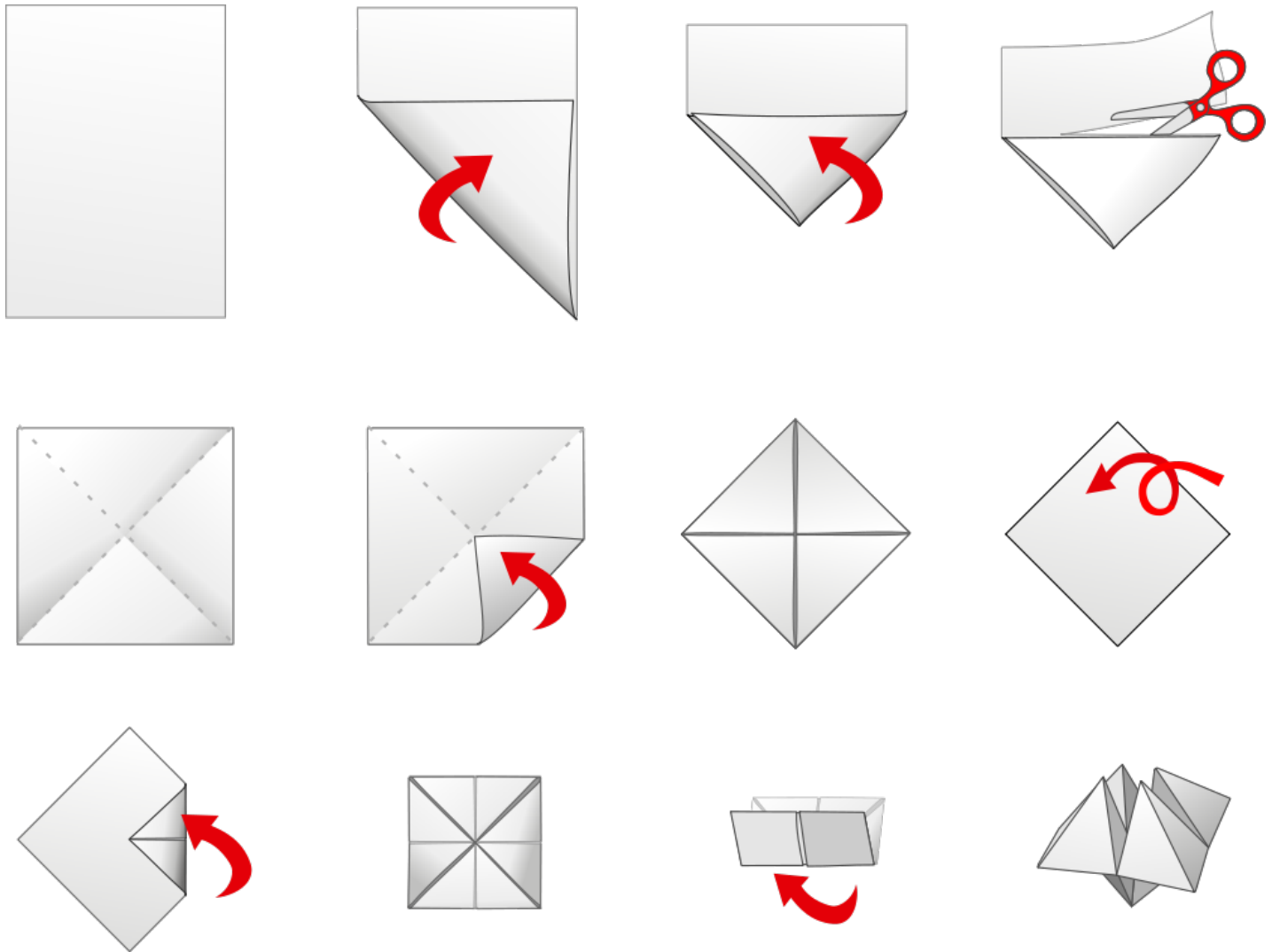




# Make a 5210 Fortune Teller!

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](http://www.youtube.com/watch?v=622mHpSfwXQ)

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



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**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!

**1**  
Sign-up for a 5K run or walk with your friends!

**2**  
Turn off the TV, turn up the music, and have a dance party!

**5**  
Make a snack using your favorite fruit!

**0**  
Drink water instead of soda or sports drinks. It's the healthier choice!

**5**  
Go to the local farmer's market and try a new fruit or vegetable!

**0**  
Fill a reusable water bottle for a drink when you are thirsty.

**5210**  
Healthy Military Children