







TE WHARE TAPA WHĀ CHATTERBOX




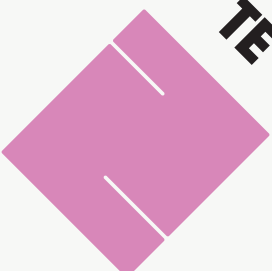

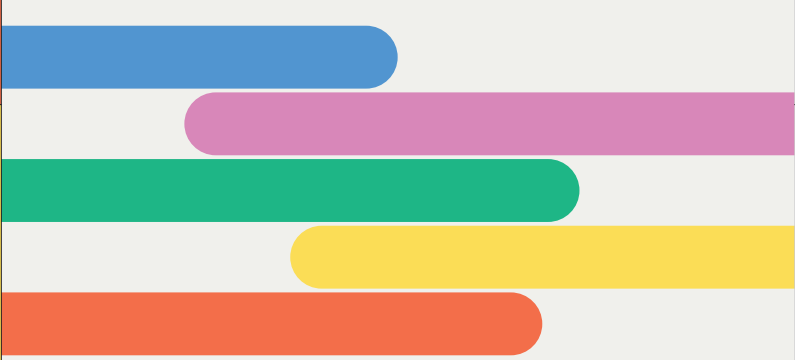



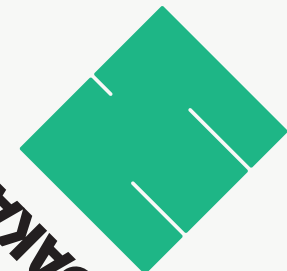


This chatterbox is designed to help tamariki practice the Five Ways to Wellbeing to boost their mental health this Mental Health Awareness Week and beyond.

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!

<p>POIPOIA</p> 	<p>ONO</p> <p>Me aro tonu Tuhia kia tonu ngā whakawhetai.</p> 	<p>WHITU</p> <p>Me kori tonu Hiko! tahi me tō whānau, ā, whakarongo atu ki ngā manu e tioriori ana.</p> 	<p>TE</p> 
<p>RIMA</p> <p>Me ako tonu Pānuitia tētahi pukapuka hou!</p> 	<p>Mental Health Foundation mauri tū, mauri era OF NEW ZEALAND</p> <p>Ētahi Ara E Rima Ki Te Ngākau Ora.</p>  <p>MHAW 20 Mental Health Awareness Week 23</p> <p>mhaw.nz</p>		<p>WARU</p> <p>Me whakawhanaunga Matapaki i ngā ahuatanga hauora ki tō hoo.</p> 
<p>WHĀ</p> <p>Me whakawhanaunga Whiua te pātahi! Na te aha ! harikoa ai tō rangi?</p> 			<p>TAHI</p> <p>Me aro tonu kia 10 ngā hoi, hakiua, hoihakiua.</p> 
<p>NGĀKAU</p> 	<p>TORU</p> <p>Me kori tonu Tengi! Akind to wharou me o hoo ki te kanikani!</p> 	<p>RUA</p> <p>Tukua Menemene atu! Menemene mai!</p> 	<p>ORA</p> 