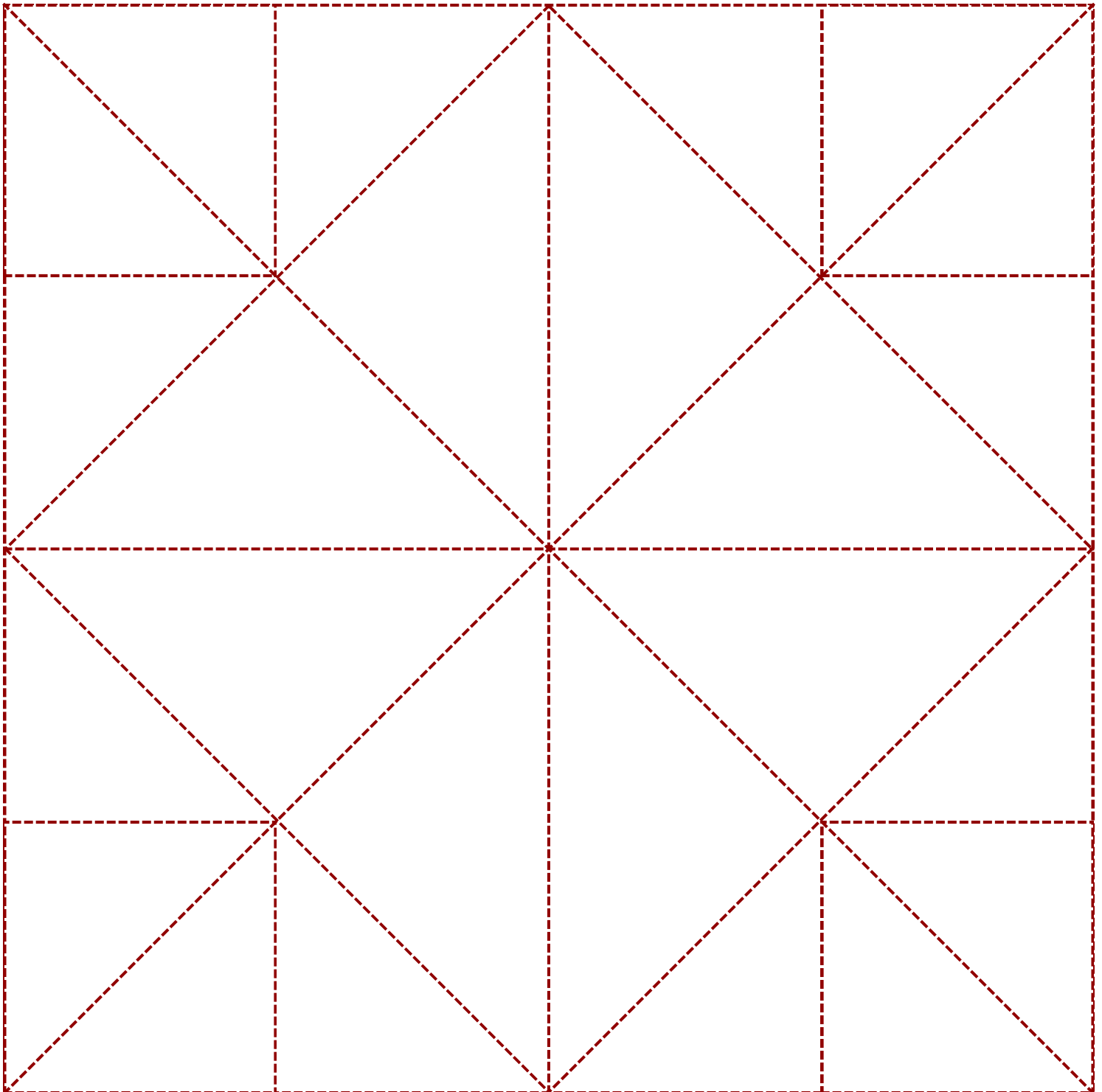
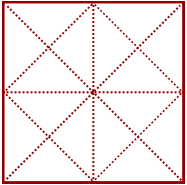


THE WELLBEING FOLD & TALK

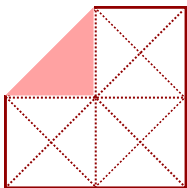
Use this template to create your own Wellbeing Fold & Talk! Add feelings, positive prompts, questions or pictures that help you think, talk and share.



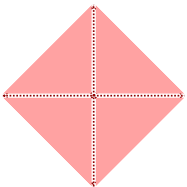
INSTRUCTIONS



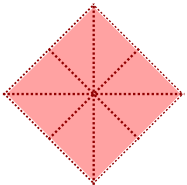
1. Fold the square along the diagonal dotted lines and open back out.



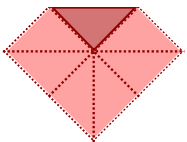
2. Fold each corner in to the centre to make a smaller square.



3. It should look like this!



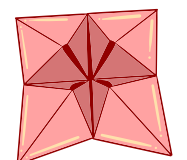
4. Flip the paper over so that the folded flaps are facing downwards.



5. Fold the corners in to the centre again



6. You should have a smaller square - fold this in half vertically and horizontally.



7. Slide your fingers under the flaps and pinch to create the 3D shape.

THE WELLBEING FOLD & TALK

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

Outside — 4 choices

HAPPY • CALM • KIND • BRAVE

Inside — 8 prompts

- 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?**

HOW TO PLAY

- Choose a word.**
- Spell the word as your partner moves the folds.**
- Choose a number.**
- Move the folds that many times.**
- Choose one final number.**
- Open the flap and answer the question.**
- Swap over and play again.**