

Ways to Stay Healthy Chatterbox

1

I wash my hands

A song I can sing while washing my hands

Wipe my nose

Things I should do after I wipe my nose with a tissue.

2

Hands off

Things I should avoid touching to avoid germs.

Stay healthy

How far should I be from others to avoid getting sick

3

Ask for help

Ways I can get help if I feel confused or scared

All around me

Ways I can clean things to get rid of germs

4

Nice to see you

Ways I can greet people instead of shaking hands

Ways to keep myself clean and healthy

stay clean



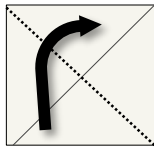
Through a partnership with Kohl's Cares, Children's Specialized Hospital is improving access to care for children with special healthcare needs.



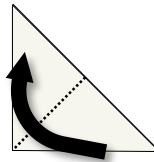
Ways to Stay Healthy Chatterbox



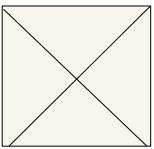
1. Cut out the colorful square. Place it down in front of you so that the blank side is on top.



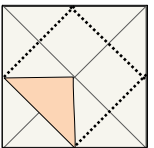
2. Fold the square from the bottom left corner up to upper right corner.



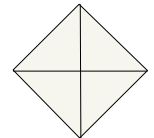
3. From that triangle, fold the bottom right corner up to the upper left corner.



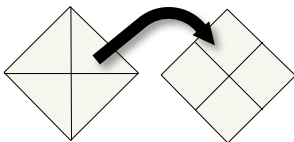
4. Now unfold the paper into the original square. You will see an X through it with the creases.



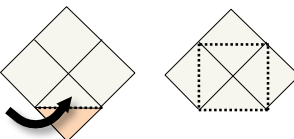
5. Using the dotted lines printed on the square, fold one corner of the box into the center of the square.



6. Repeat with the other four corners. Now you will have a smaller square.



7. Flip the square over so that the flaps are on the bottom.



8. Fold the bottom corner up into the center of the creases.



9. Repeat with the other four corners. Now you will have a smaller square.



10. Fold the bottom half of the square up to the top. Then, unfold it back to the bottom.



11. Fold the left half of the square over to the right side. Then, unfold it back to the left.



12. The creases will now look like a star.

13. Slowly and carefully push your fingers into the four openings. As you push your fingers up into the pockets, your chatterbox will be ready to use.

14. Have fun!

How to use your chatterbox:

1. Take turns picking a number from one to four.
2. With your fingers, move the chatterbox that many times.
3. Have the person pick one of the four topics.
4. Open the flap of that topic.
5. Let the person describe what is listed inside the flap that was revealed.



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