

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



MaineHealth
LET'S GO!
5-2-1-0
letsgo.org

More Healthy.

More Happy.

1. Pick out your favorite cup and fill it with water

2. hours or less of recreational screen time

3. Draw a picture of your favorite vegetable

4. Act out your favorite animal

5. or more fruits and vegetables

6. See how long you can stand on one foot

7. Plan out a family game night

8. Pretend to ice skate in place

9. Play a game of charades

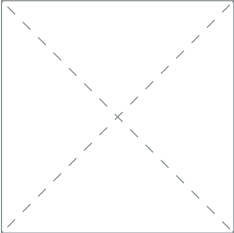
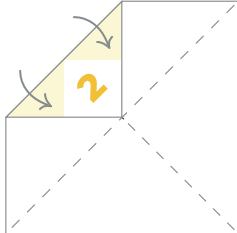
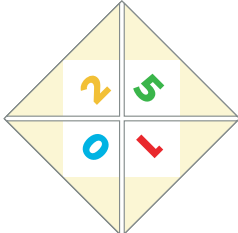

10. Count how many cups of water you drink the rest of the day

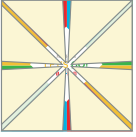

11. hour or more of physical activity


12. sugary drinks, more water

Want to keep playing? Visit letsgo.org/fortune-teller to download other versions!

FOLDING INSTRUCTIONS

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