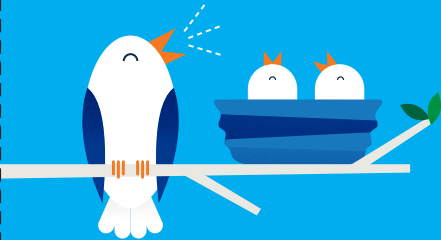




Kids Helpline
1800 55 1800 | kidshelpline.com.au

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!

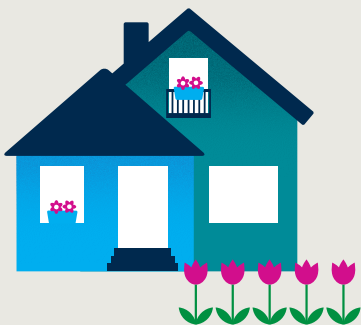
Build your own Chatter Box!

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!

Managing emotions

Act out an emotion you felt today.



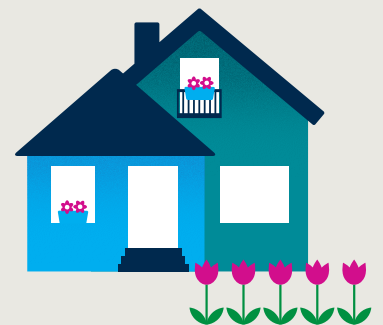
Managing emotions

What helps you feel calm?



Managing emotions

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



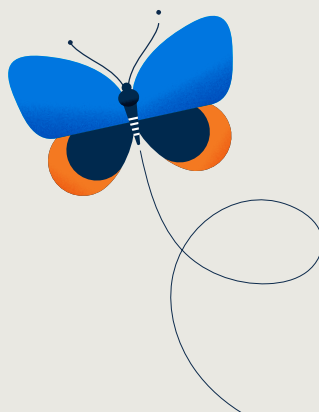
Gratitude

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



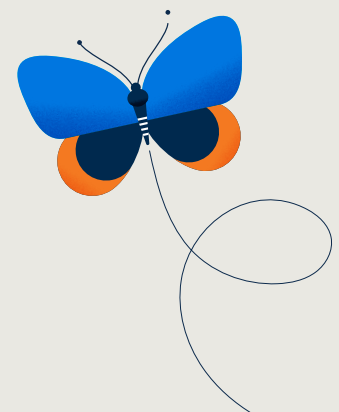
Gratitude

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

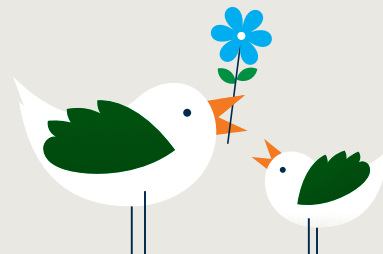
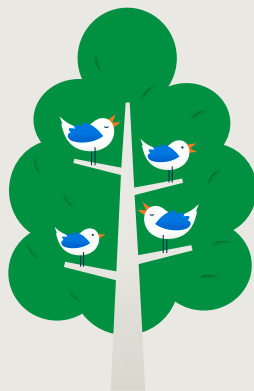
Friendship

Friendship

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

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

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



Resilience

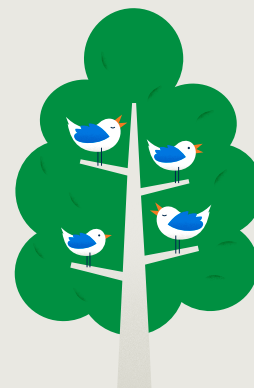
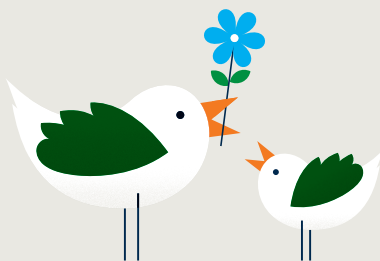
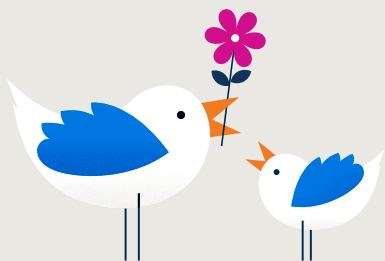
Friendship

Friendship

Name something you achieved this week.

Name one way you helped another person this week.

What is one way you can make a new friend?



Resilience

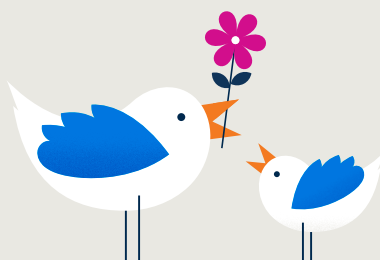
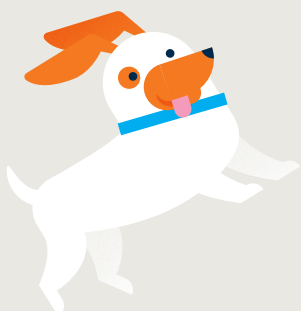
Resilience

Resilience

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

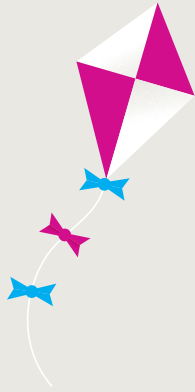
Your friend is having a hard time learning a new skill. What would you say to encourage them?

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?



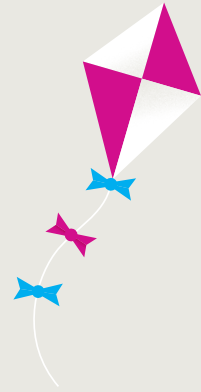
Just for fun!

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?



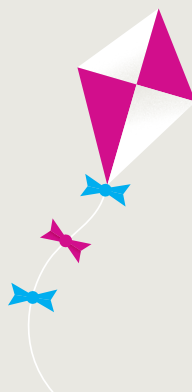
Just for fun!

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?



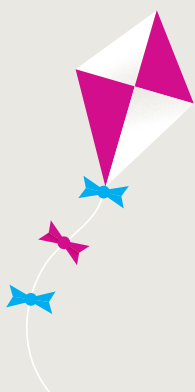
Just for fun!

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?



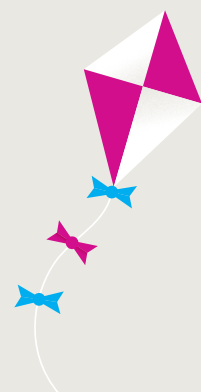
Just for fun!

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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Health & Care

Kids Helpline
1800 55 1800
kidshelpline.com.au



kidshelpline
Anytime | Any Reason

1800 55 1800 | kidshelpline.com.au

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



Find out more about Kids Helpline's free Wellbeing@School program at bupa.com.au/kidshelpline