?	Who would you like to visit the countryside with?	What sort of plants do you like?	 <p>Flowers</p>
 <p>People</p>	Who do you like spending time with?	How often do you like to go outdoors?	Plants	 <p>Touch</p>
 <p>Hear</p>	 <p>Water</p>	What do you like to do outdoors?	 <p>Soil</p>	

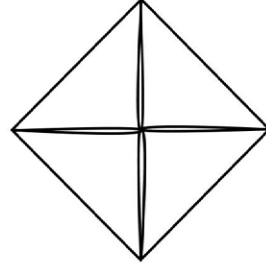
Blank template



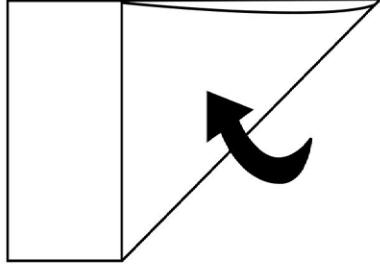
## Folding instructions



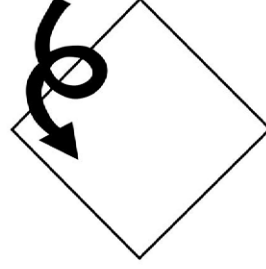
Take one piece of paper



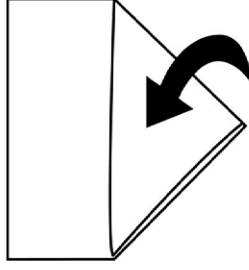
It should look like this when folded



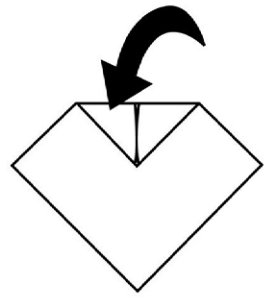
Fold to meet the other corner



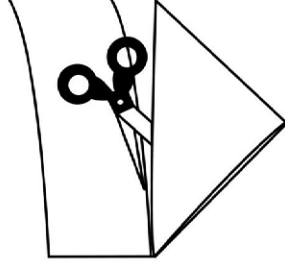
Turn the paper over



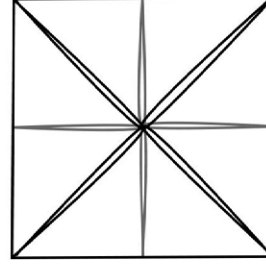
Fold the other corner to meet the edge



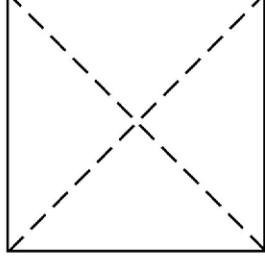
Fold in all four corners so that the points meet in the middle.



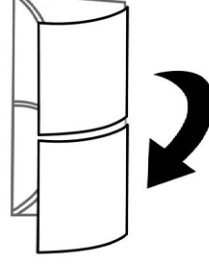
Cut off the section at the top



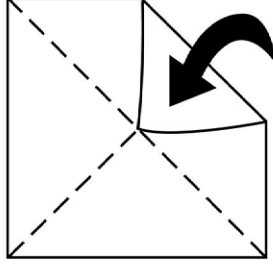
It should now look like this



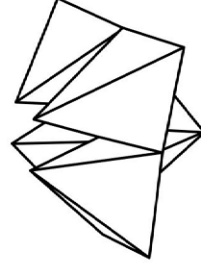
Unfold it to have a square piece of paper



Fold it in half



Fold up all four corners so that the points meet in the middle.



Push your fingers into the corners to work it into this shape