






# 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><b>FOOD</b></p>	<p><b>4</b></p> <p>Stay hydrated! Get a drink of water right now!</p>	<p><b>3</b></p> <p>Breathe in like you are smelling a flower, out like you are blowing up a balloon. Do 5 times.</p>	 <p><b>MOOD</b></p>
<p><b>8</b></p> <p>Move your body! Do 10 jumping jacks, push-ups, or crunches right now!</p>			<p><b>7</b></p> <p>Recharge for tomorrow! What time will you go to bed tonight so you get 9-12 hours of sleep?</p>
<p><b>9</b></p> <p>Practice self-talk. Say "I know I can." "I'm going to try." "Focus on right now!"</p>			<p><b>5</b></p> <p>Practice gratitude! Name 5 things you are grateful for today.</p>
 <p><b>MOVE</b></p>	<p><b>2</b></p> <p>Move many times and many ways! Name 3 ways you will add movement to your day.</p>	<p><b>1</b></p> <p>Name 5 favorite fruits and 5 favorite veggies. What will you eat next?</p>	 <p><b>RECHARGE</b></p>