

SURPRISE FORTUNE TELLER

Discover challenges to be taken up for or with friends or members of your family!

HOW TO MAKE A PAPER FORTUNE TELLER

1. Cut the sheet along the black dotted line.
2. Fold the 4 corners of the square outwards along the red dotted line.
3. Fold the 4 corners of the square inwards along the green dotted line.
4. Fold the sheet in two in both directions, in order to flatten all the folds.
5. Insert your fingers into the pockets that appear once the fortune teller is unfolded.

RULES FOR THE FORTUNE TELLER GAME

In order to play, ask someone to pick a number between 1 and 10. With your fingers, manipulate the fortune teller while counting the movements. Then just choose from the 4 images in order to discover the challenge to be taken up.

Name 5 types of red fruit or vegetables.

Run in place for 30 seconds.

Do 5 push-ups.

Breathe in through your nose, inflating your abdomen. Exhale. Repeat 3 times.

Tell a joke or a riddle.

Jump 10 times as though you were skipping rope.

Get another person to guess a fruit or vegetable.

Name 5 types of green fruit or vegetables.

Health Challenge



SURPRISE FORTUNE TELLER

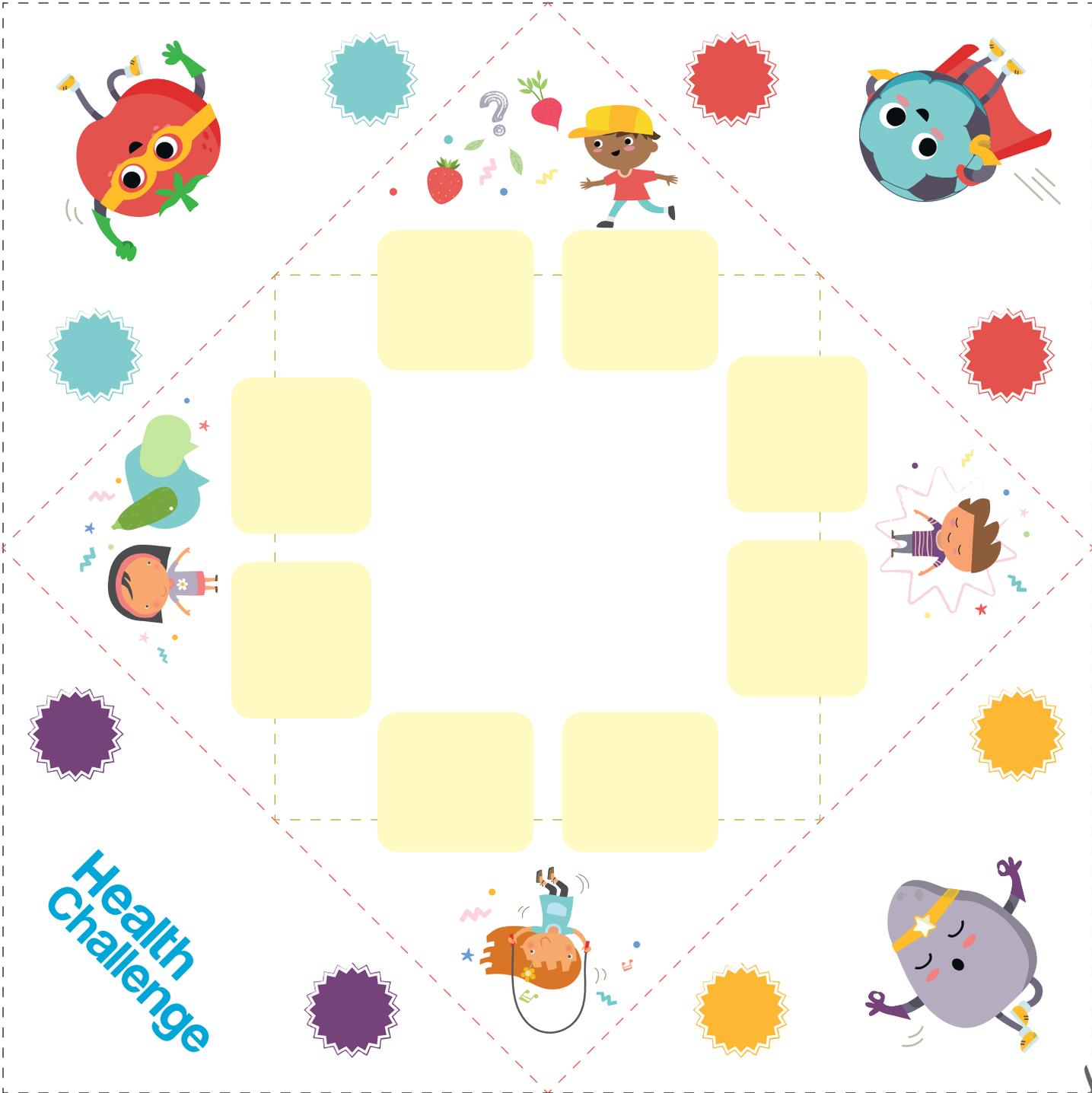
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HOW TO MAKE A PAPER FORTUNE TELLER

1. Write a health challenge of your choice in each of the 8 boxes.
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Health
Challenge

