

MINDFUL CHATTER BOX

Cut out the template and follow the instructions below to create your Mindful Chatter Box. Have fun playing the game with friends and family. Why not create your own?

1. Choose some bright colours and mindfully colour-in your chatter box.
2. With the design faced down, fold the corners into the centre.
3. Turn the paper over. Fold the corners into the centre.
4. Fold in half. Place your fingers under the flaps to turn into the chatter box.
5. Play with your friends and family, following the activities on the chatter box.

