

MY WELLBEING CHATTER BOX

✂ Cut around the solid black line

1 Draw a picture of the **BEST** place you can imagine

2 Drink a glass of water and eat a piece of fruit

3 Make a cosy den in your bedroom or living room (if you're allowed!)

4 Offer to help someone (a friend, your mum or dad, or your teacher?)

5 Listen to your favourite music... if you feel like it!

6 Give someone you love a **BIG** hug!

7 Make a list of 3 things that make you **HAPPY!**

8 **PLAY OUTSIDE!**

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HOW TO MAKE YOUR CHATTER BOX...

- 1) Rip this page out of your journal and carefully cut out your chatter box
- 2) With the back side up, fold from corner to corner, making a triangle
- 3) Open the paper (back side up still) and fold from corner to corner in the opposite direction
- 4) Unfold the paper - you should have a big X creased into it
- 5) Fold one corner to the middle of the X
- 6) Repeat with the other 3 corners
- 7) Fold and unfold the square horizontally, then do the same vertically
- 8) Turn it over and slide your fingers under the flaps and push the outer corners to the middle
- 9) You're ready to play!