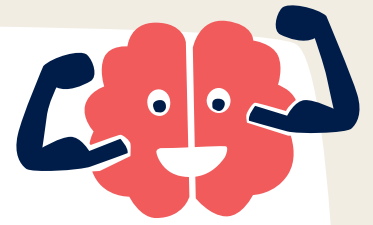


Conversation Chatterbox



Year: K-6

Resource Description: This activity encourages students to talk about their feelings and build connections. Having an activity to focus on can often help students feel more comfortable talking about a worry, challenge, or other big topic.

Instructions for making your Conversation Chatterbox:

Cut along the outer edge of the chatterbox following the cut guidelines.

- **Fold the paper diagonally:** Follow the lines to fold the square paper in half diagonally to form a triangle. Crease well and then unfold.
- **Fold diagonally in the opposite direction:** Crease well and then unfold.
- **Fold the corners to the centre:** Take each corner of the square and fold it to the centre point where the diagonal creases intersect. Crease well.
- **Turn the paper over:** Once all corners are folded to the centre, turn the paper over so the folds are facing down.
- **Fold the corners to the centre again:** Just like before, fold each corner to the centre point. Crease well.
- **Fold in half horizontally and vertically:** Fold the paper in half horizontally. Crease well and then unfold. Fold in half vertically. Crease well and then unfold.
- **Form the pockets:** Place your fingers under the flaps on the underside of the paper. The flaps will form pockets for your fingers. Work the paper with your fingers until it takes the shape of a chatterbox.

Resource Objective: Mental Fitness Motivator

Most suitable time to integrate this resource: During morning routines, before lessons or as a brain booster to invigorate the mind.





Gotcha4Life Protective Factor link: Emotional Adaptability ('Build your emotional muscles') and Social Connectedness ('Embrace your village')

Let's build our mental fitness together

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Conversation Chatterbox

 <p>MENTAL FITNESS</p>			 <p>DON'T WORRY ALONE</p>
	<p>What is something you are grateful for?</p>	<p>What is something you are looking forward to?</p>	<p>What is something you can do if you are feeling down?</p>
			<p>Who can you go to when you are feeling down?</p>
	<p>What is a memory you have of someone special?</p>	<p>Can you name someone special in your village?</p>	<p>What made you smile today?</p>
 <p>EMBRACE your VILLAGE</p>		<p>Can you name 3 emotions?</p>	 <p>BUILD your EMOTIONAL MUSCLES</p>





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Conversation Chatterbox

MENTAL FITNESS 	What is something you are looking forward to?	What is something you can do if you are feeling down?	DON'T WORRY ABOUT ALONE
What is something you are grateful for?	Who can you go to when you are feeling down?	What made you smile today?	
What is a memory you have of someone special?	Can you name someone special in your village?	Can you name 3 emotions?	
EMBRACE your VILLAGE 			BUILD your EMOTIONAL MUSCLES



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