

# Creative Spaces information sheet - Sensory Trust

## Activity: Fortune tellers

Fortune tellers are familiar items that most people remember from their childhood. They 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 with a wide range of people.

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.

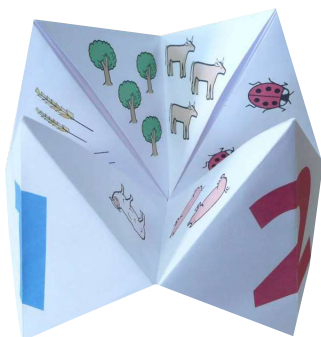
### Activity:

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 people 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:

Work in pairs or small groups. 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 Small groups or one-to-one works best.
- 4 Use open questions to explore memories, thoughts and feelings. Avoid using yes or no questions.

## Creative Spaces

This information sheet has been produced in collaboration with Cornwall Care as part of the Creative Spaces project

### CornwallCare

*Because we're Individuals*

Cornwall Care promotes people-centred care through their 18 care homes in Cornwall

[www.cornwallcare.org](http://www.cornwallcare.org)



### 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)

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