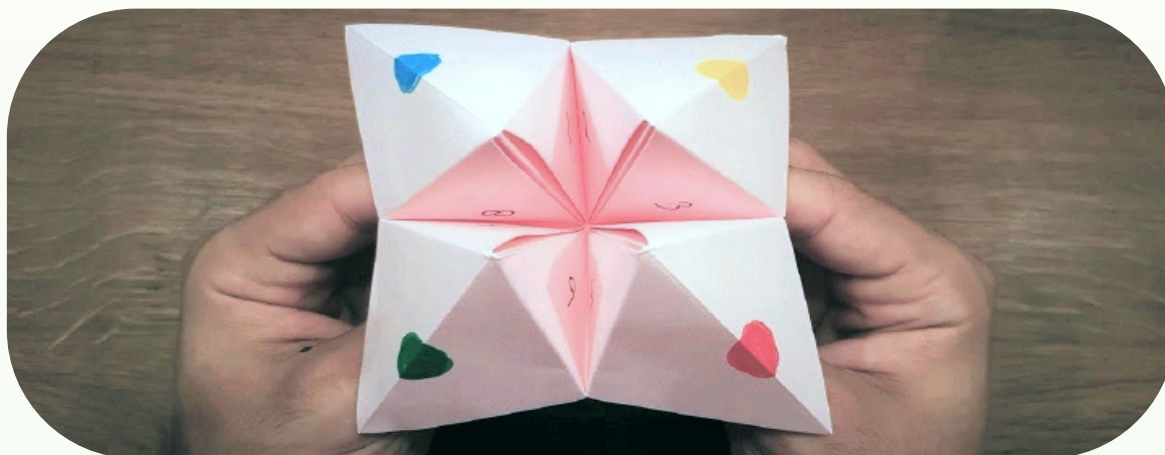


Academic Tutorial: Positivity Fortune Tellers



Wellbeing Tutorial

Session Length: 45mins-1hour

Aims:

- Introduce students to a fun session on positive affirmation. Ideal for an induction type activity which is light hearted, time saving, and cheap. All you will need is paper (preferably square) and some pens or drawing materials. However, this can also be delivered digitally – with students creating the template digitally. There are many examples of such activities free online, but this one allows the students to create their own content, to share with other students.

Set Up:

Participants will need access to a computer with internet connections. It would be useful to remind yourself how to make a fortune teller before hand.

Equipment:

- Paper (Square is preferable) – This will need to be cut into a square.
- Computers with internet access.
- [Fortune Teller Template](#)
- Scissors
- Printer - if fortune tellers are created digitally.
- Pens – or other creative drawing materials.
- Additional Paper
- Optional—[Intro](#) and [Exit](#) Forms

Structure:

Session Introduction (10mins):

Introduce learners to the activity of turning a fortune teller into a positive affirmation activity to share with other students in the class.

Optional - ask students to complete a digital intro form.

Task 1 (10mins):

Task students with a research activity to find out about positive affirmations and paper fortune tellers.

Task 2 (5mins):

In groups ask learners to discuss their findings and which affirmations would be useful. This could be themed if appropriate: age group/gender/culture.

Task 3 (15mins):

In groups ask learners to create their own positive affirmations fortune tellers. Depending on the group guidance maybe necessary with the affirmations or the making of the fortune teller.

Task 4 (5mins):

Groups share their creations and discuss. This is a good opportunity for others in the group to communicate with peers.

Task 5 (10mins):

Lead a discussion on what the students have discovered. Talk about positive mindset and how this can be transformative. Highlight some of the students creations to help with the discussion.

Optional - students will now be asked to complete a digital exit form for feedback on the session.