







TE WHARE TAPA WHĀ CHATTERBOX

This chatterbox is designed to help tamariki practice the Five Ways to Wellbeing to boost their mental health this Mental Health Awareness Week and beyond.

How to play:

1. Pick a word that's written on one of the square pockets.
2. Spell out the word as you move the chatterbox back and forth (i.e. 'wellbeing', nine letters, move nine times)
3. Pick a number from the inside. Move the chatterbox that many times.
4. Pick another number. Open the flap of the number to reveal a wellbeing action.

- Step 1:**  Trim along the dotted line to make a square.
- Step 2:**  Fold the square from corner to corner diagonally. Unfold and repeat with the other corner.
- Step 3:**  Lay the Chatterbox out flat with the colours and numbers face down and fold each corner into the centre point.

- Step 4:**  With the number side facing down, fold each corner into the centre point again.
- Step 5:**  Fold the Chatterbox in half so that the numbers are on the inside.
- Step 6:**  Your Te Whare Tapa Whā Chatterbox is ready to play!

FIVE

ONO
Take notice
Write down three things you are grateful for.

WHITU
Be Active
Go for a walk with your whānau and listen to the manu/birds.

WAYS

RIMA
Keep Learning
Read something new today!

WARU
Connect
Kōrero with a classmate about what wellbeing means to them.

WHĀ
Connect
Ask your whānau or a friend what made their day special.

TAHI
Take notice
Take 10 mindful breaths in and out.

TORU
Be Active
Challenge your whānau or friends to a dance off!

RUA
Give
Give a smile away!

WELLBEING

Mental Health Foundation
mauri tū, mauri era

Five Ways, Five Days.

MHAW 2023
Mental Health Awareness Week

mhaw.nz