

Ask the Fortune Teller

YOUR FUTURE IS LOOKING STRONG.

This fun role-playing activity allows students to imagine how their choices regarding tobacco affect their futures. By bringing the consequences of using tobacco into context, it's easier to see that it's really not worth it. [#TobaccoFreeFuture](#)

Instructions

1. Introduction

Briefly discuss the importance of making healthy choices and how tobacco use can affect one's future.

2. Making the Fortune-Teller

Hand out square sheets of paper to each student. If needed, guide them through the steps to fold a traditional paper fortune-teller.

3. Customizing the Fortune-Teller

Instruct students to divide their fortune-tellers into two halves: one side for the "tobacco user" future and the other for the "non-tobacco user" future.

Provide printouts with various tobacco vs. non-tobacco user scenarios that they can cut out and glue or write into their fortune-tellers.

4. Possible Scenarios

Tobacco User Future:

- "You have a persistent cough."
- "You miss out on sports due to low energy."
- "You spend a lot of money on vapes."
- "You face health issues like lung disease."

Non-Tobacco User Future:

- "You have clear lungs and can breathe easily."
- "You excel in sports and physical activities."
- "You save money for fun activities and hobbies."
- "You have a reduced risk of serious illnesses."

5. Using the Fortune-Teller

Pair up students to use their fortune-tellers. One student asks a question about their future, and the other uses the fortune-teller to reveal a scenario.

Encourage students to discuss how the scenarios might impact their lives and reinforce the benefits of staying tobacco-free.

6. Conclusion

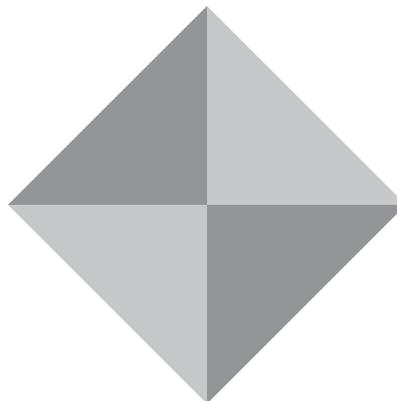
Wrap up by discussing how making positive choices today can lead to a healthier, happier future. Encourage students to share what they learned with friends and family.

Materials

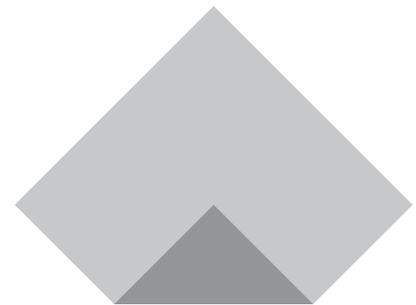
- Square sheets of paper (one per student)
- Markers or colored pencils
- Stickers or small decorative items (optional)
- Scissors (to cut their own paper squares)
- Instruction sheet for making a paper fortune-teller (optional for guidance)
- Printouts of a tobacco user vs. non-tobacco user future scenarios



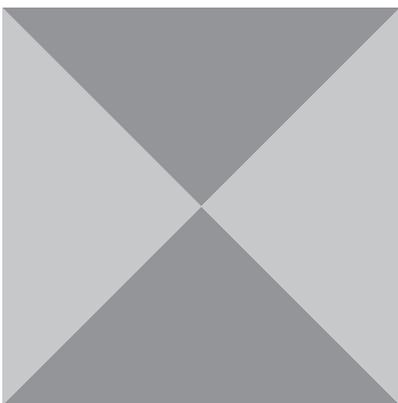
Fold a corner to the center



Fold all corners to center



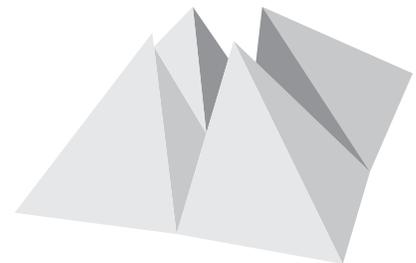
Turn over and fold a corner to the center



Fold all corners to the center



Turn over and insert fingers under flaps...



and play!

Fortune Teller Template

Begin folding with the printed side facing up.



	 TOBACCO USER You have a persistent cough.	 NON-TOBACCO USER You have clear lungs and can breathe easily.	
 NON-TOBACCO USER You have a reduced risk of serious illnesses.	 TOBACCO USER You miss out on sports due to low energy.	 TOBACCO USER You excel in sports and physical activities.	 NON-TOBACCO USER You spend a lot of money on vapes.
 TOBACCO USER You face health issues like lung disease.	 NON-TOBACCO USER You save money for fun activities and hobbies.	 TOBACCO USER You spend a lot of money on vapes.	
	 NON-TOBACCO USER You save money for fun activities and hobbies.	 TOBACCO USER You spend a lot of money on vapes.	

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