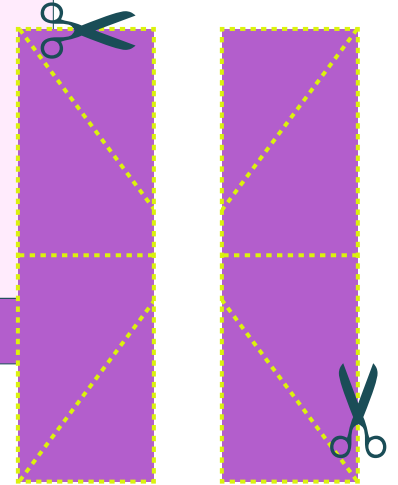


#1 "Paper fortune teller" PAUSE challenge

Age group: all ages

Duration: 5 minutes
(if the challenge is the same for everyone)



Objective

This game lets you have fun choosing which PAUSE challenge you plan to take on with your campers.

Materials:

- Fortune teller diagram (see appendix)
- Colour printer (the fortune teller can also be drawn by hand)
- Sheet of 8 ½ x 11 in. paper to print the fortune teller

Preparation time: 5 minutes

Execution:

- 1. Preparation:** The fortune teller diagram is in the appendix, on the last page of the activity kit. Cut it out, following the dotted line. Fold the four corners of the square towards the outside, following the red dotted line. Fold the four new corners of the square towards the inside, following the green dotted line. Re-fold the square in two in both directions to properly flatten all the folds.
- 2. Use:** The fortune teller can be used to choose the PAUSE challenge that you and your campers will meet. The challenge can be the same for the entire group, or each camper can choose a separate challenge. You can then use the fortune teller as many times as you want to change the challenge during the PAUSE Challenge week.
- 3. Game:** Ask a camper to choose a number between one and 10. Using his or her hands, the camper activates the fortune teller while counting the movements. All that's left is to choose from among the four images to discover which PAUSE Challenge to undertake.

Review of the activity

This game gives you an overview of the PAUSE challenges, to introduce the subject of screens and explain the importance of making balanced use of them. If you want to take things a step further, you can ask the following questions, which should be based on the level of understanding and age of your campers:

Are there rules concerning screen time, social media and video games at home? For example, rules that relate to the number of hours allowed and screen-free times, etc.

Have you ever taken a screen break? At school? At home?

AGE GROUP: ALL AGES

FORTUNE TELLER DIAGRAM

Discover challenges to complete with your group.

