

the chatterbox

If you are feeling angry or sad about violence that has happened in your family, print and use the chatterbox for suggestions of what you can do to help deal with your feelings.

- 1 Cut out the coloured square, fold it in half in both directions along dotted lines and then lie flat.
- 2 Turn coloured side over and fold all 4 corners to the centre. Turn over again and do the same.
- **3** Fold this square in half in both directions and lie flat with all the numbers facing up.
- 4 Lift numbered flaps and cut from the point of the flap towards the centre, along the dotted line until you reach the ------ dashed line.
- **5** Refold the chatterbox into the small square with all the numbers facing up. Then fold in half again. Put pointer fingers and thumbs up under the words and make the numbers touch, so that the points meet.
- 6 Choose a word that sums up how you feel and spell out the word by opening and closing the chatterbox. Choose a number and read what's underneath! You can play with friends too just get them to choose a word!





women's aid until women & children are safe www.womensaid.org.uk