Chatterbox chats
Boost your mood and share ideas with each other

1. Tell me a positive motto!
2. One thing you are looking forward to
3. Think of acts of kindness to do this year
4. One new thing you will try this year
5. How do you stay active?
6. Where is your favourite place?
7. Help your wellbeing
8. Who can you talk to when you feel lonely or worried?