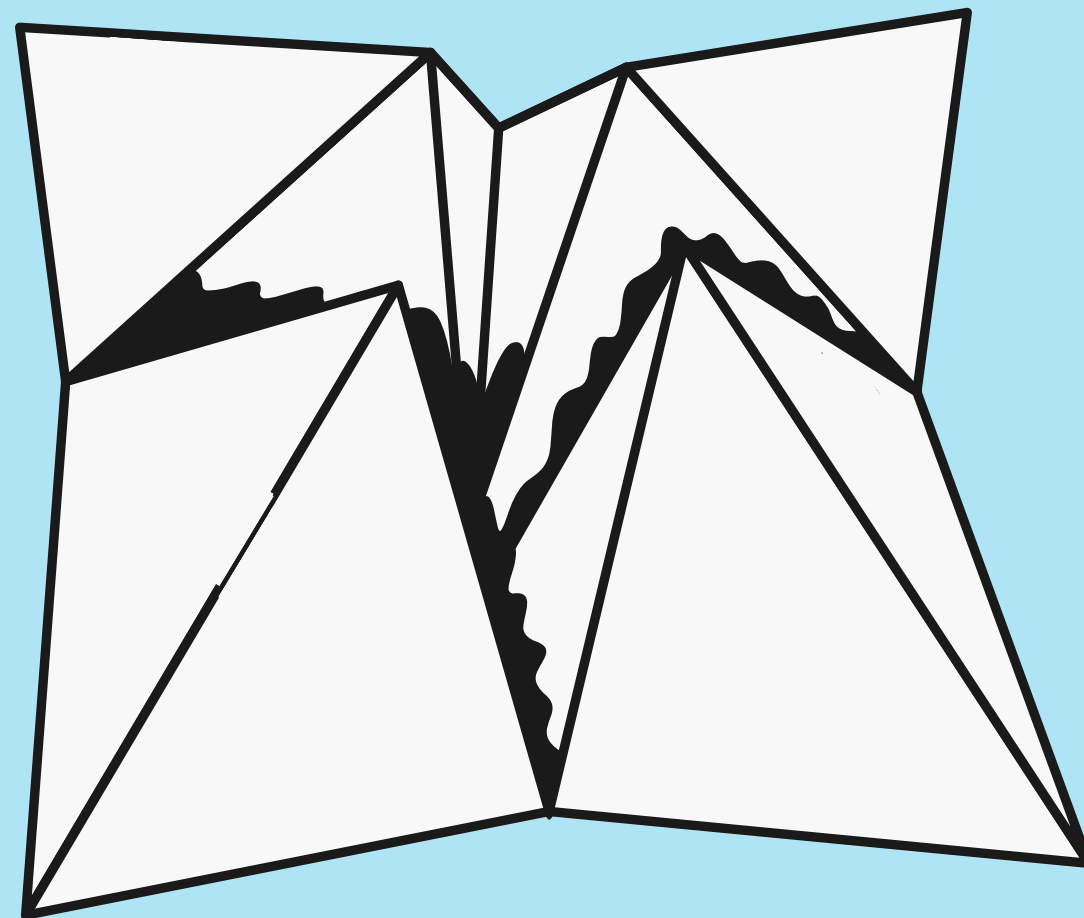# Chatterbox

Chatterboxes refocus attention and use repetitive actions to create calm.

These chatterboxes are designed to help children self-regulate, whilst learning about their senses and fostering positive self-talk.

There are six chatterbox designs to choose from, all with an individual focus.

1 - **Blank**: a blank chatterbox for students to fill in themselves. You may choose to provide the Coping Strategies and have the students create their own positive affirmations or create a chatterbox mixed with parts from each focus.

2 - **Sensory**: encourages students to bring attention to their 5 main senses.

3 - **Basic**: this option is designed for students who need a visual prompt, as well as written words.

4 - **Affirmations**: encourages students to use positive thinking as a coping skill and effective strategy to combat anxiety, sadness and anger.

5 - **Emotions**: encourages students to identify feelings, talk about their feelings and express their feelings.

6 - **I Spy**: brings student attention to the physical world around them. Creates a positive area to focus their thoughts.

Materials and equipment
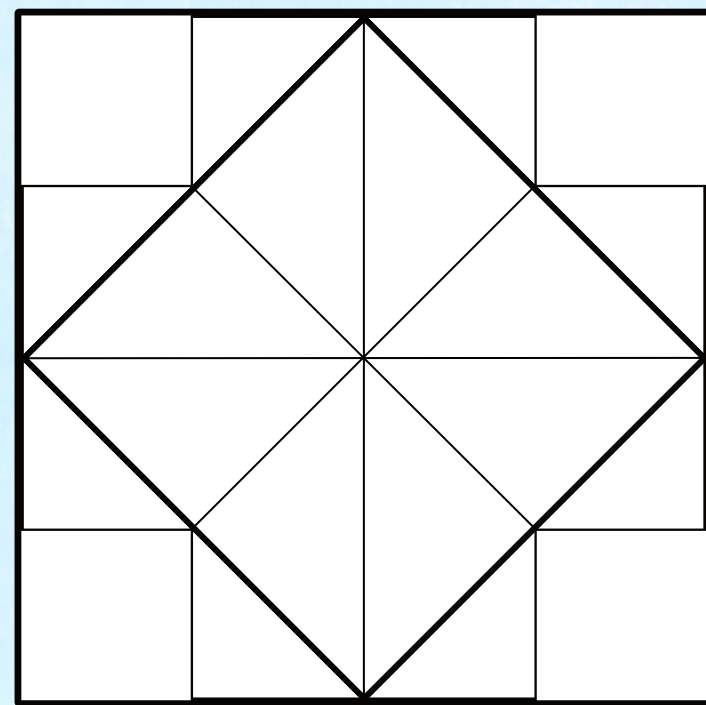
Materials you need:

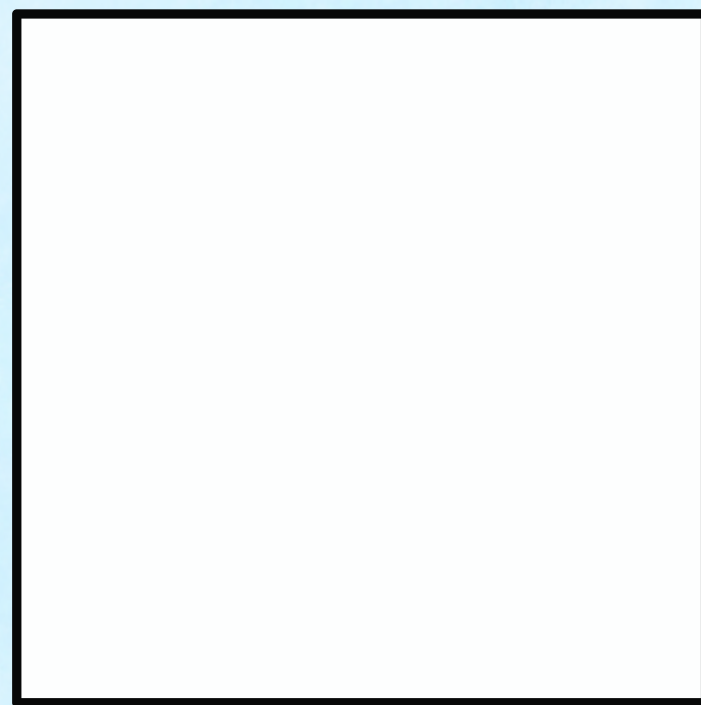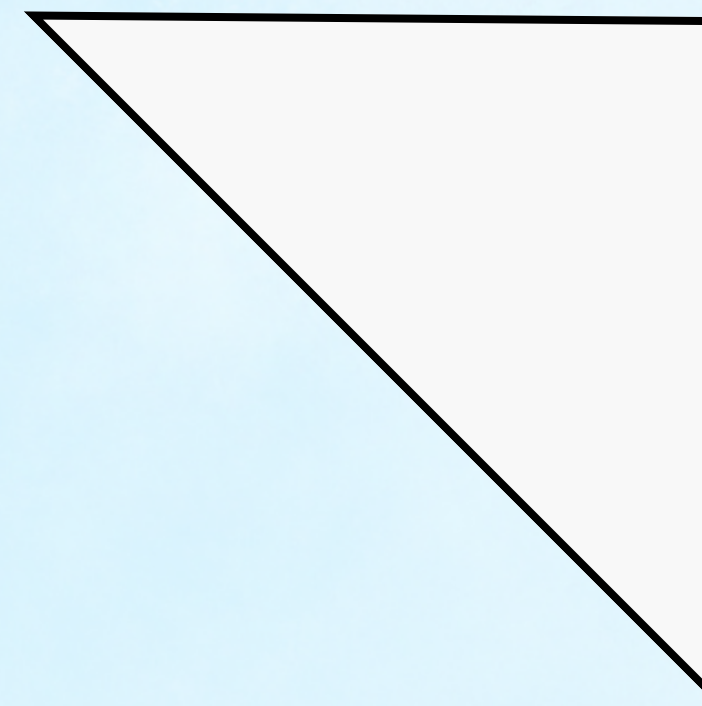- Printed chatterbox
- Scissors
- Pencils/crayons/textas

Steps
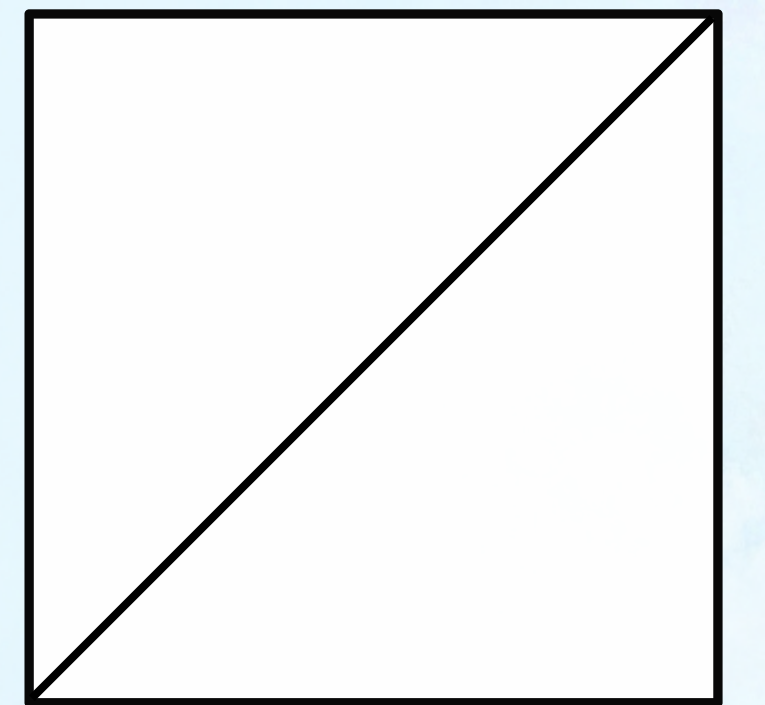
1

Cut out chatterbox

2

Flip chatterbox over so the blank side is face up

3

Fold it in half diagonally
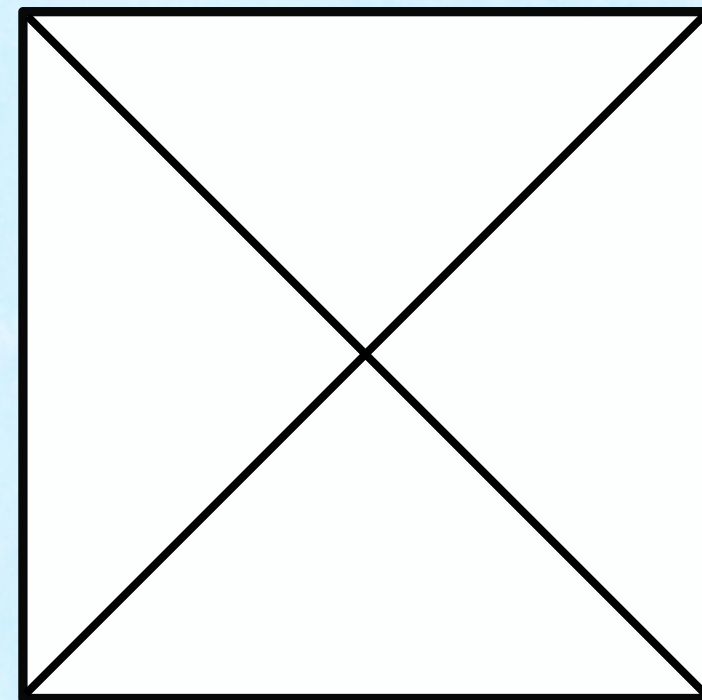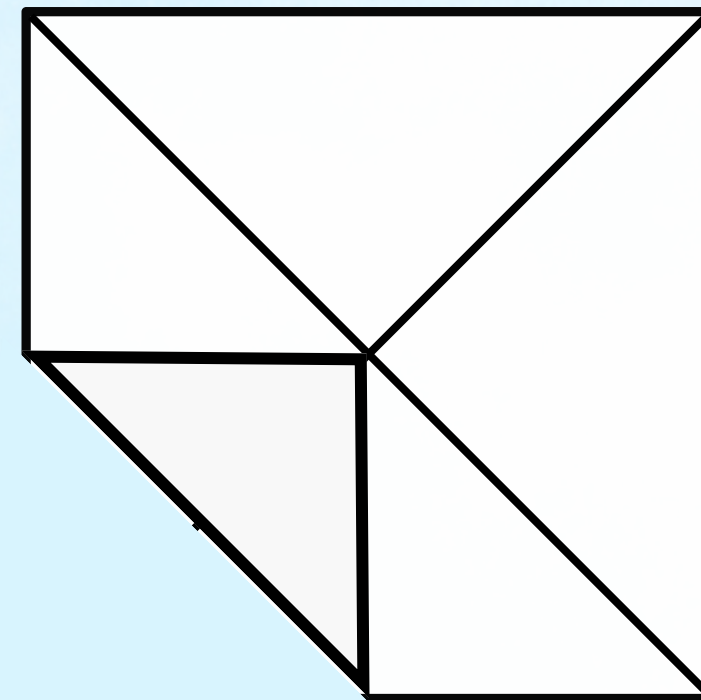
4

Unfold it

Steps

5
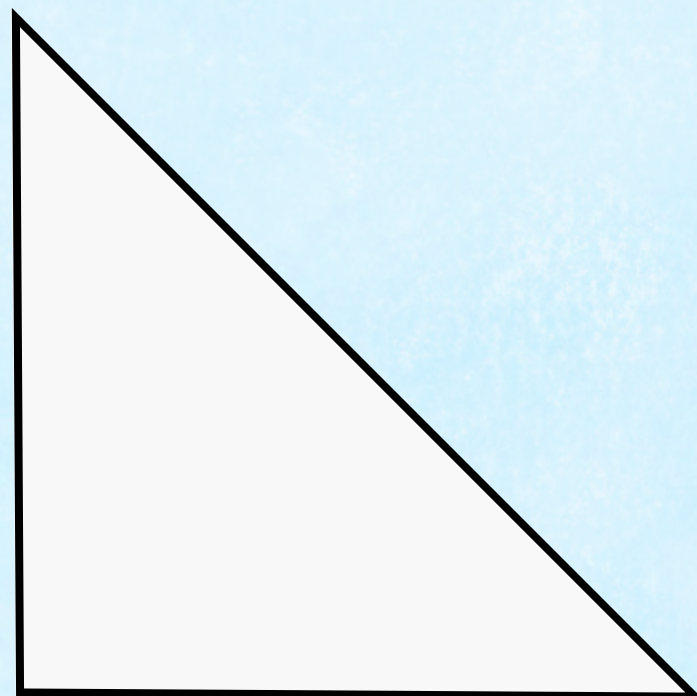
Fold it in half
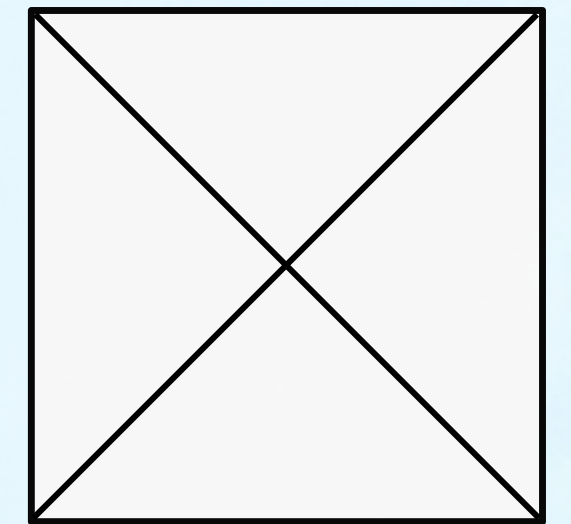diagonally
the other way

6

Unfold it

7

Fold all four
corners into
the centre
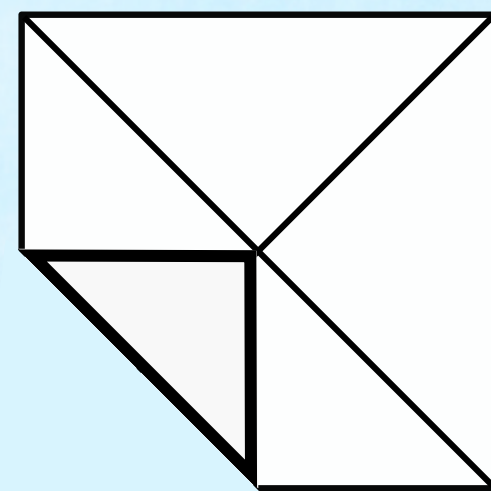
8

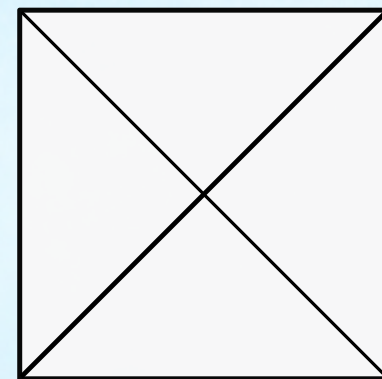It should look
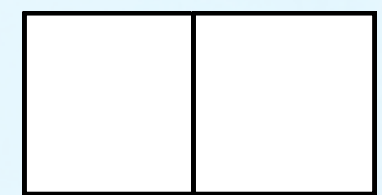like this

Steps

9
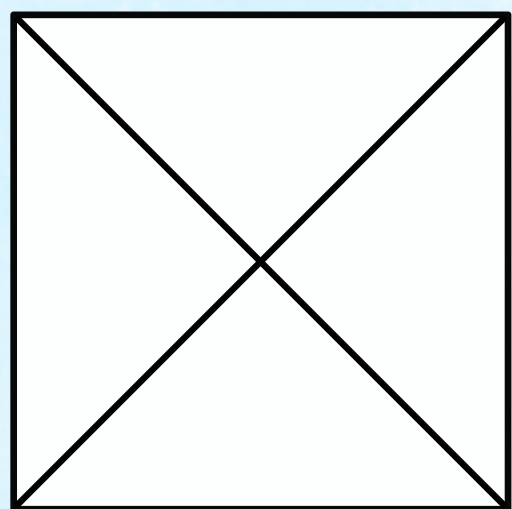
Flip it over

10

Now fold all four corners into the centre, like you did before
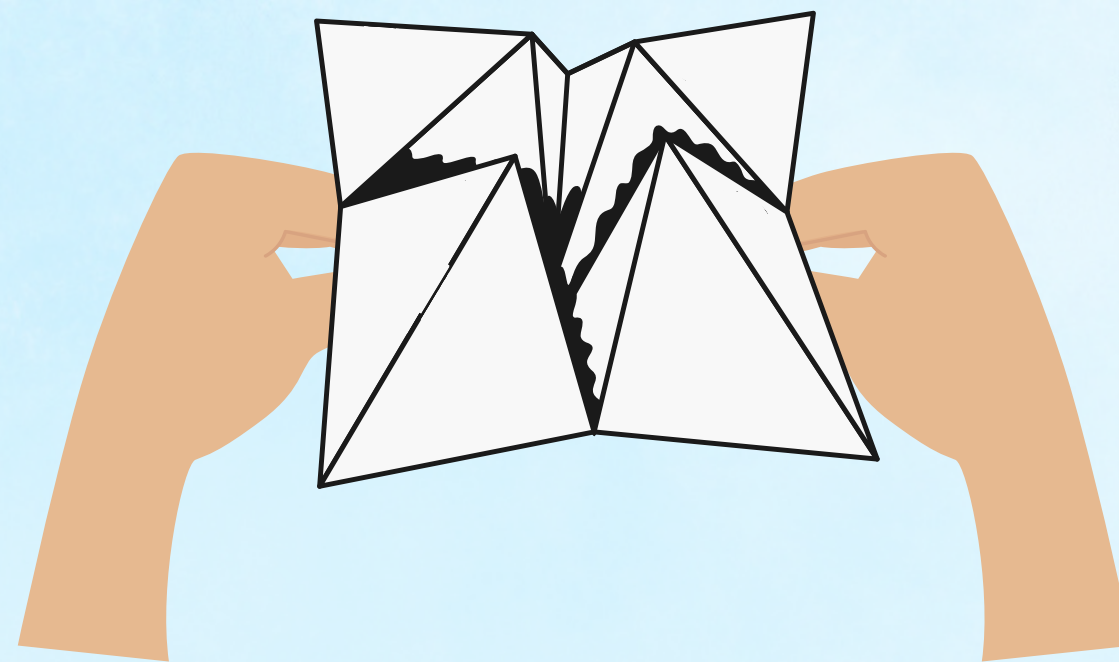
11

It should look like this

12

Fold it in half, into a rectangle. Ensure the numbers are on the inside

1 3

Slide thumbs and pointer fingers under the flaps.
Wiggle your fingers and the paper should bend inwards.

Notes

- Each design includes an "Easy Print" option which removes all colour and detailed pictures. This allows for quicker printing and may be less visually distracting to some students. It also gives students a chance to personalise their chatterbox so it reflects their needs.