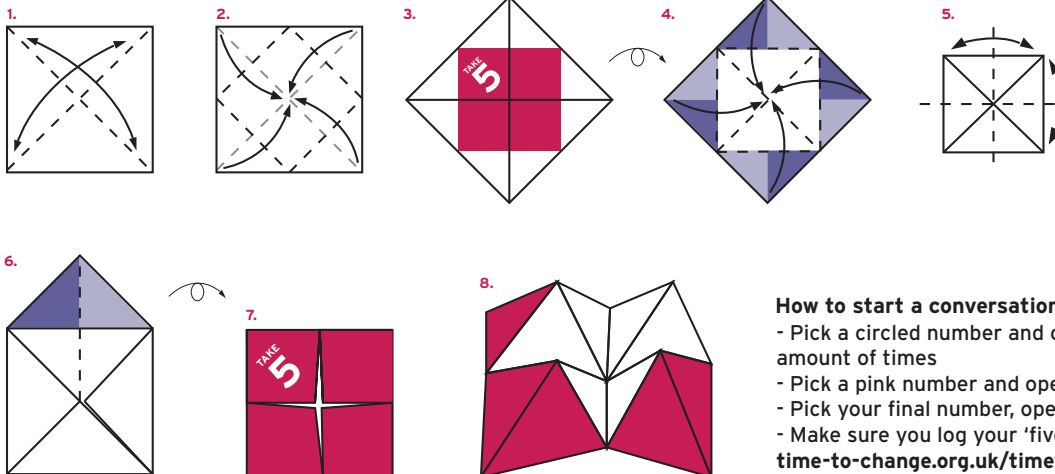


✂ Please ask an adult for help when cutting out.

Folding instructions



How to start a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a pink number and open alternately that amount of times
- Pick your final number, open flap and start your conversation
- Make sure you log your 'five' on time-to-change.org.uk/timetotalkday