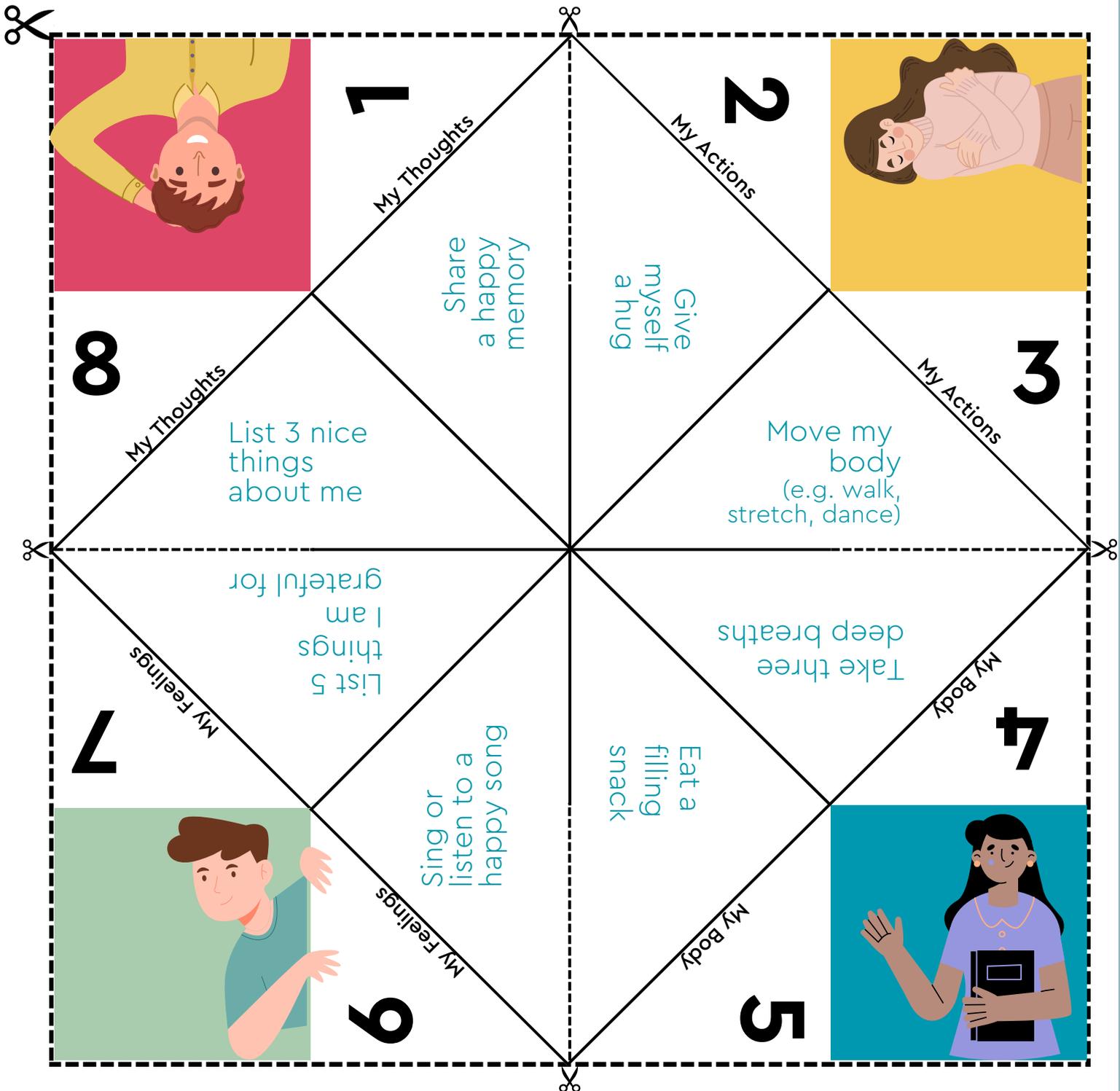




Looking After Me

CHATTERBOX PAPER GAME

Cut and fold the chatterbox below. To play, choose a colour and a number (or ask a friend to choose), then open the corresponding flap to see the action.



For more resources see

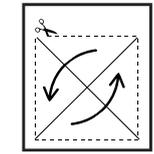
anxiety.org.nz/supportingkids



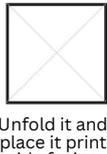
Looking After Me

CHATTERBOX PAPER GAME

Folding Instructions:



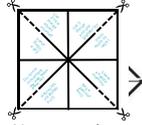
Cut out the square. With print side facing down, fold paper diagonally both ways.



Unfold it and place it print side facing down.



Fold up all four corners so the points meet in the middle. Then flip it over.



Now cut along dotted lines, creating a split between the numbers on the other side.



Fold up all four corners so the points meet in the middle.



It should now look like this.



Fold the top over.



Work your fingers into the four corners from the fold side. Now you're ready to play!

Play is a powerful tool for learning and emotional development. The chatterbox game provides a light-hearted and accessible way for children to express their feelings, learn coping strategies, and build resilience. By making wellbeing fun and engaging, children can develop healthy habits that support their emotional growth.

HOW TO USE

The chatterbox is a folded paper game that children can use with friends or family. Each number inside the chatterbox corresponds to a self-care prompt focused on four key areas: My Thoughts, My Actions, My Body, and My Feelings. These prompts encourage children to engage in positive activities.

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ABOUT ANXIETY NZ

We are here to help grow the mental health and wellbeing of people in Aotearoa New Zealand, and to provide support, education and treatment for tamariki/kids, rangatahi/young people, pakeke/adults and whānau/families living with anxiety and other mental health experiences.

To support us see