

Calm Time Origami Chatterbox

A game to explore what comfort and calm mean to us.





This chatterbox game invites us to play and learn about the meaning of comfort and calm. It also offers invitations to practice breath-based and comfort-focused activities.

One person operates the chatterbox, while the other takes a turn at choosing from its options to make their way to the centre of the folded paper which has activity ideas to choose from.

How to Use a Chatterbox:

- The Chatterbox operator holds the chatterbox on thumbs and fingers.
- The player chooses from the four outside sides, then the chatterbox operator spells out their choice while moving the parts of the chatterbox.
- The player chooses a number from the four inner numbers, then the chatterbox operator counts out the number, moving the chatterbox again.
- The player chooses a number again and the chatterbox operator opens out the flap with the chosen number on it.
- The player chooses from two activity prompts written beneath the chosen number.
- Swap and repeat. Different choices will lead to different activity options in the centre.

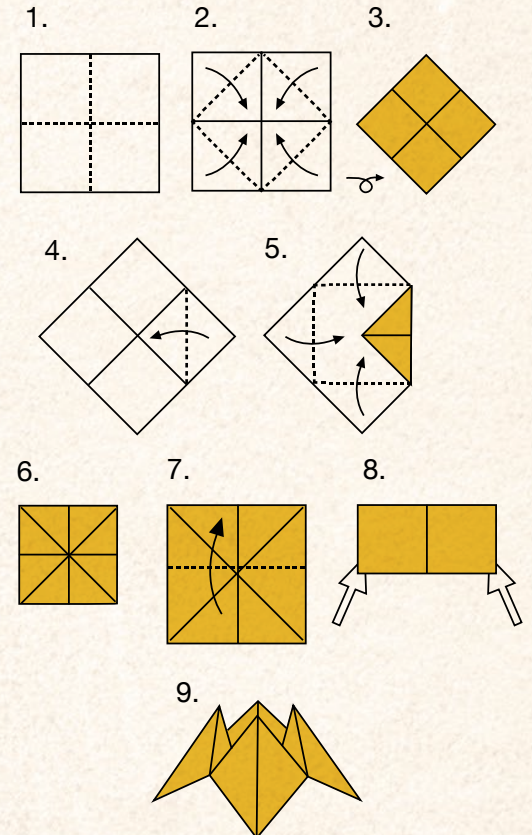


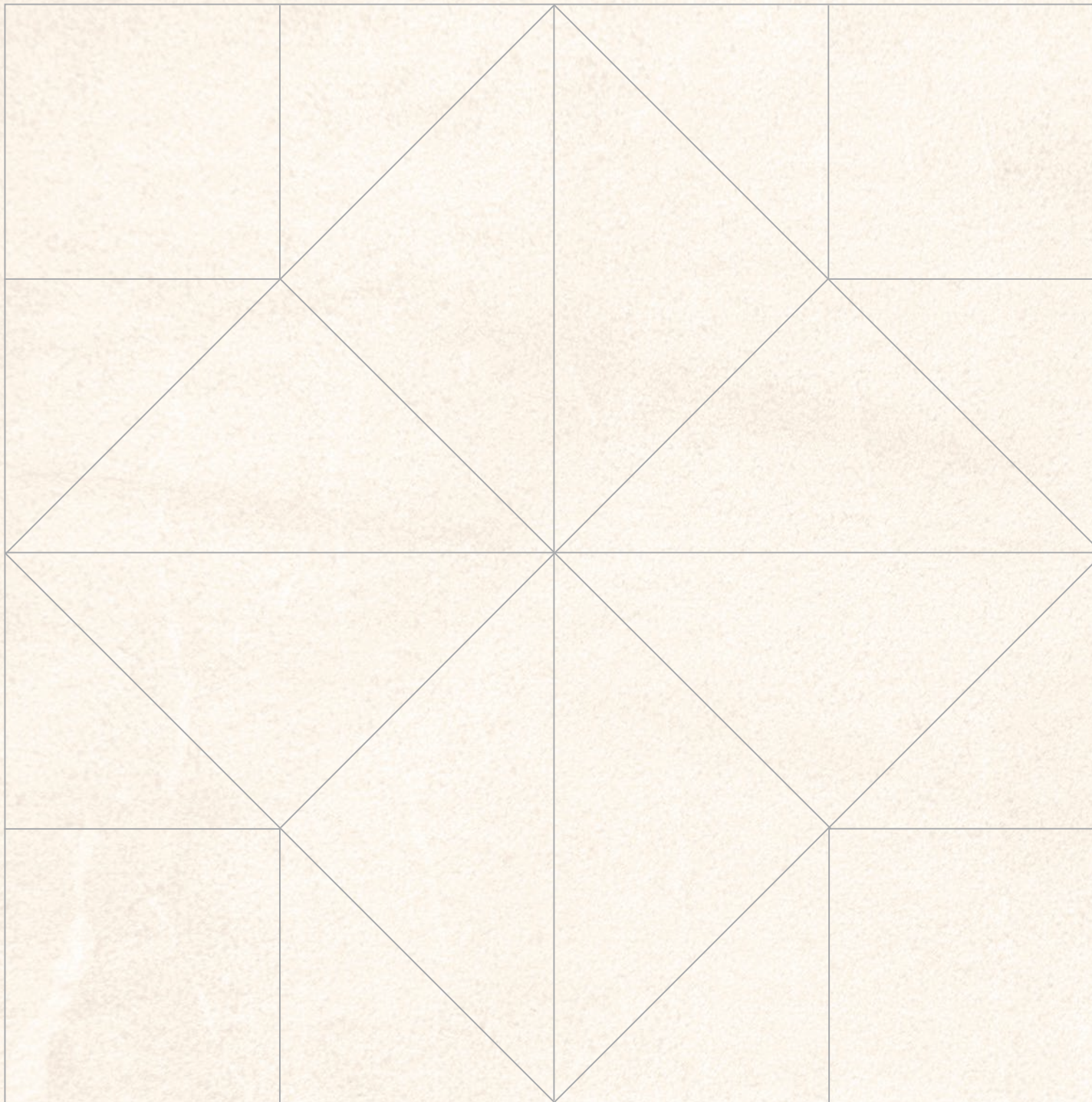
 <p>Rest</p>	<p>2</p>	<p>3</p>	 <p>Music</p>
<p>1</p>	<p>What is a comforting sound you like? Or Breathe in through your nose and smell the imaginary flowers. Breathe out through your mouth. Repeat.</p>	<p>What is a comforting smell you like? Or Put one hand on your heart, the other on your tummy. Breathe in and out. Repeat.</p>	<p>4</p>
<p>8</p>	<p>Find the most comforting thing to touch that's close by. Or Identify who helps you feel calmer when they are by your side?</p>	<p>Where do you feel the safest? Draw yourself in this space. Or When is usually the calmest time of your day?</p>	<p>5</p>
 <p>Float</p>	<p>7</p>	<p>6</p>	 <p>Read</p>

Calm Time

Origami Chatterbox

You might like to invite children to colour in this chatterbox to customise it anyway they like.





Make you own Origami Chatterbox

Before you start folding consider making your chatterbox look more colourful by colouring it in.

