

Chatterbox chats

Boost your mood and share ideas with each other

The graphic is a circular arrangement of 8 numbered segments (1-8) in a clockwise direction starting from the top. Each segment contains a prompt. The segments are colored in a repeating pattern of yellow, orange, and pink. Four blue hexagonal labels are placed in the corners: 'Talk' (top-left), 'Feelings' (top-right), 'Wellbeing' (bottom-left), and 'Physical' (bottom-right).

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 Three things that help your wellbeing

8 Who can you talk to when you feel lonely or worried?

Labels: Talk, Feelings, Wellbeing, Physical

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Make your chatterbox

Pupils should follow these instructions to make a chatterbox. The staff leading the activity may help everyone complete each step at a time.

1. Cut out the chatterbox chat template.
2. Flip the template over with the blank side is facing up.
3. Fold diagonally in half (starting from the bottom left corner, fold your chatterbox, so the bottom left corner meets the top right corner. Your chatterbox should make a triangle. Crease the edge well.
4. Unfold the chatterbox, and do the same thing but starting with the bottom right corner, fold the activity picker in half diagonally. You should now have a creased point in the middle.
5. Stay on the blank side and fold each corner so the points meet in the middle. Your chatterbox will now look like a smaller square.
6. Flip the chatterbox over so you are on the printed side. You will now do the same step on this side, folding each corner into the middle. Your activity picker will now look like an even smaller square
7. Now fold in half, so your square is a small rectangle. Unfold and fold in half again on the other side.
8. Slot your thumbs and first fingers under the flap. You're now ready to use your chatterbox!