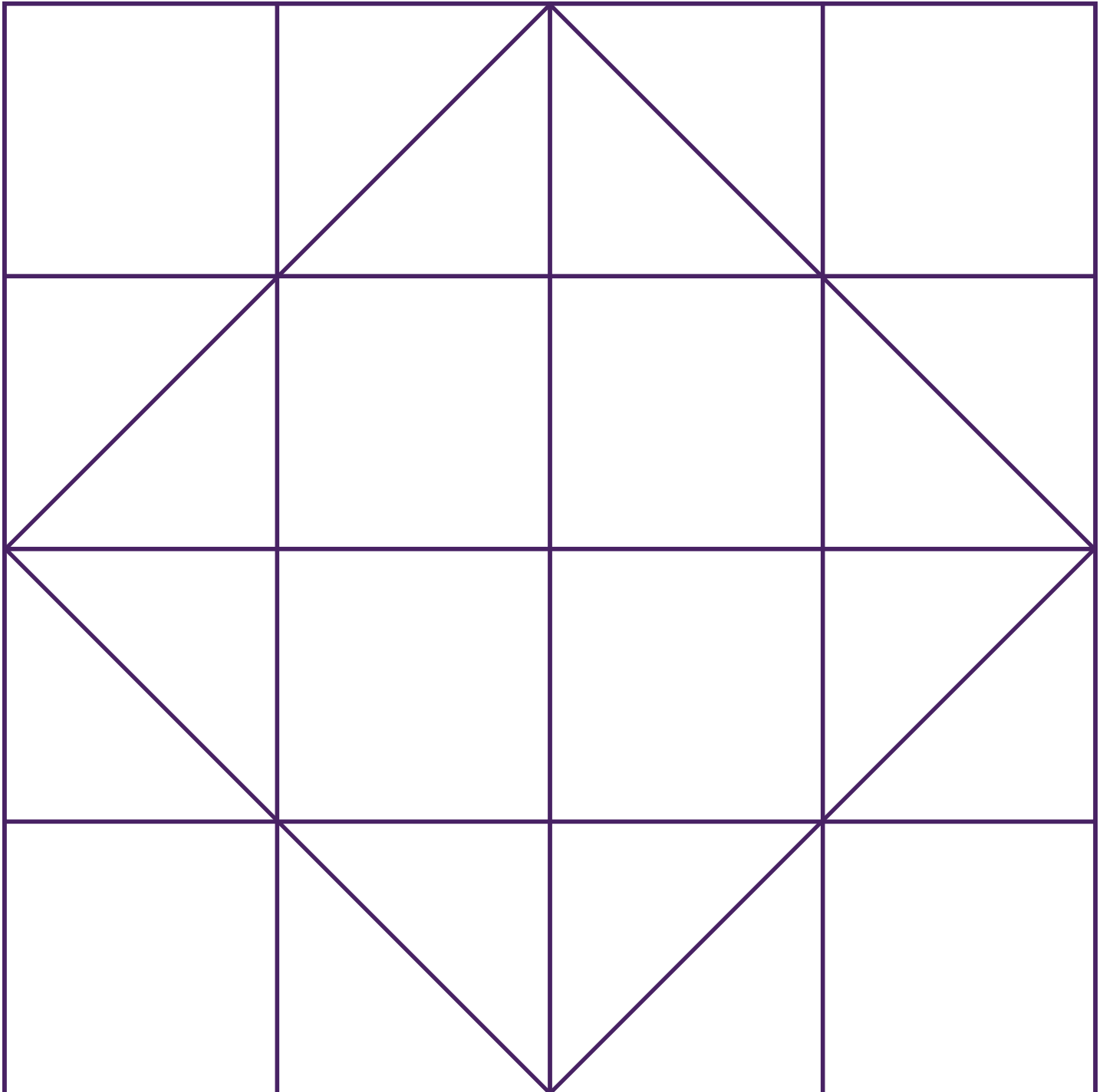


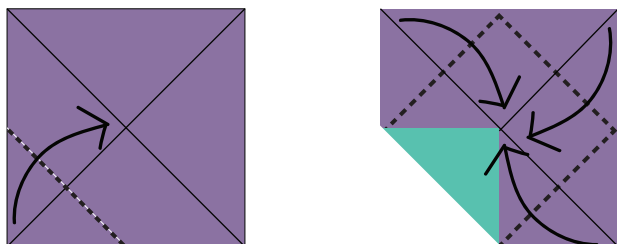
FORTUNE TELLER

Predict for your friends what brain healthy behavior they will be doing this weekend!

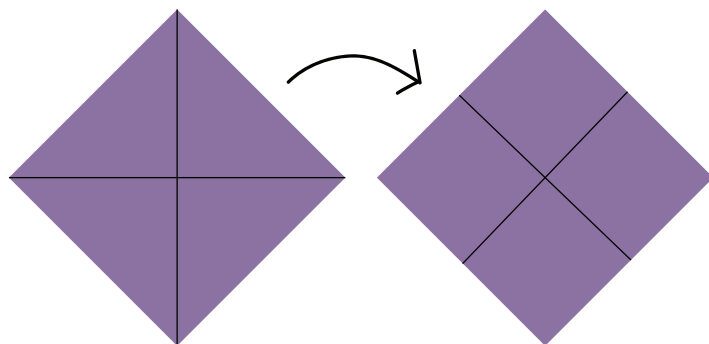
Step 1: Cut out the square below (ignore the inner lines for now!)



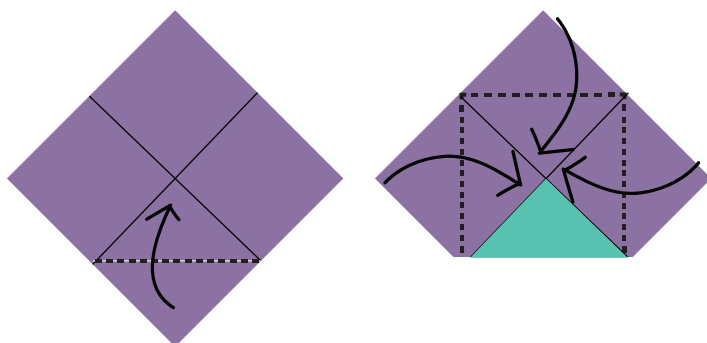
Step 2: Fold each corner point into the center. You should have four flaps.



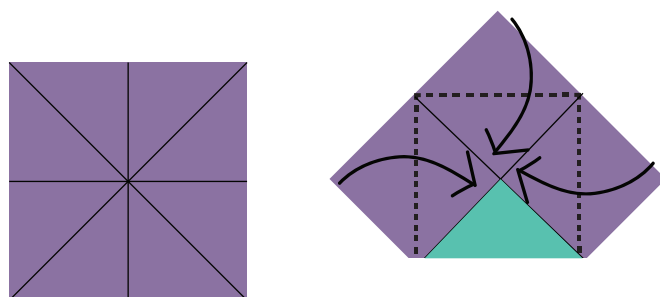
Step 3: Flip the paper over and place it flap side down.



Step 4: Again, fold all four corner points into the center. You should have four flaps with eight small triangles.



Step 5: You will end up with an outer layer with four flaps, a middle layer with eight flaps, and an inner layer with eight sections.



Step 6: Lift each flap and fill in a fortune from the suggested list below on each flap and section. Do this until you have a fortune for each small triangle. Then close the flaps and fold paper in half. Using both hands, slide your thumb and your index finger underneath the flaps to open your fortune teller.

OUTER LAYER/MIDDLE LAYER FORTUNES:

BRAIN HEALTHY FOODS

Fruits
Vegetables
Blueberries
Dark Chocolate
Nuts
Fish
Oranges

SCHOOL SUBJECTS

Math
Science
P.E./Gym
Music

BRAIN TERMS

Dance
Social Studies
Reading
Amygdala
Amyloid-beta
Neuron
Cortex
Gene
Hippocampus
Memory
PET
Synapse

INNER LAYER FORTUNES:

BRAIN HEALTHY ACTIVITIES

Ride your bike with a helmet on
Read a book
Go on a hike
Make a brain healthy snack
Get a good night's sleep
Play a board game
Meditate
Hang out with your friends

