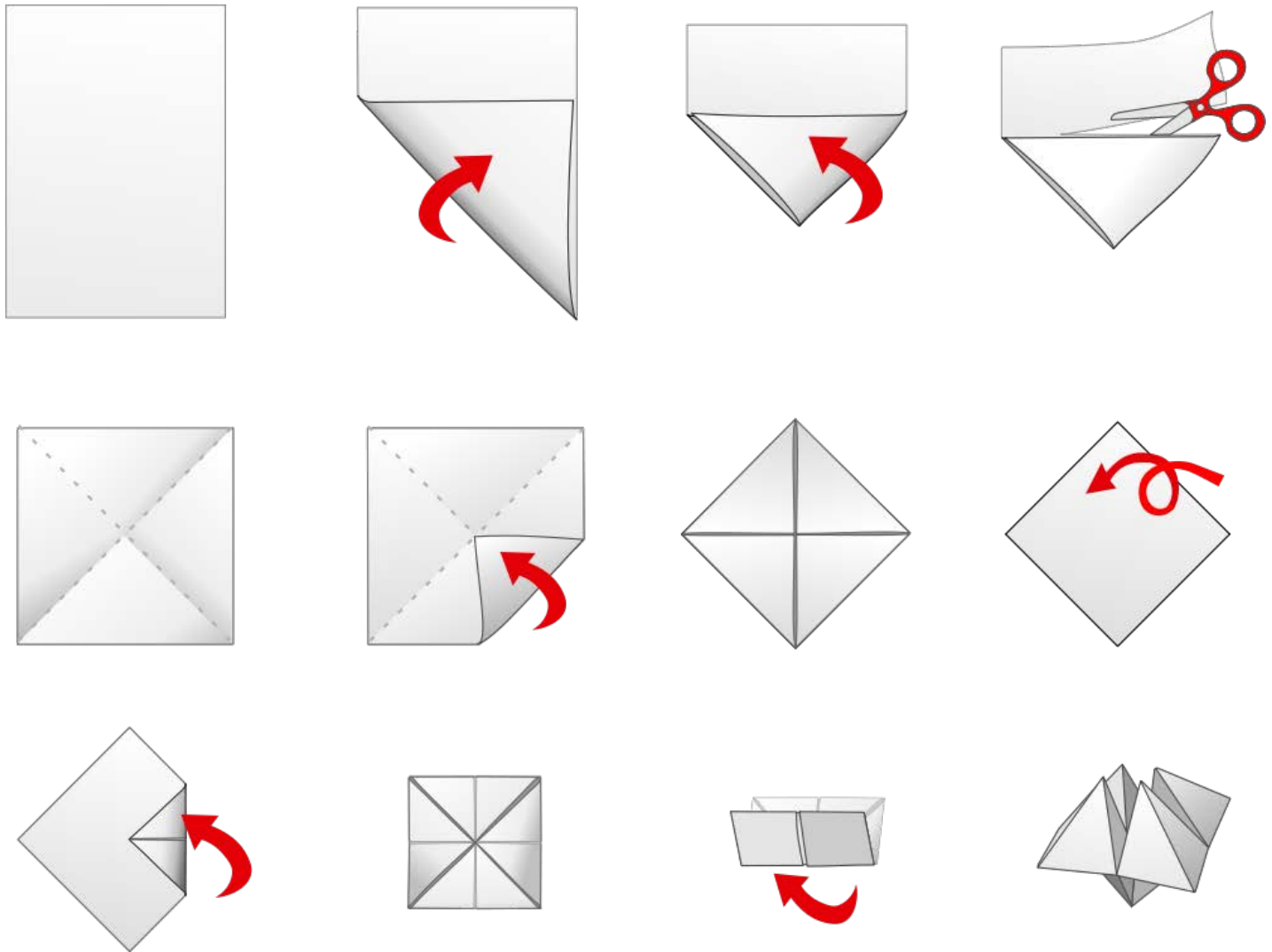




Make a 5210 Fortune Teller!

A fun activity for an after-school program or youth center is making 5210 fortune tellers. Let youth brainstorm ways they can live out the 5210 message – all they will need is a piece of paper, scissors, markers, and creativity!

Here is how to fold a fortune teller:



Once the fortune teller is folded, mark each of the four outside faces with a 5, 2, 1, or 0. Mark each triangle of the inside flaps with a 5, 2, 1, or 0. On the underside of these flaps, write healthy behaviors that correspond with the numbers on the top sides of the flaps. To watch a video showing how to use a fortune teller, visit www.youtube.com/watch?v=622mHpSfwXQ

A sample fortune teller is provided on the next page to demonstrate these instructions.

1
Ride your bike or walk to a nearby park with your family!

2
Instead of watching a football game on TV, grab a group of friends and play backyard game of your own!

5
Sign-up for a 5K run or walk with your friends!

0
Turn off the TV, turn up the music, and have a dance party!

5
Make a snack using your favorite fruit!

1
Drink water instead of soda or sports drinks. It's the healthier choice!

0
Go to the local farmer's market and try a new fruit or vegetable!

1
Fill a reusable water bottle for a drink when you are thirsty.

5210
Healthy Children

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.