

TITLE: Paper Fortune Cookie

OBJECTIVE: To teach girls about sending positive affirmations and spread kindness to others as well as themselves while incorporating a Chinese American treat. *This activity can easily be used for tabling events.*

TIME: 15-30 minutes

MATERIALS:

- Origami or colorful paper
- Scissors
- Writing utensils
- Tape
- Coloring sheets
- Coloring utensils



INSTRUCTIONS:

Pre-work: You can choose to precut as much or as little of the activity as you want. You can also choose whether to have prewritten “fortunes” or not. Have coloring sheets and coloring utensils on table ready for girls to start coloring as soon as they come in.

1. **2 min.** - When ready, ask for 2 volunteers to read the promise and law.
2. **30 min.** - Explain today’s activity and give a quick history of the fortune cookie: *Despite their staple status in American Chinese cuisine, fortune cookies are not a traditional Chinese invention. They trace their roots to 19th-century Japan before being popularized by Japanese and Chinese immigrants in California during the early 20th century. San Francisco (1900s): Japanese immigrant Makoto Hagiwara is widely credited as the first to serve the modern cookie in the United States. Around 1908, he served sweet, vanilla-flavored "fortune tea cakes" at the Japanese Tea Garden in San Francisco's Golden Gate Park.*

You can then brainstorm affirmation, positive fortune, nice notes, etc. that girls can write on their strips of paper. Then the girls cut a circle big enough for their strip of paper to fit inside of their circle. With the strip inside, roll the circle paper into a roll (kind of burrito shape). Leaving the folded side up, fold the roll in half and place a dot of glue or tape as close to the fold as possible. The fortune cookie should hold its shape and is ready to go. Let the girls make as many as they want to people in their lives.

3. **5 min.** - Wrap it all up with having the girls clean up and leaving the space cleaner than how they found it. Line them up and go back to their program site, caregiver, etc.

Discuss: How many of you have tried a fortune cookie before? What other messages could be placed inside of a paper fortune cookie? What other cookies do you know from different cultures?

