


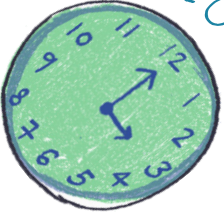




Brain Break Fortune Teller

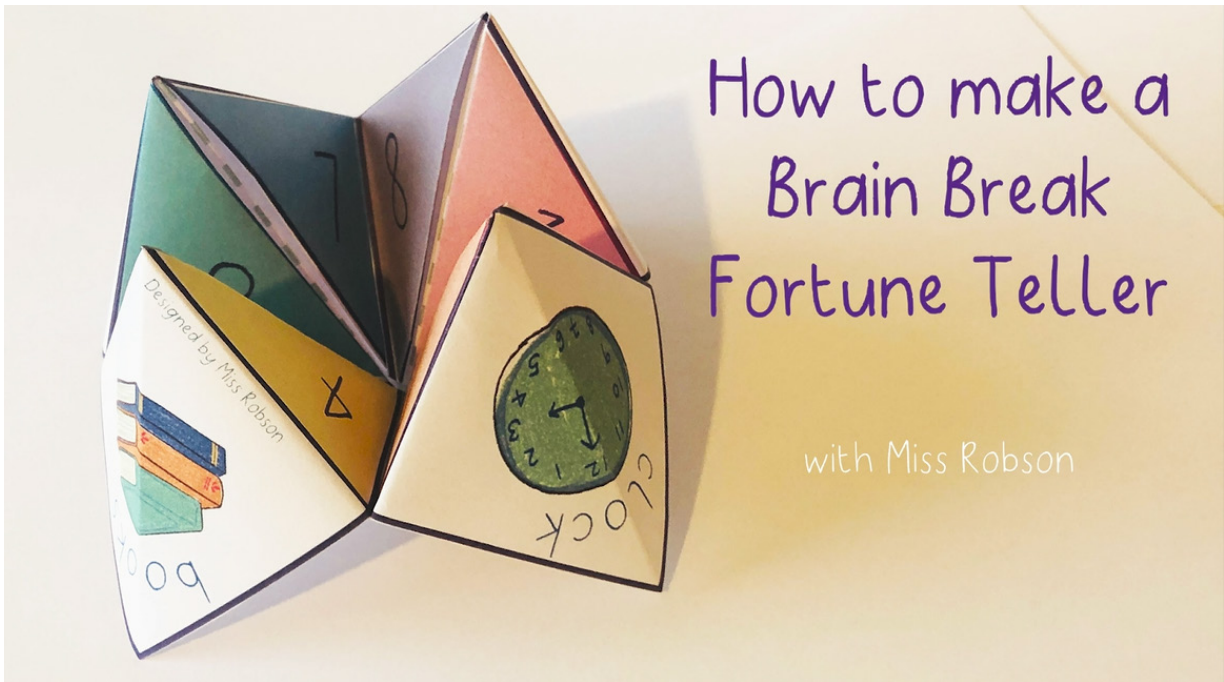


Having regular brain breaks while you're working can help you to focus, retain more information and help you to stay on task.

You can learn how to make this fortune teller by following Miss Robson's video on our website, then follow the instructions on the next page to help you choose one of these 5-15 minute, screen-free brain breaks - or see if you can create your own!

 <p>art</p>	1	2	 <p>clock</p>
8	<p>Tell someone how your day is going so far</p> <p>Listen to your favourite song, sing or dance along!</p>		3
<p>Go outside for 10 minutes to play</p>		<p>Do some drawing or colouring in</p>	
 <p>sport</p>	7	4	<p>Make a phone call to a relative or friend</p> <p>Take a deep breath, hold and count to three, then let it out slowly.</p>
<p>Read your favourite book for 10 minutes</p>		<p>Have a big stretch and try a simple yoga pose</p>	
9	5		 <p>books</p>

Designed by Miss Robson



INSTRUCTIONS

Follow Miss Robson's video on our website to see how to make this origami fortune teller.

HOW TO PLAY

1. Choose one of the four pictures. Open and close the fortune teller once for every letter of that word. For example, if you picked 'art', you would open it three times 'a-r-t'.
2. Next, pick one of the numbers. Open and close alternating sides of the fortune teller as you count. For example, if you picked '4', you would count '1-2-3-4'.
3. Pick another number and lift this flap up. This will decide your 10 minute brain break activity! Enjoy!