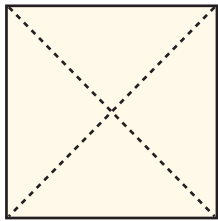


Eat Well & Keep Moving Fortune Teller

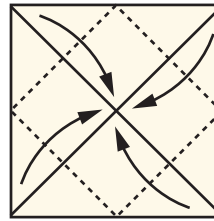
Name _____

Directions

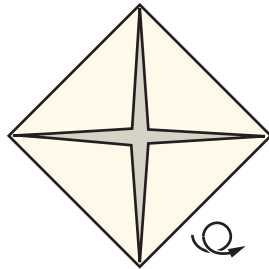
- Using scissors, cut out the square on the next page by making cuts along the dotted lines. Fold the square according to the following directions.



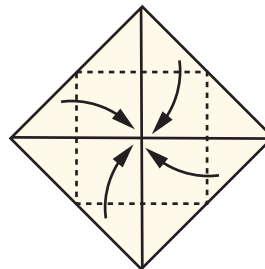
- With pictures face down, fold on both diagonals. Unfold.



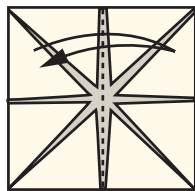
- Fold all four corners to center.



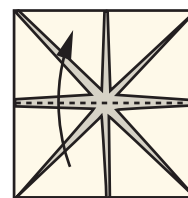
- Turn paper over.



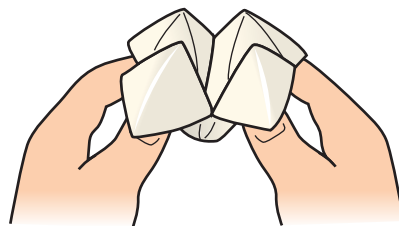
- Again, fold all corners to center.



- Fold paper in half and unfold.



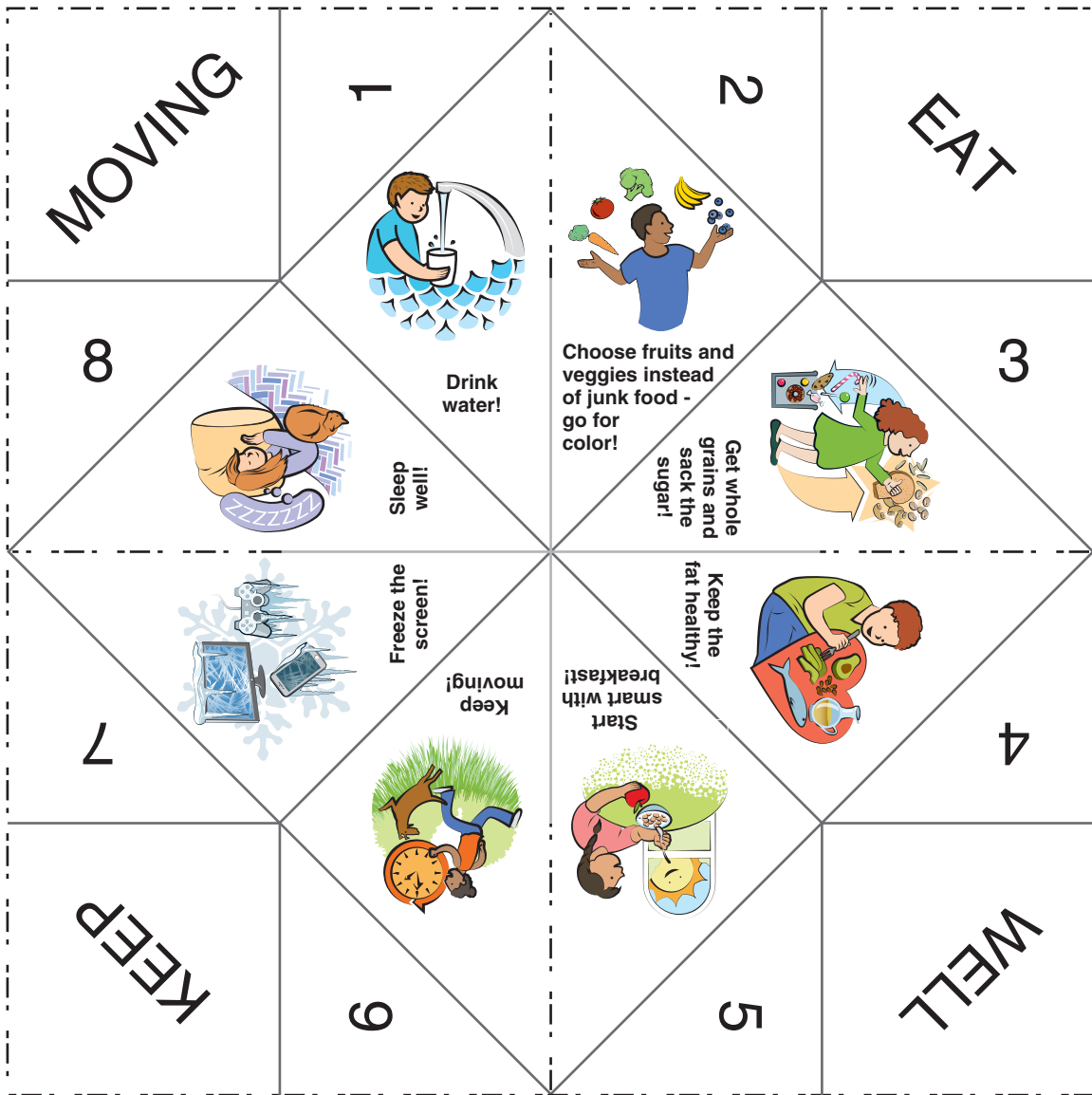
- Fold in half from top to bottom. Do not unfold.



- Slide thumbs and forefingers under the squares and move back and forth to play.

2. To play:

- Start with the Eat Well & Keep Moving Fortune Teller closed, and choose one of the four words. Then, close and open the Fortune Teller as you spell out each letter of that word, leaving it open at the end to see the numbers inside.
- Next, choose one of the four numbers shown, and close and open the Fortune Teller that many times, again ending with it open.
- Finally, choose one of the four numbers, and lift up its flap to reveal a healthy living message.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).