

How to fold the Healthy Heroes Chatterbox



1. Cut out the square Chatterbox
2. Place the coloured side face down
3. Fold all corners into the middle. Crease well
4. Now turn your paper over so the folds you just made are face down
5. Fold all corners into the middle. Crease well
6. Now fold your paper in half vertically and horizontally
7. To use the Healthy Heroes Chatterbox, put your index fingers and thumbs inside
8. Now it's time to play, have fun and get moving!
9. Keep your Healthy Heroes Chatterbox on your desk to use during the day and for brain break



How to play the Healthy Heroes Chatterbox



1. Player 1 asks: "Want to be a Healthy Hero just like the Geelong Cats?"
2. Player 2 picks a topic
3. Player 1 spells out the topic, opening/shutting the Chatterbox at the same time
4. Player 2 picks a number
5. Player 1 counts out the number, opening/shutting the Chatterbox at the same time
6. Player 2 picks a number
7. Player 1 reveals the Healthy Hero tip, discuss together how you can achieve the recommendations
E.g. To get 5 serves of vegetables a day, I could pack carrot sticks in my lunch box
8. Player 2 performs the action

