Chatterbox Instructions

Of

Wheel

6

7

body

Do something fun and active every day for a week

mind

Learn how to say 'thank you' in 5 different languages

5

8

Give Someone a compliment

WOW

Send a gratitude text

spirit

Plant a seed and watch it grow

planet

Eat a new kind of fruit or vegetable

WOW

4

Go for a walk and notice 5 things that are beautiful or unusual

place

Play a board game with friends or family

people

Well

Being