

Wellbeing Chatterbox

How to play:

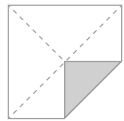
1. Pick an affirmation to read aloud
2. Spell out the **bolded** affirmation while moving the chatterbox with each letter
3. Pick a number and count up to that number while moving the chatterbox
4. Finally, pick a pillar (**physical, spiritual, mental or social**) of wellbeing you'd like to focus on and open it for an activity!

How to make:

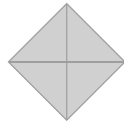
First cut out the chatter box



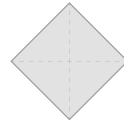
Fold diagonally, unfold, repeat, flip paper so design is on the table



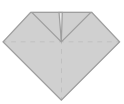
Fold in the corners so that the points meet



Your results - flip it over



It should look like this now



Fold in the corners so that the points meet



It should look like this now



Fold it in half and work your finger into each flap



Gently pull open - this is what you should see



Download the Headstrong app for more wellbeing tips and guidance

