## **HEALTHY HABITS ARE IN YOUR FUTURE!**

Looking for ways that your family can live 5-2-1-0 every day? Use this paper fortune teller to uncover fun activities to try today!

## **HOW TO PLAY**

- 1. Ask the player to pick a number from 1 to 5.
- 2. Open and close the fortune teller counting out the number selected.
- 3. Ask the player to select one of the pictures on the inside.
- 4. Open the panel and reveal the activity underneath!
- 5. Play again to build even more healthy habits!

Turn over for folding instructions



