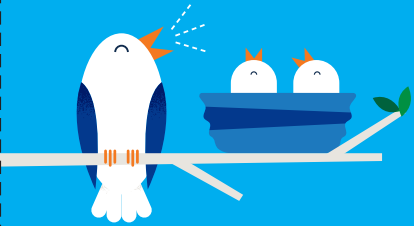# Chatter Box

Play this card game together as a family to help everyone talk about emotions, thoughts and feelings. Aimed at children aged five and above.

## How to set up

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.

## How to play

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!

## Bupa Family Mental HealthLine

Are you a parent or carer worried about your child's emotional wellbeing? We're here to help and give you clear advice. This service comes with your health insurance and your child doesn't need to be covered.

**0345 2667 938**

Telephone support between 8am to 6pm Monday to Friday via a dedicated helpline. Calls may be recorded and to maintain the quality of our service we may monitor some of our calls, always respecting the confidentiality of the call.

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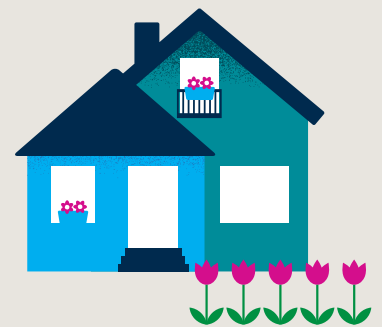**Managing emotions**

Act out an emotion you felt today.

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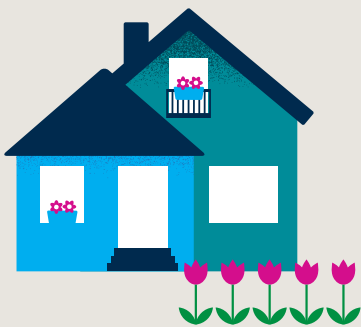
**Managing emotions**

What helps you feel calm?

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**Managing emotions**

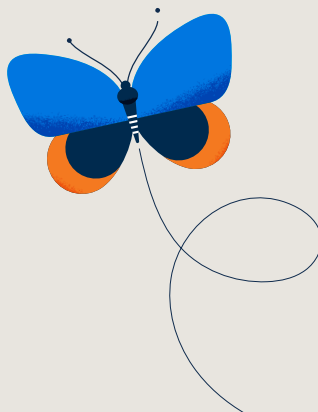Have you felt worried or scared this week? How did you react?

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**Gratitude**

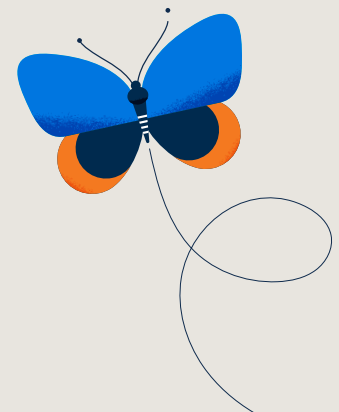Look around the room and find something you are grateful for, explain why...

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**Gratitude**

What was the best moment of today for you?

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**Gratitude**

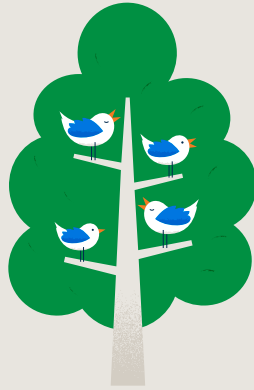If you had to name just ONE thing you are grateful for, what would it be?

## Managing emotions

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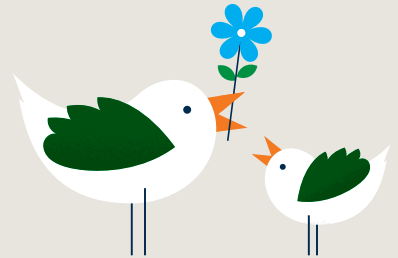
## Friendship

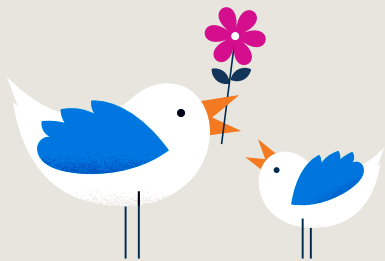Who did you like talking to this week? What made it good?

## Friendship

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

## Resilience

Name something you achieved this week.

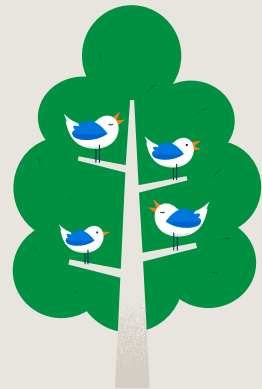## Friendship
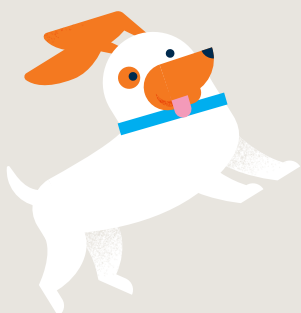
Name one way you helped another person this week.
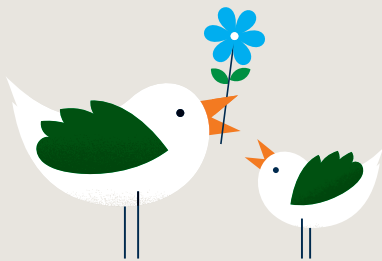
## Friendship

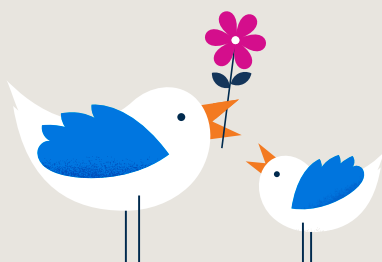What is one way you can make a new friend?

## Resilience

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

## Resilience

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

## Resilience

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?
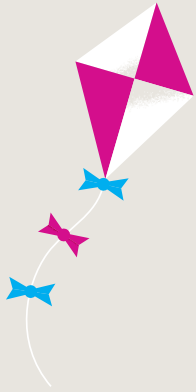
**Just for fun!**

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?
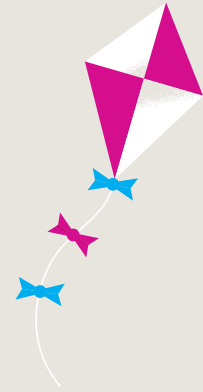
**Just for fun!**

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?
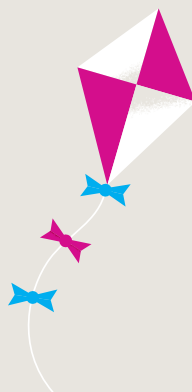
**Just for fun!**

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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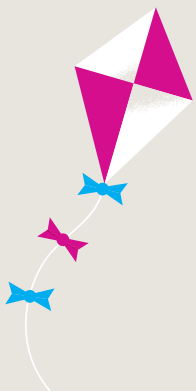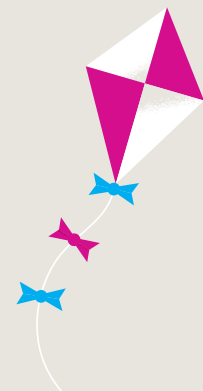........................................

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## More support

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**Visit our mental health hub**

**bupa.co.uk/mental-health-family**

## One third of parents

of children aged 4 to 17 said their child had been affected by a mental health issue in the last year[1].

School, puberty, peer pressure and social media – growing up can be overwhelming to lots of children, who can struggle to find what 'normal' feels like for them. That's why it's important for families to talk. You can use these cards to help open up the conversation.

[1] The Children's Society's report included a survey of 1,004 parents commissioned by The Children's Society in August 2018 carried out by Opinium – a randomly generated sample of parents with children of school age (4-17yrs).