

Feel Good Chatterbox



You will need

- A4 Paper
- Coloured Pens or Pencils
- Scissors

Before you begin

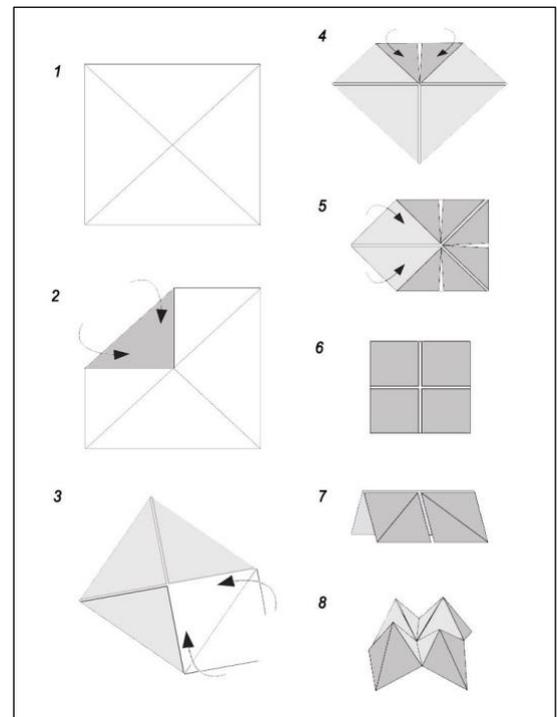
Think about words that calm people down, cheer them up or make them better if they are fed up or having a bad day. Make a note of all these positive words and after you have made your chatterbox, you can add the words to the inside.

Think of things such as:

- Take five deep breaths
- You are loved
- The sun is shining

Have a go

1. Cut a square from the A4 paper.
2. Put it face down on the table. Fold it diagonally in half and unfold. Fold it diagonally in half the other way, and then unfold. You should now have a square with a diagonal cross folded in the middle.
3. Fold each corner of the square into the middle of the diagonal cross.
You should now have a smaller square.
4. Turn the chatterbox over.
5. Fold each corner of the square into the middle of the cross. You should now have an even smaller square.
6. Fold the chatterbox in half and then in half again, and then unfold.
7. Gently push out a blank square, to make a pocket for a finger or thumb. Repeat with all of the other blank squares on the outside.
8. Put your fingers inside these pockets and pinch together. The top of your chatterbox should now come to a point – a bit like a pyramid.



Additional Information

After you have perfected making a chatterbox, unfold one and add your positive words or thoughts under the middle flaps. Share your chatterbox with others or use it yourself if you are feeling a bit down.



Reflection

This activity is to help you think of ways to boost your mood and feel more confident. Sometimes people don't feel great, and that's ok – but it can be really helpful to have some positive thoughts that will help cheer you or share with other people. If you are really upset, it is always best to talk to an adult.

Safety

Take care when using scissors or ask for help from an adult.

All Activities are taken from the Scout Association's Great IN Doors programme.