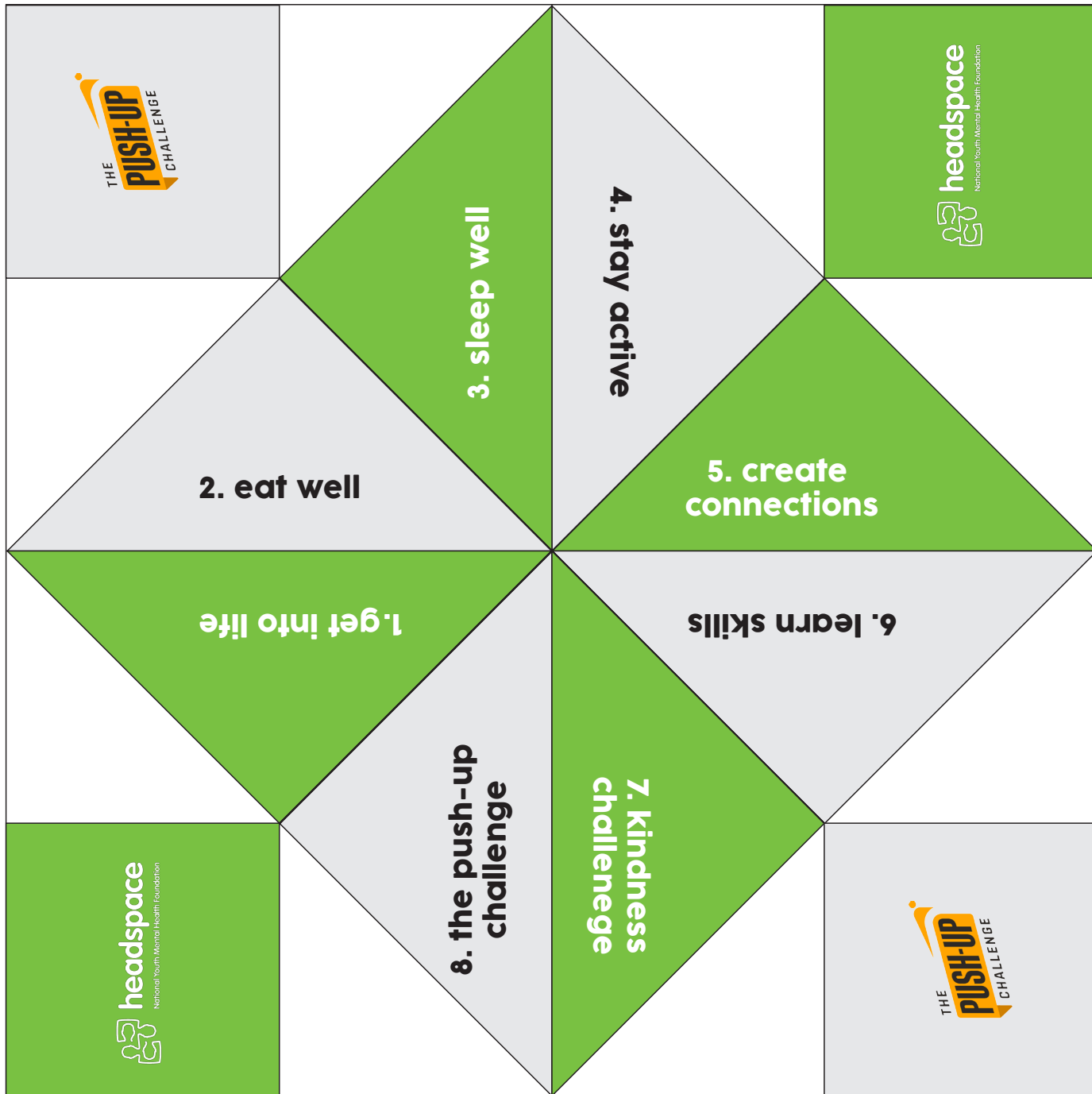


healthy headspace chatterbox

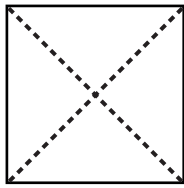
Read the instructions on the pages below to create and play your chatterbox. Inside the chatterbox, you will find some tips to support you to keep a healthy headspace and work towards your daily push up target. Have fun playing the chatterbox with your peers.



- 1. Get into life** – Write a list of 5 things that bring you JOY or make you feel PROUD.
- 2. Eat well** – Did you know there's a link between what you eat and how you feel? Write a list of 5 simple and healthy snacks you could add to your day.
- 3. Sleep well** – Try and turn off all devices at least an hour before you go to bed tonight. A small change to your nighttime routine can really help improve your sleep quality.
- 4. Stay active** – What's your favourite way to stay active? Think: anything that gets your body moving and increases your heart rate. You might be surprised to know our favourite activity is push-ups.
- 5. Create connections** – Healthy connections are important for your mental health. Write or draw 3 important people in your life you turn to for support.
- 6. Learn skills** – Learning skills to cope with tough times can really help your headspace.
- 7. Kindness challenge** – Being kind to others is great for us too. Share with someone about why they are special to you.
- 8. The Push-Up Challenge** – Drop and give us 5 push-ups (or push up alternatives) from your daily target.

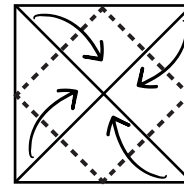
chatterbox instructions

1



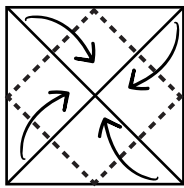
With pictures face down, fold on both diagonal lines. Unfold.

4



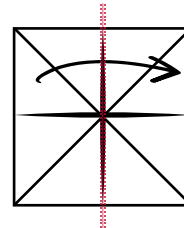
Once again, fold all corners to the centre.

2



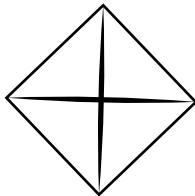
Fold all four corners to the centre

5



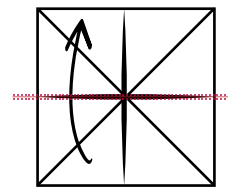
Fold paper in half and unfold.

3



Turn paper over.

6



Fold in half from top to bottom. Do not unfold.

7



playing the chatterbox

How to hold a Chatterbox Classroom Activity

This activity has been designed to be run in the classroom with supervision, it should take approximately 30 minutes. Due to the nature of this activity, we do not recommend this be set as homework or completed in isolation without the support of or follow-up with an educator.

There is potential for students to make disclosures during this activity, so you must know the risk escalation pathway for your school prior to running this activity. Keep in mind what's going on in your community. If there have been recent events that may impact the mental health and wellbeing of students and how they respond to this kind of activity, it may be best to delay this activity until some more time has passed.

It's a great idea to let parents and carers know you've run this kind of activity and share the 7 Tips for a healthy headspace factsheet so they can continue the conversation at home. This activity may bring up some thoughts and emotions for students, so it's important we equip their families with the tools and resources to support them.

After the activity all activity sheets must be sighted by a teacher or member of staff and reviewed on the same day. This is so if any students have indicated a potential risk or specific issue, it can be addressed in a timely manner.

Thank you for promoting help-seeking with your students and school community

Instructions

1. Cut out your Chatterbox and make the Chatterbox according to the instructions.
2. Pair up and alternate being the Chatterbox Master and the Chatterbox Player.
3. Chatterbox Master asks Chatterbox Player to select either a 'headspace' square or 'push up challenge' square.
4. Master opens and closes the Chatterbox the number of times required to spell the word – for example – 'H-E-A-D-S-P-A-C-E' (Chatterbox Master open and closes Chatterbox 9 times).
5. Player selects one of triangles (tip/challenge for a healthy headspace).
6. Master opens and closes the Chatterbox the number of times written on the selected triangle.
7. Player selects final triangle (tip/challenge for a healthy headspace).
8. Master lifts up the selected triangle and reads the instruction.

Tips for healthy headspace factsheet:
[headspace.org.au/tips for a healthy headspace](https://headspace.org.au/tips-for-a-healthy-headspace)

take time for a healthy headspace chatterbox

There is a blank chatterbox below. This is for you to write or draw the activities that contribute to your own mental health and wellbeing. Keep the chatterbox somewhere you can play with it everyday so you are able to remind yourself of the ways you can help yourself when you need to feel better.

