






fit Fortune Teller

1. Cut around the outside square of the fortune teller.
2. With the paper face down, fold the *fit* word corners into a center point. You'll end up with a square.
3. Flip the paper over and fold the numbered corners into the center to create a smaller square.
4. Fold the square in half. Unfold and fold in half the other way.
5. Unfold and pull four ends together to make a diamond shape. Put your fingers inside the four square flaps and you will be able to move the four parts around.
6. You can now play! Choose a *fit* word. Spell that word out, while moving the fortune teller in and out. Then, choose a number and move the fortune teller in and out that many times. Finally, choose one of the numbers; open the flap and read your fortune!
7. Ask a friend to play and choose the *fit* words and numbers to find out their fortune!

 <p>FOOD</p>	<p>4</p> <p>Stay hydrated! Stop and sip some water!</p>	<p>3</p> <p>Breathe in like you are smelling a flower, out like you are blowing a candle.</p>	 <p>MOOD</p>
<p>8</p> <p>Move your body! Do 10 arm circles, 5 forward and 5 backward!</p>	<div style="text-align: center;">  <p>fitTM</p> <p>SANFORD</p> </div>		<p>7</p> <p>Skip the screen! Name your 3 favorite screen-free activities.</p>
<p>9</p> <p>Be your own cheerleader! Say "I believe in me. I can do hard things."</p>			<p>5</p> <p>Practice gratitude! Name 3 things you are grateful for today.</p>
 <p>MOVE</p>	<p>2</p> <p>Move many times and many ways! Name 3 movement activities you love.</p>	<p>1</p> <p>Food is fuel! Name 3 nutritious foods you love to snack on.</p>	 <p>RECHARGE</p>