



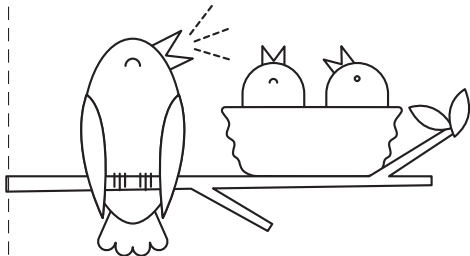
**Kids Helpline**  
1800 55 1800 | kidshelpline.com.au

## Build your own Chatter Box!

Print out these four A4 sheets of paper then cut along the dotted lines to build your own set of Chatter Box cards.

Use the blank cards provided to write your own questions. There's even space to add your own illustration!

# Chatter Box



### Help us grow a mentally healthy generation.

Bupa is proud to partner with Kids Helpline, working together to support the emotional wellbeing of young people.

Together, we have created Chatter Box, a card game to play whenever, wherever.

### Two ways to play, or play your own way!

1. Stick a card to the fridge daily and each family member must answer the question at the end of the day.
2. At the dinner table, take it in turns to pick a card for everyone to answer!

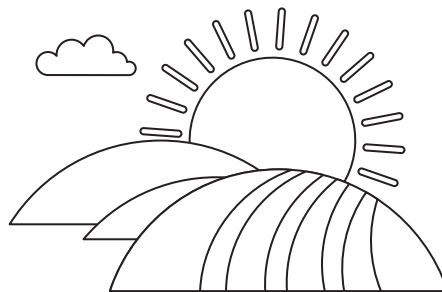
### Managing emotions

**Act out an emotion you felt today.**



### Managing emotions

**What helps you feel calm?**



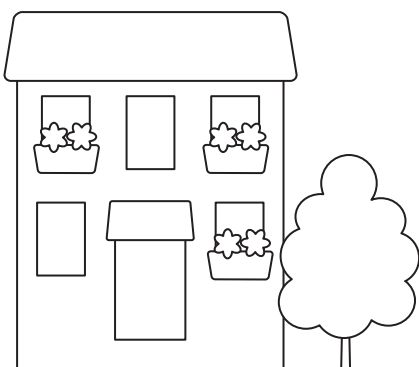
### Managing emotions

**Have you felt worried or scared this week? How did you react?**



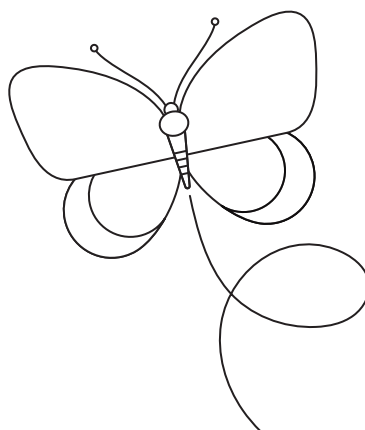
### Gratitude

**Look around the room and find something you are grateful for, explain why...**



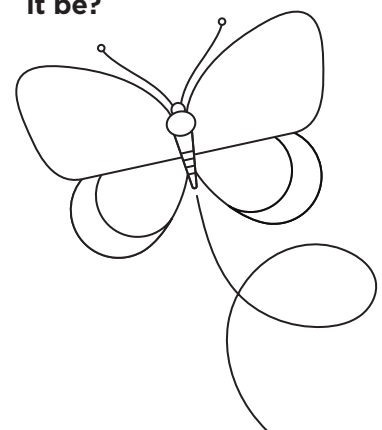
### Gratitude

**What was the best moment of today for you?**



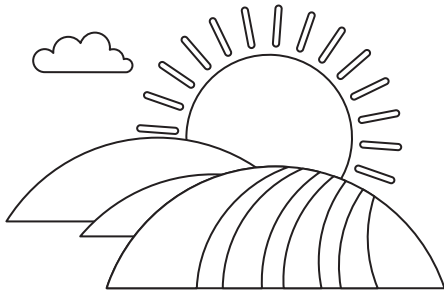
### Gratitude

**If you had to name just ONE thing you are grateful for, what would it be?**



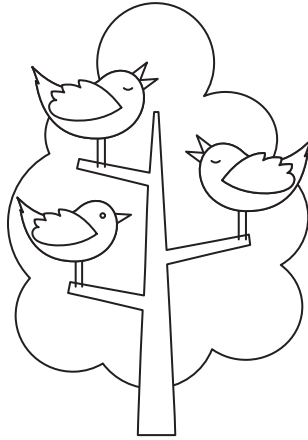
**Managing emotions**

If you were feeling sad, would you rather talk about your feelings or do something to take your mind off it?



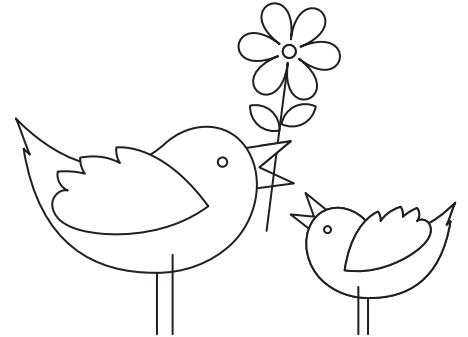
**Friendship**

Who did you like talking to this week? What made it good?



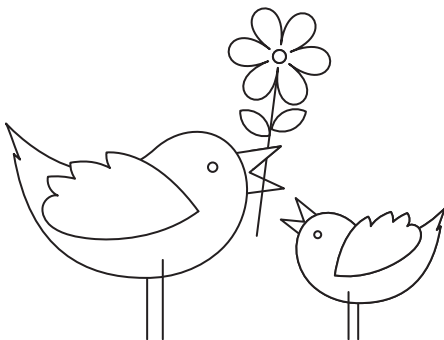
**Friendship**

You have a disagreement with a friend. What could you say to make things better?



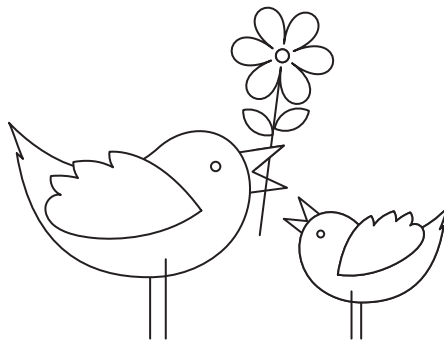
**Resilience**

Name something you achieved this week.



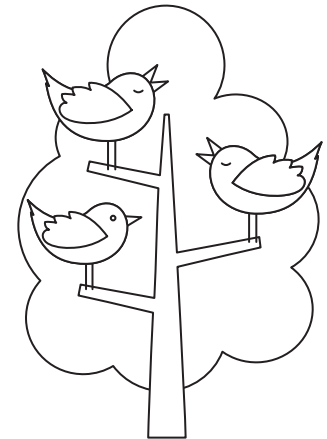
**Friendship**

Name one way you helped another person this week.



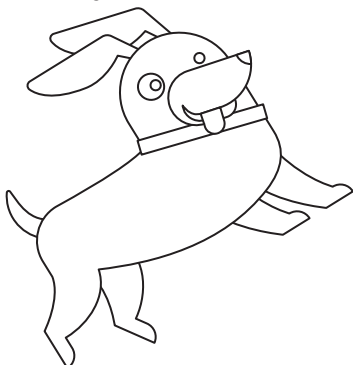
**Friendship**

What is one way you can make a new friend?



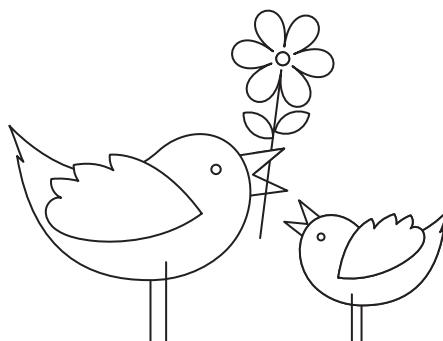
**Resilience**

Think of someone who has acted like a leader recently. What did they do or say?



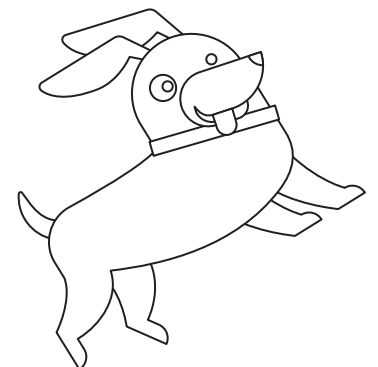
**Resilience**

Your friend is having a hard time learning a new skill. What would you say to encourage them?



**Resilience**

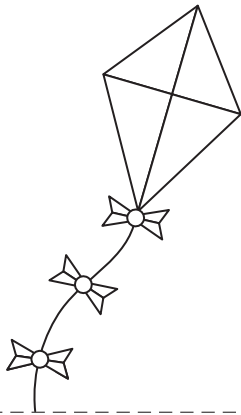
Tell us about the last time you needed to be brave.





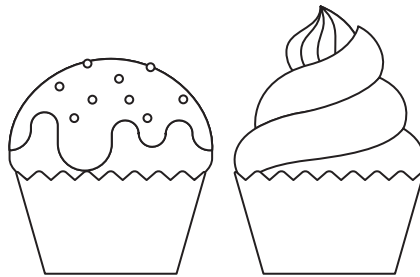
**Just for fun!**

**If you were an ice-cream flavour, what would you be and why?**



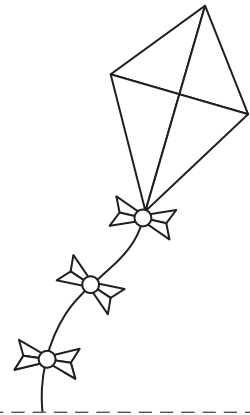
**Just for fun!**

**If you were stranded on a deserted island and could take three things with you, what would they be and why?**



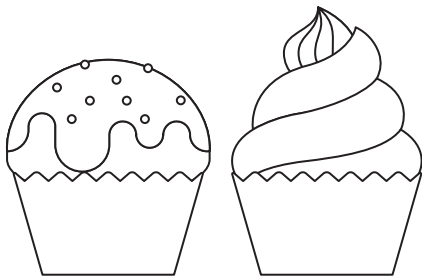
**Just for fun!**

**If you and your family had your own reality TV show, what would you call it and why?**



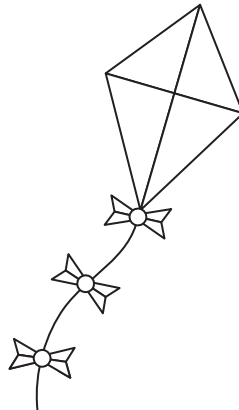
**Just for fun!**

**If you could be famous for something, what would it be and why?**



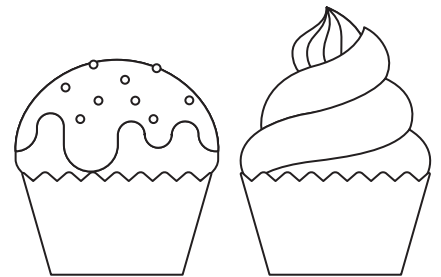
**Just for fun!**

**If you could change one thing in the world, what would it be?**



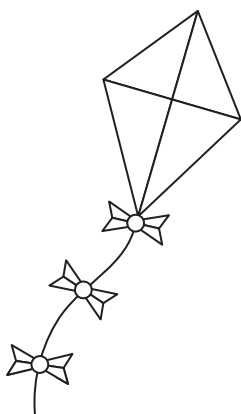
**Just for fun!**

**If you could create a video game, what would it be about and what would you call it?**



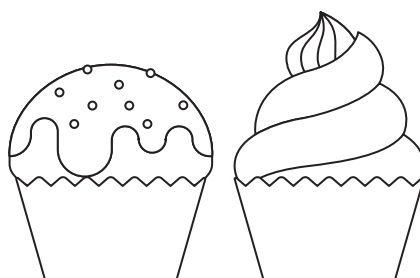
**Just for fun!**

**What cartoon character would you most like to be and why?**



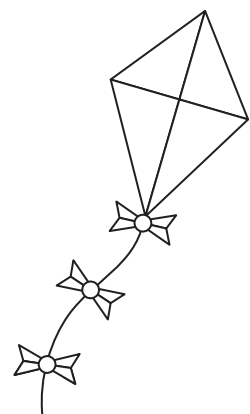
**Just for fun!**

**If you had to give everyone in your family new names, what would they be and why?**



**Just for fun!**

**Do a dance to express how you're feeling right now.**





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**Find out more about Kids Helpline's free Wellbeing@School program at [bupa.com.au/kidshelpline](http://bupa.com.au/kidshelpline)**



**Kids Helpline counselling service**  
Kids Helpline is Australia's only free and confidential 24/7 online and phone counselling service for young people aged 5 to 25. Anytime. Any Reason.

**Kids Helpline's free Wellbeing@School Program**

Bupa is proud to partner with Kids Helpline to deliver their free Wellbeing@School program to primary schools across Australia. The sessions are facilitated by a qualified Kids Helpline Counsellor via a video link. Sessions cover topics such as managing emotions, developing resilience, friendship and bullying. **Find out more and refer your school at [bupa.com.au/kidshelpline](http://bupa.com.au/kidshelpline)**

