



Choose Your Attitude Takeaway

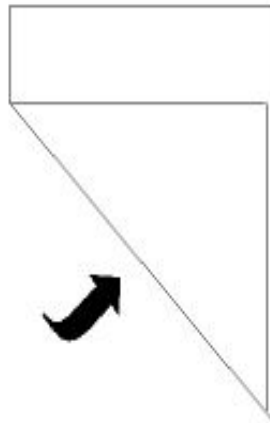
This Simple Takeaway uses an old favourite to help you choose your attitude and adopt a more positive approach to your well-being.

You will need paper and coloured pencils or pens

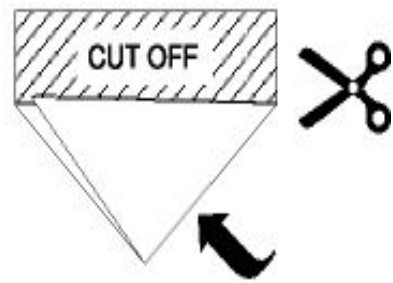
- Do you remember making a Paper fortune teller at school?
- We are going to show you how to use this old favourite as an attitude chooser.
- Before you begin you should make a list of all the inspirational people you can think of. It could be famous people from history, family, friends, or even fictional characters.
- All you need to construct a paper attitude chooser is a square piece of paper. The steps are as follows:



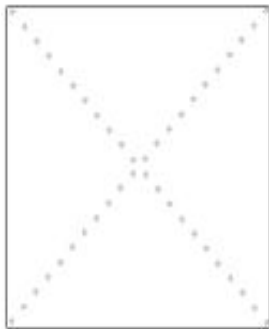
Take an 8 1/2" x 11 sheet of paper"



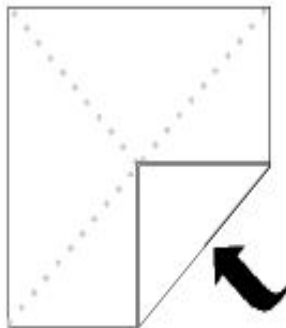
Fold corner up till it meets the other side



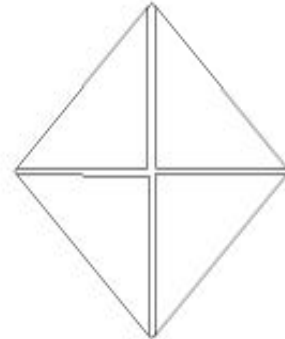
Fold other corner up till it meets the other side--then cut off the rectangle at the top.



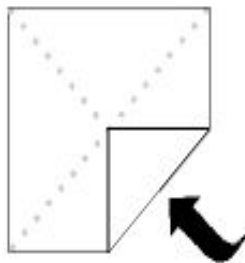
Unfold it and place it printed side down – you should now have an 8 1/2" x 8 1/2" piece.



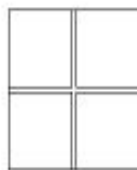
Fold up all four corners so that the points meet in the middle.



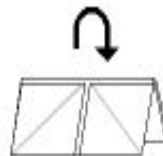
It should now look like this. Flip it over.



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



It should now look like this.



Now fold the top back.



Work your fingers into the four corners from the fold side – work the creases to form the four points.

Now follow these instructions:

- Colour or label all the triangles with different colours.
- Write the name of an inspirational person inside each triangle.
- Fold the bottom half to the top.
- Tuck your thumbs and forefingers in the four openings. Now you're ready to use the paper attitude chooser.
- Whenever you have a problem or a challenging decision ask someone to pick a colour pick a number and the relevant triangle.
- When the name of the person is revealed ask yourself what would that person do or what advice would they give you.