

Make this

CHATTERBOX

to help you chat about your feelings



Follow the instructions on the back of this page.
To play - Choose a face on the CHATTERBOX.
Read the number next to that face. Open and close the CHATTERBOX that many times.
Choose a feeling inside and lift the flap. © Copyright Coram Life Education – Family Learning resources

Finish the sentence underneath.
For example - "If I feel lonely, I like to cuddle my teddy".
Now swap over and let your partner have a turn.



When I feel sad, I like to _____

I feel grumpy when _____



If I feel cross, I _____

to feel better

If I feel lonely, I like to _____

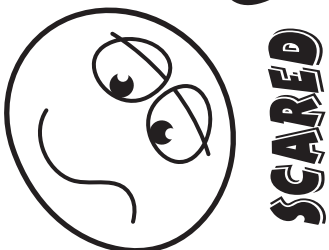
I feel happy when _____

I felt excited when _____



I feel scared when _____

I remember feeling surprised when _____

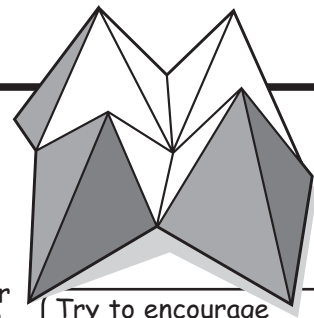


Middle

To make your

CHATTERBOX

1. Cut the square off this page.
2. Fold and unfold the paper on all of the dotted lines - you should make 4 folds.
3. Fold each corner into the middle to make a smaller square.
4. Turn the chatterbox over.
5. Fold each corner into the middle again to make an even smaller square.
6. Turn the chatterbox over.
7. Put the thumb and first finger of one hand inside faces 1 & 2 and the other hand inside faces 3 & 4. Squeeze your fingers and thumbs together.
8. Open and close your fingers and thumbs to make the box chatter.



Try to encourage your child to talk freely about their feelings. Get them to think of different ways they can deal with difficult feelings and feel good. Share some of your feelings too.

