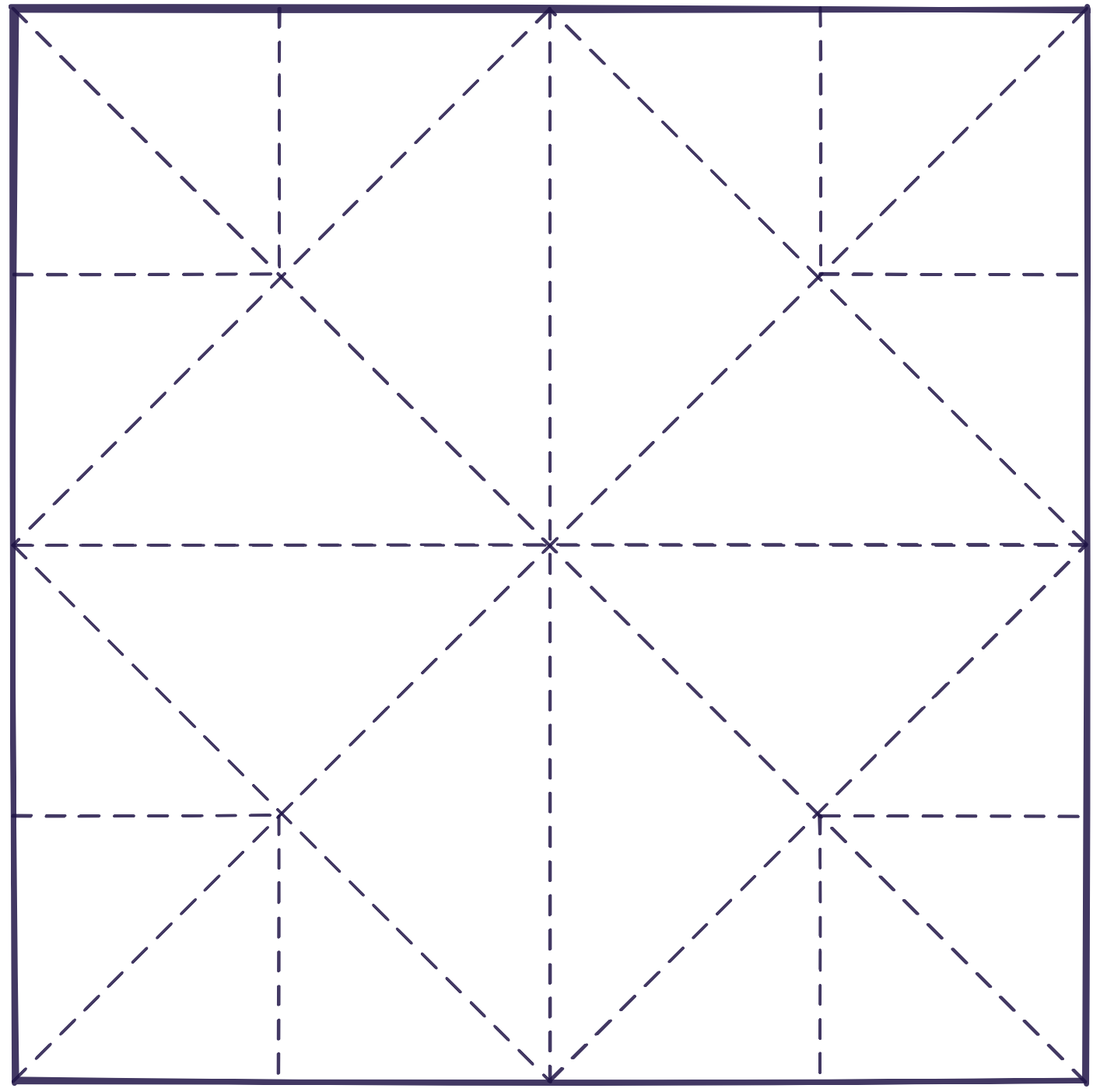
CHILDREN'S WELLBEING

Fold & Talk

Cut out the square. Fold along the dotted lines.



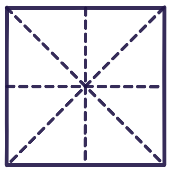




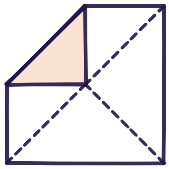
CHILDREN'S WELLBEING

How to Fold

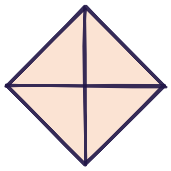
Follow the steps in order.

1 

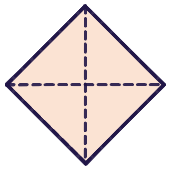
Fold along the dotted lines. Open it back out.

2 

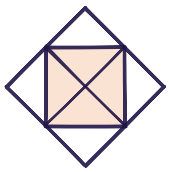
Fold each corner in to the centre.

3 

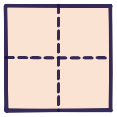
It should look like this.

4 

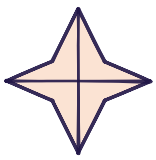
Flip it over so the flaps face down.

5 

Fold the corners in to the centre again.

6 

Fold it in half, then in half the other way.

7 

Slide your fingers under the flaps and pinch. Now you have the shape.

CHILDREN'S WELLBEING

Write and Play

Pick a number, move the folds and discover a question. Take turns to talk, listen and share.

Outside

Write one word on each flap on the outside.

HAPPY	CALM	KIND	BRAVE

Inside

Write one question in each of the 8 triangles inside.

1. What made you smile today?
2. What are you looking forward to?
3. What is something you are proud of?
4. Who helps you when you need support?
5. What is something you like about yourself?
6. What helps you feel calm?
7. What is one kind thing you could do today?
8. What would make today a good day?

Play

1. Choose a word.
2. Spell the word as your partner moves the folds.
3. Choose a number.
4. Move the folds that many times.
5. Choose one final number.
6. Open the flap and answer the question.
7. Swap over and play again.

