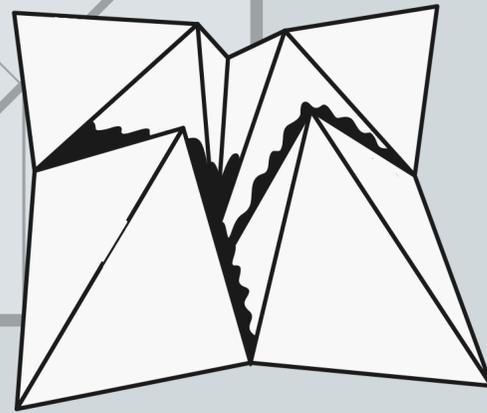
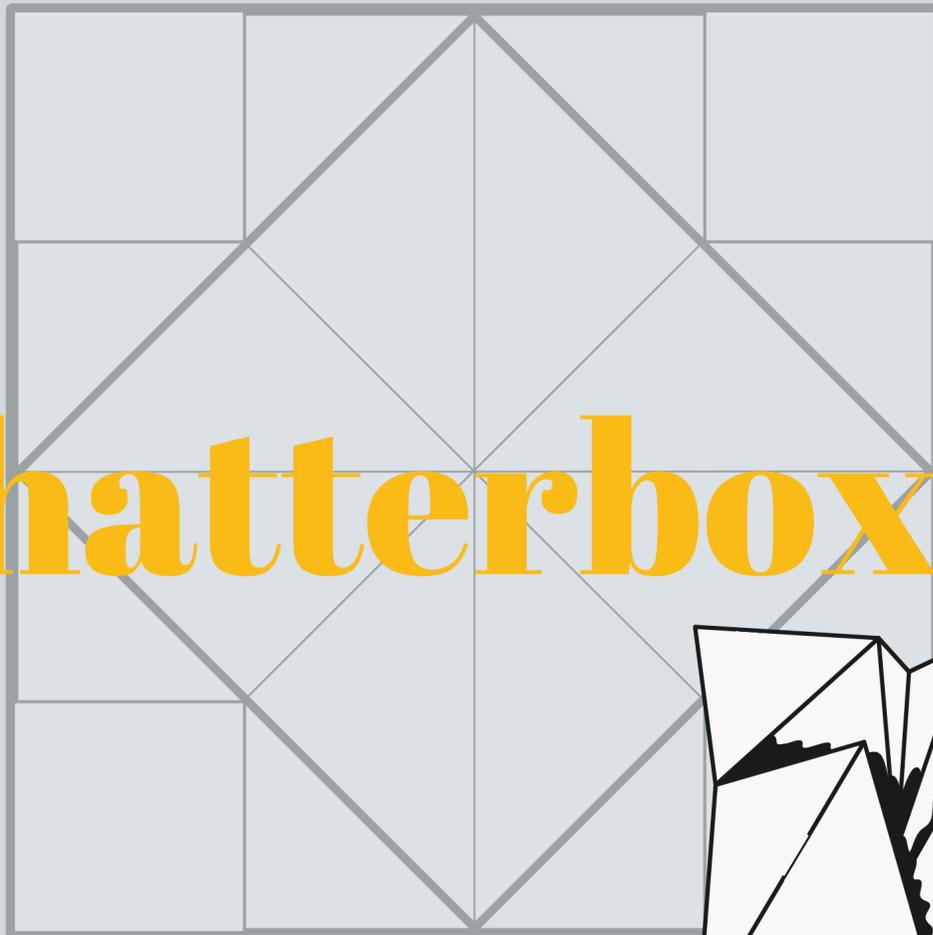
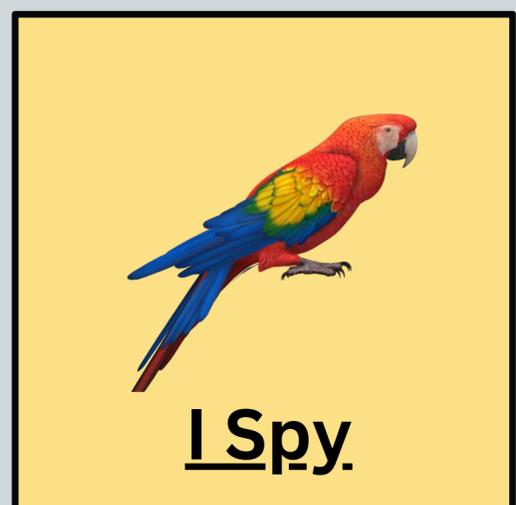
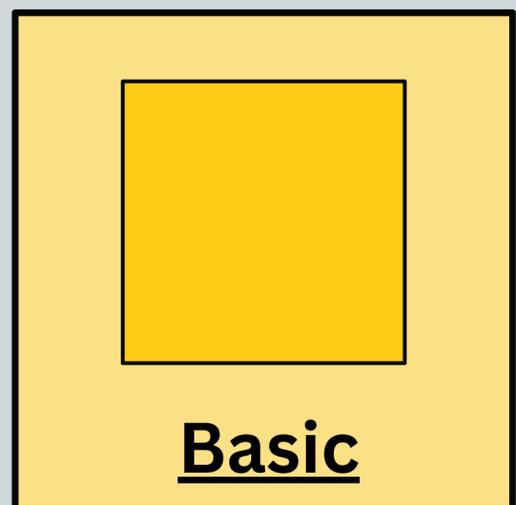
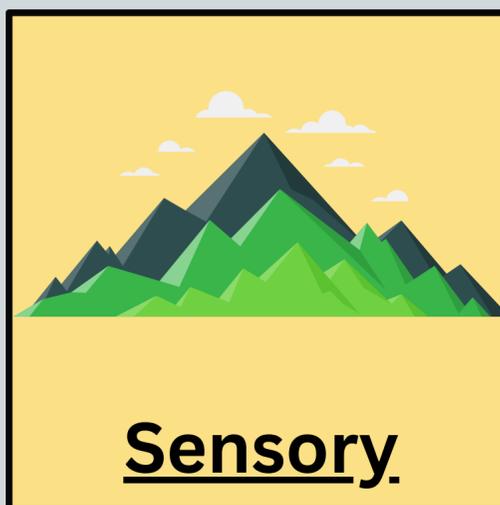
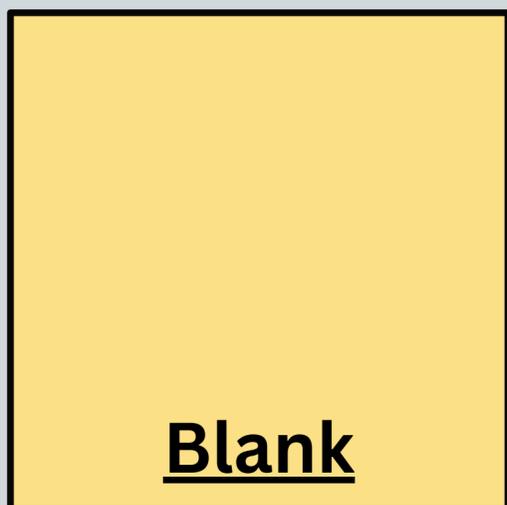


Chatterboxes



Six chatterbox designs to choose from:



Each design includes an easy print option.

Chatterbox Instructions

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**, all with an individual focus.

1. **Blank:** a blank chatterbox for students to fill in themselves. You may choose to provide the [Coping Strategies](#), 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, and 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.

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 allows students to personalise their chatterbox to reflect their needs.

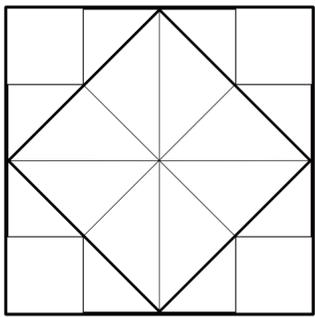
Contents

Blank	5
Sensory	6
Easy Print Sensory	7
Basic	8
Easy Print Basic	9
Affirmations	10
Easy Print Affirmations	11
Emotions	12
Easy Print Emotions	13
I Spy	14
Easy Print I Spy	15

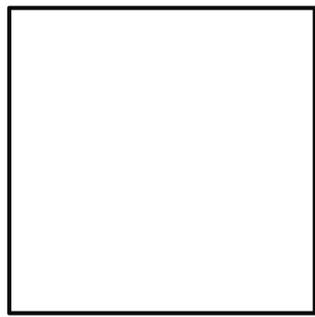


Click on the links to take you there

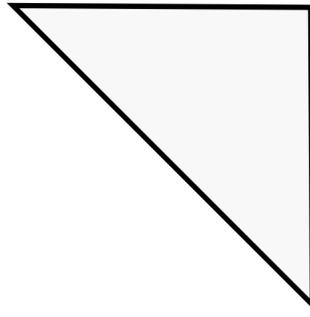
Instructions



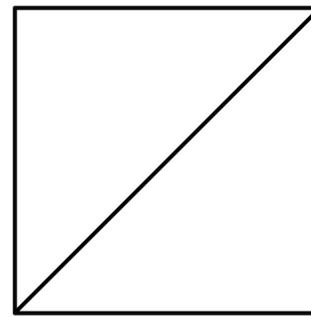
Cut out chatterbox.



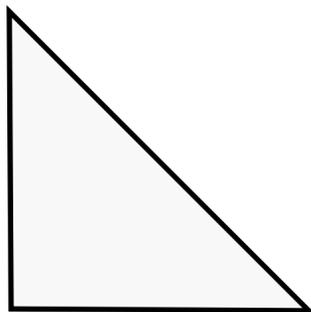
Flip chatterbox over so the blank side is face up.



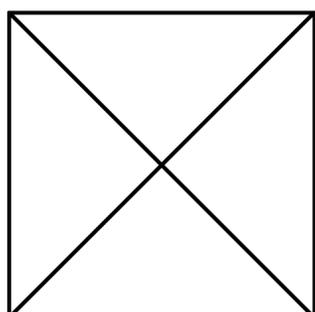
Fold it in half diagonally.



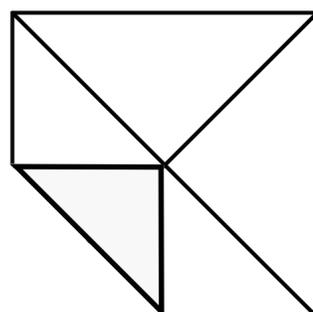
Unfold it.



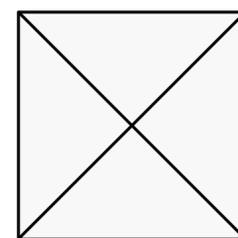
Fold it in half diagonally the other way.



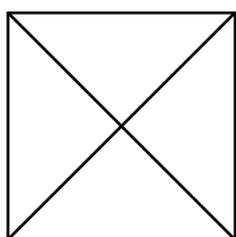
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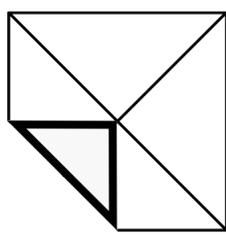
Fold all four corners into the centre.



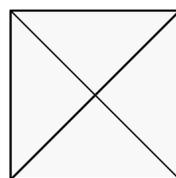
It should look like this.



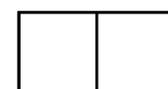
Flip it over.



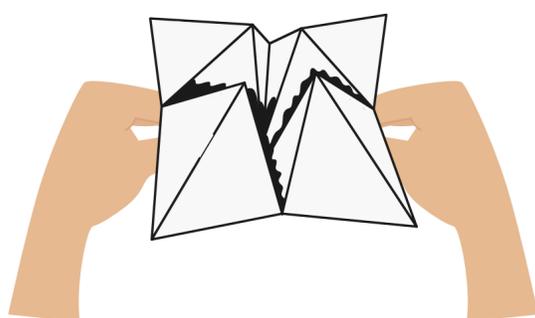
Now fold all four corners into the centre, like you did before.



It should look like this.



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



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

Add your own coping strategies

sing

listen to music

play with a fidget tool

speak to a friend

colour in

cuddle a teddy

count to 20

take a deep breath, breath out slowly

build something

read a book

talk to someone you trust

do some stretching

squeeze a stress ball

do 15 star jumps

play a board game

name 3 things you are grateful for

try to spot 5 things in your favourite colour

spell your name backwards

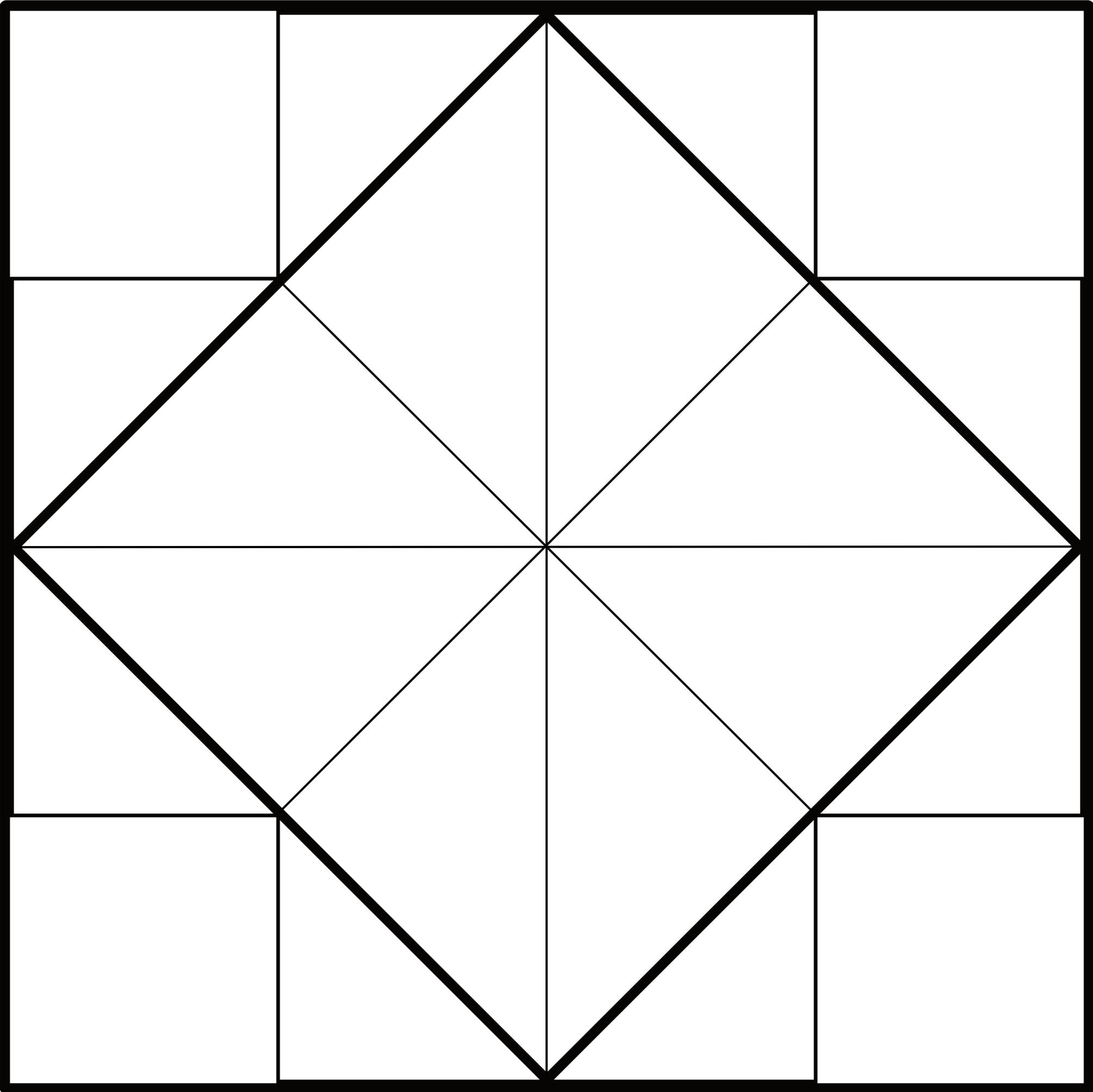
say the days of the weeks backwards

play with playdough

pat your head and rub your tummy, swap

find 3 things that you can hear

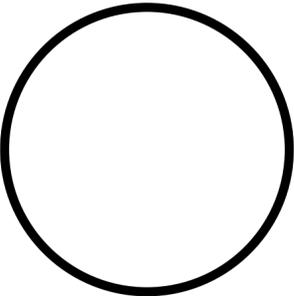
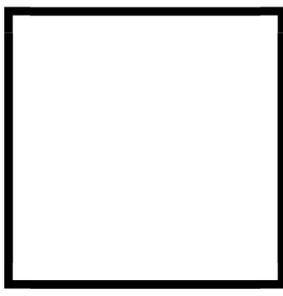
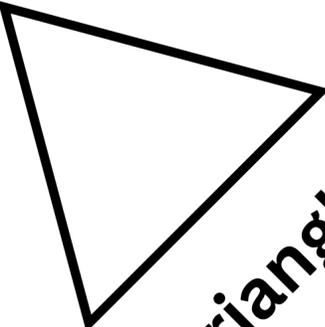
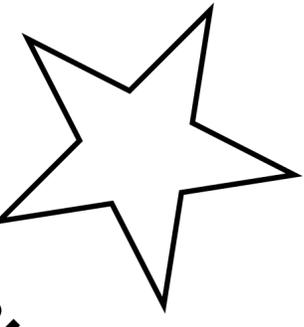
Blank



Sensory

 <p>tree</p>	<p>1</p>	<p>2</p>	 <p>mountain</p>
<p>8</p>	<p>What is your favourite smell?</p>	<p>What does your favourite food taste like?</p>	<p>3</p>
<p>Pat your head, rub your tummy. Swap.</p>	<p>Breathe in through your nose. Now as you breathe out through your mouth, pretend you are slowly blowing the seeds off a dandelion.</p>	<p>4</p>	<p>5</p>
 <p>Water</p>	<p>7</p>	<p>6</p>	 <p>sky</p>
<p>Name 3 things that you can hear.</p>	<p>Find something • soft • hard • smooth • rough. to touch.</p>	<p>Imagine yourself at a place that makes you happy. see right now. things that you can see right now.</p>	<p>Name 5 things that you can see right now.</p>

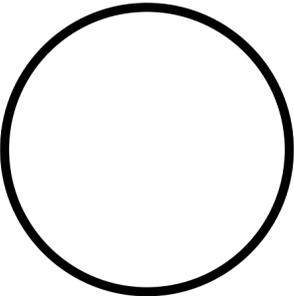
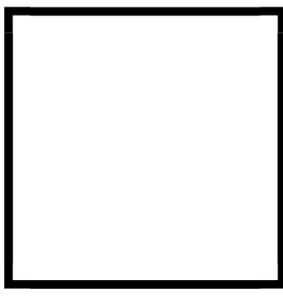
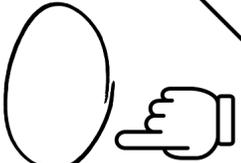
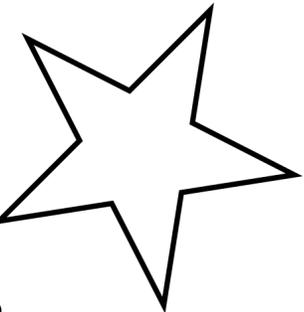
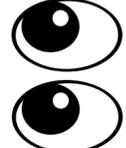
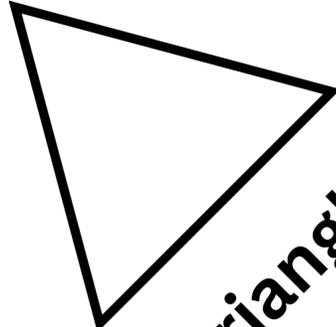
Easy Print Sensory

 <p>circle</p>	<p>1</p>	<p>2</p>	 <p>square</p>
<p>8</p>	<p>What is your favourite smell?</p>	<p>What does your favourite food taste like?</p>	<p>3</p>
<p>Pat your head, rub your tummy. Swap.</p>	<p>Breathe in through your nose. Now as you breathe out through your mouth, pretend you are slowly blowing the seeds off a dandelion.</p>	<p>4</p>	<p>5</p>
<p>7</p>	<p>Name 3 things that you can hear.</p> <ul style="list-style-type: none">• soft• hard• smooth• rough <p>to touch.</p>	<p>6</p>	 <p>triangle</p>
 <p>star</p>	<p>Find something</p> <ul style="list-style-type: none">• soft• hard• smooth• rough <p>at a place that makes you happy.</p>	<p>5</p>	<p>Name 5 things that you can see right now.</p>

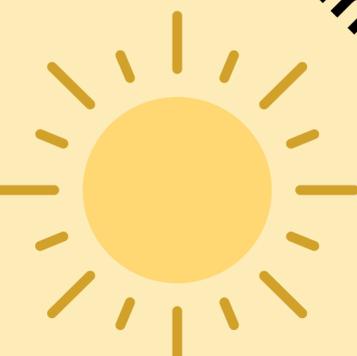
Basic

<p>green</p>	<p>1</p>	<p>2</p>	<p>yellow</p>
<p>8</p>	<p>Sing a song.</p> 	<p>Do your biggest smile!</p> 	<p>3</p>
<p>7</p>	<p>Draw a circle in the air.</p> 	<p>Take a big deep breath.</p> 	<p>4</p>
<p>blue</p>	<p>Jump on the spot.</p> 	<p>What can you see?</p> 	<p>red</p>
	<p>Can you hear someone talking?</p> 	<p>Touch something soft.</p> 	
	<p>6</p>	<p>5</p>	

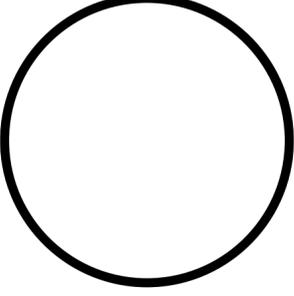
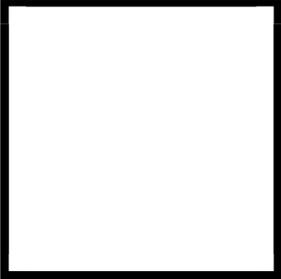
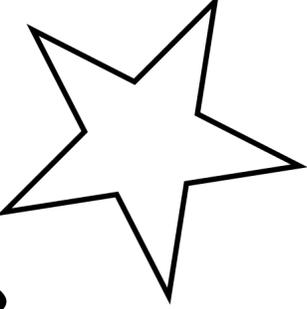
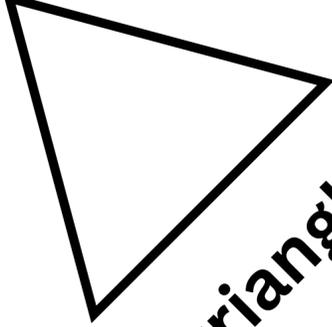
Easy Print Basic

<p>circle</p> 	<p>1</p> <p>Sing a song.</p> 	<p>2</p> <p>Do your biggest smile!</p> 	<p>square</p> 
<p>8</p> <p>Draw a circle in the air.</p> 	<p>7</p> <p>Jump on the spot.</p> 	<p>6</p> <p>Can you hear someone talking?</p> 	<p>3</p> <p>Take a big deep breath.</p> 
<p>star</p> 	<p>5</p> <p>Touch something soft.</p> 	<p>4</p> <p>What can you see?</p> 	<p>triangle</p> 

Affirmations

 <p>rainbow</p>	1	2	 <p>sun</p>
8	I forgive myself for my mistakes.	I am perfect just the way I am.	3 Today will be a great day.
7	I can do hard things.	I am safe.	4 I can ask for help.
 <p>Stars</p>	6 I am wonderful. I am unique. I am loved.	5	 <p>moon</p>

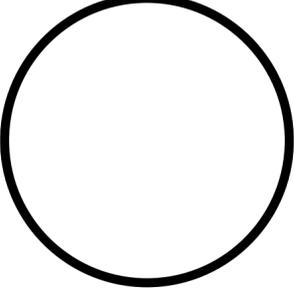
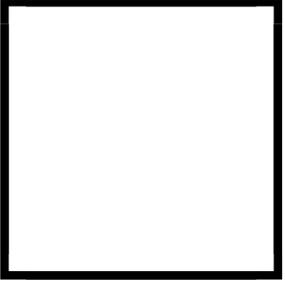
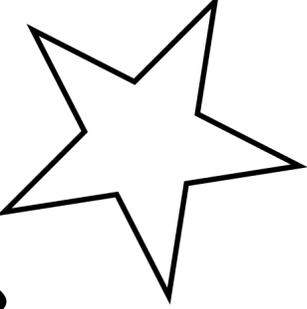
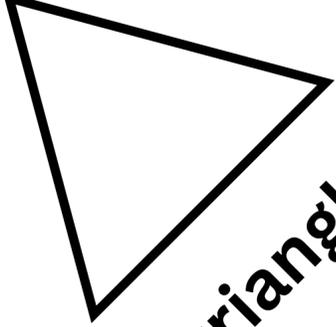
Easy Print Affirmations

 <p>circle</p>	<p>1</p> <p>All my problems have solutions.</p>	<p>2</p> <p>I am perfect just the way I am.</p>	 <p>square</p>
<p>8</p>	<p>I forgive myself for my mistakes.</p>	<p>Today will be a great day.</p>	<p>3</p>
<p>7</p>	<p>I can do hard things.</p>	<p>I can ask for help.</p>	<p>4</p>
 <p>star</p>	<p>I am wonderful. I am unique. I am loved.</p>	<p>I am safe.</p>	 <p>triangle</p>
	<p>6</p>	<p>5</p>	

Emotions

 <p>excited</p>	<p>1</p> <p>Do your best excited face.</p>	<p>2</p> <p>Smile or laugh. Even if you have to fake it!</p>	 <p>happy</p>
<p>8</p> <p>What is something that frightens you?</p>	<p>3</p> <p>What makes you mad?</p>	<p>4</p> <p>Who makes you feel safe?</p>	<p>5</p> <p>Make a sad face.</p>
<p>7</p> <p>Pretend you're angry, what can you do to calm yourself down?</p>	<p>6</p> <p>How many different silly faces can you make?</p>	<p>9</p> <p>Make a sad face.</p>	 <p>angry</p>
 <p>sad</p>	<p>9</p> <p>Make a sad face.</p>	<p>5</p> <p>Make a sad face.</p>	 <p>angry</p>

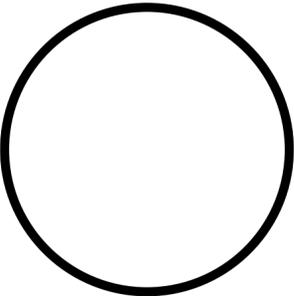
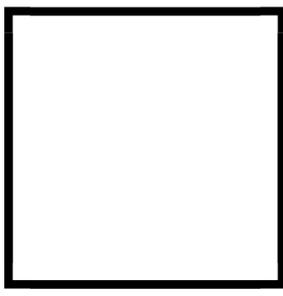
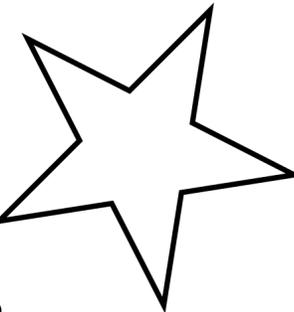
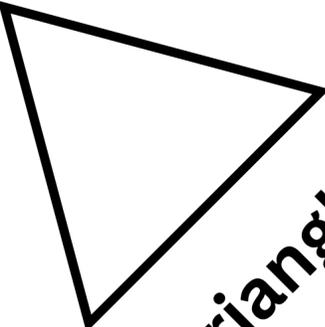
Easy Print Emotions

 <p>circle</p>	<p>1</p> <p>Do your best excited face.</p>	<p>2</p> <p>Smile or laugh. Even if you have to fake it!</p>	 <p>square</p>
<p>8</p> <p>What is something that frightens you?</p>	<p>7</p> <p>Pretend you're angry, what can you do to calm yourself down?</p>	<p>3</p> <p>What makes you mad?</p>	<p>4</p> <p>Who makes you feel safe?</p>
 <p>star</p>	<p>6</p> <p>How many different silly faces can you make?</p>	<p>5</p> <p>Make a sad face.</p>	 <p>triangle</p>

I Spy

 <p>tiger</p>	<p>1</p>	<p>2</p>	 <p>bird</p>
<p>8</p>	<p>I spy something that is loud.</p>	<p>I spy something round.</p>	<p>3</p> <p>I spy something alive.</p>
<p>7</p>	<p>I spy something made from paper.</p>	<p>I spy something heavy.</p>	<p>4</p> <p>I spy something old.</p>
 <p>fish</p>	<p>6</p> <p>I spy something with wheels.</p>	<p>5</p>	 <p>seal</p>

Easy Print I Spy

 <p>circle</p>	<p>1</p> <p>I spy something yellow.</p>	<p>2</p> <p>I spy something round.</p>	 <p>square</p>
<p>8</p>	<p>I spy something that is loud.</p>	<p>I spy something alive.</p>	<p>3</p>
<p>7</p>	<p>I spy something made from paper.</p>	<p>I spy something heavy.</p>	<p>4</p>
 <p>star</p>	<p>I spy something with wheels.</p> <p>6</p>	<p>I spy something old.</p> <p>5</p>	 <p>triangle</p>