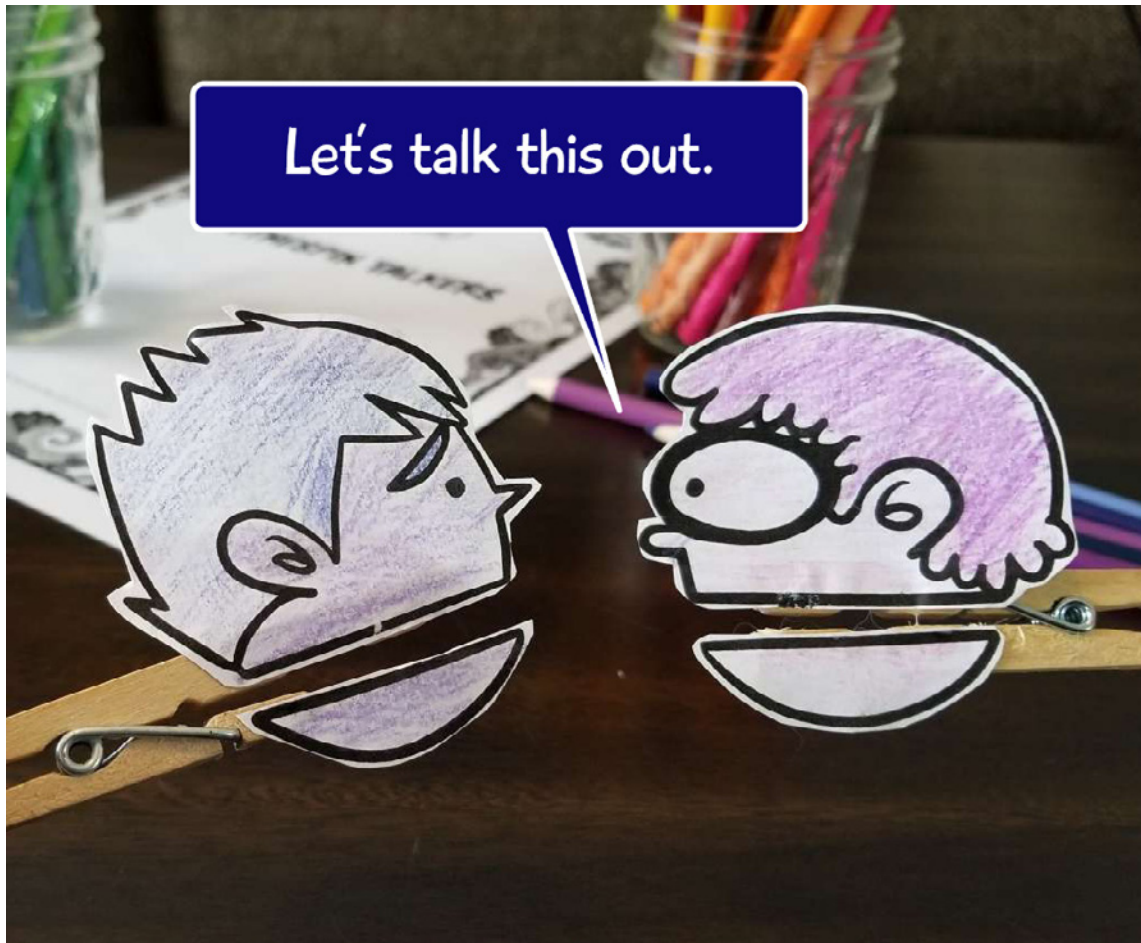




# CHATTERS



Get Free Printables Every Week at [GoZen.com/printables/](https://GoZen.com/printables/)

# GOZEN! CHATTERS

Has anyone ever told you to just stop worrying? Have you ever tried to tell your anxiety to go away? Have you ever tried to tell someone else - a friend or child - to settle down? Doesn't work so well... does it?

What does work is speaking to our own feelings, instead of wishing them away. Feelings, including worry, want to be seen and heard. Once we acknowledge them, we can start a conversation with them. The goal is not to get rid of or change our worry, but to change our relationship with it. This is the inspiration behind the GoZen! Chatters.

One of the most powerful interventions for transforming anxiety is to make it a character and talk to it. Teaching kids to talk to their worry gives them power over that voice they're hearing. It teaches them the skill of self-disputation. And eventually, they learn to allow the feeling, but not be controlled by it.

In this printable, you will find characters from the GoZen! programs. (Psst... don't worry if you've never seen the programs, you can still use this printable!)

Put together your Chatters using the instructions on the next page and begin conversations! You can have Widdle talk to Til or you can even have a conversation with Widdle directly. Think of it as a puppet show!

## **EXAMPLE:**

Widdle: I'm really worried about school... what if I forget my homework.

Til: I hear what you're saying, but can I ask you something?

Widdle: Sure, sure, I guess. Yeah, okay.

Til: Have we ever forgotten our homework before?

Widdle: Well, no, no, but there's a first time for everything!

Til: True, but this isn't time to set off the worry alarm, Widdle. There is no danger right now. Is there?

Widdle: I guess not, I guess you're right.

# PUTTING TOGETHER YOUR CHATTERS

## WHAT YOU NEED:

- paper or cardstock
- scissors
- glue or tape
- wooden clothespin (the springy pinchy kind)
- markers or crayons

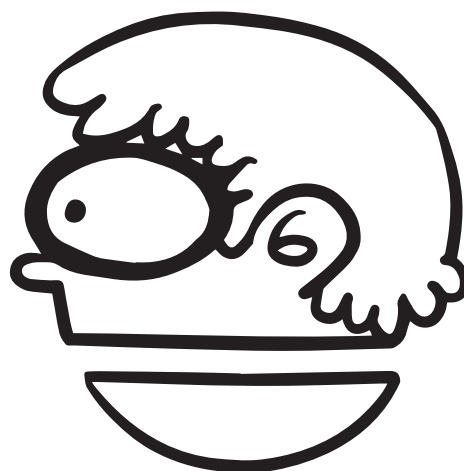
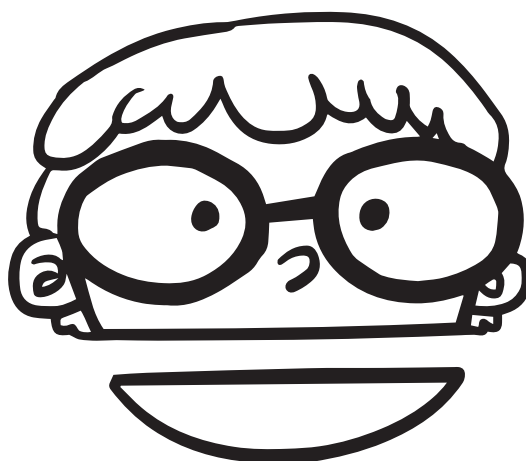
## INSTRUCTIONS:

1. Start by printing the character templates. Regular paper works great, but heavier cardstock is even better.
2. Color the characters on your own. Make them fun! Or choose to use the characters that we already colored for you.
3. Carefully cut out the character you choose.
4. Don't forget to cut out the mouth separately!
5. You're almost done! Take the clothespin and apply glue to the side or front of the gripping area (try not to get the glue inside the gripping area). It might be helpful to have the clothespin stuck open while gluing; try pinching a crayon inside.
6. Stick the top part of the puppet on the top gripping area and the lower part of the mouth to the bottom.
7. Give them a few minutes to dry, then start a conversation with your worry!

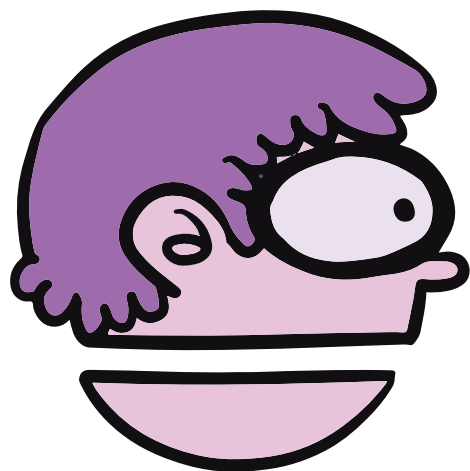
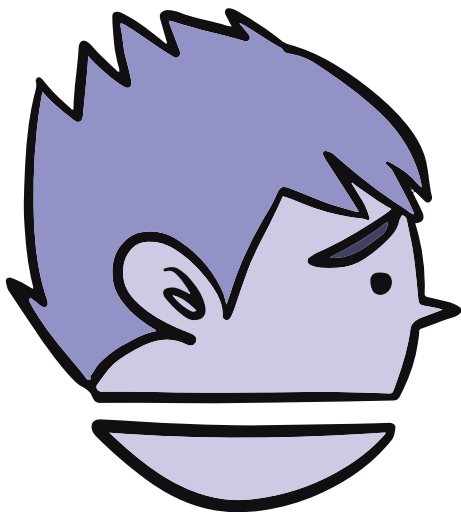
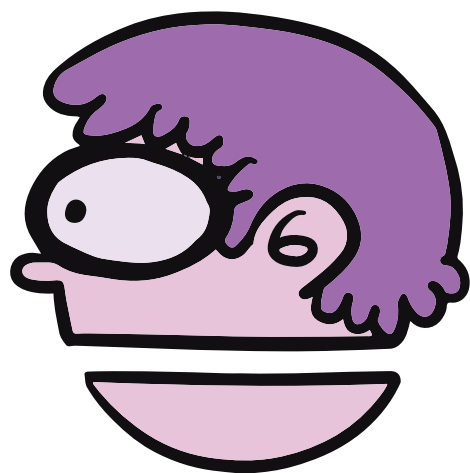
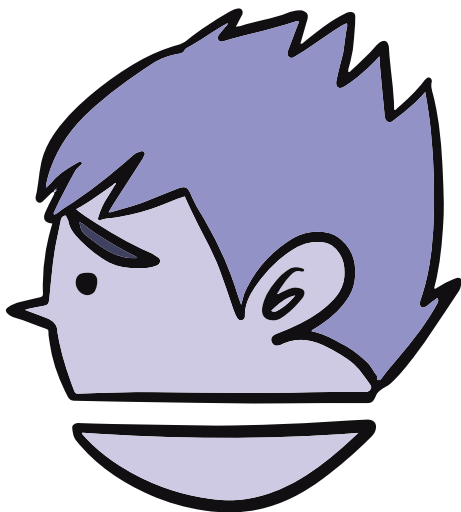
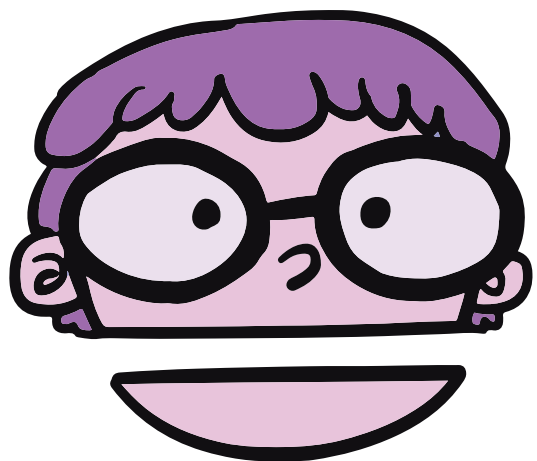
## CHARACTERS INCLUDED:

- Widdle the Worrier (represents worry, the emotional part of your brain)
- Til the Thinker (represents logic, the thinking part of your brain)
- Spammy (represents intrusive thoughts or unproductive negative thinking)
- Trixie (represents panic)
- Wisteria "Wisty" the Worrier (represents worry)

# WIDDLE THE WORRIER & TIL THE THINKER

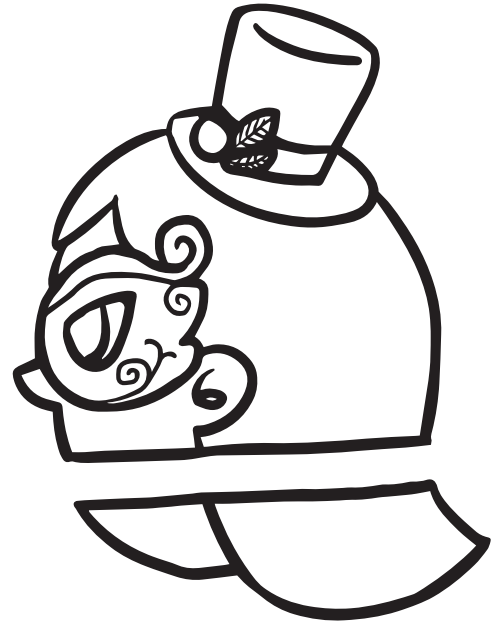


# WIDDLE THE WORRIER & TIL THE THINKER

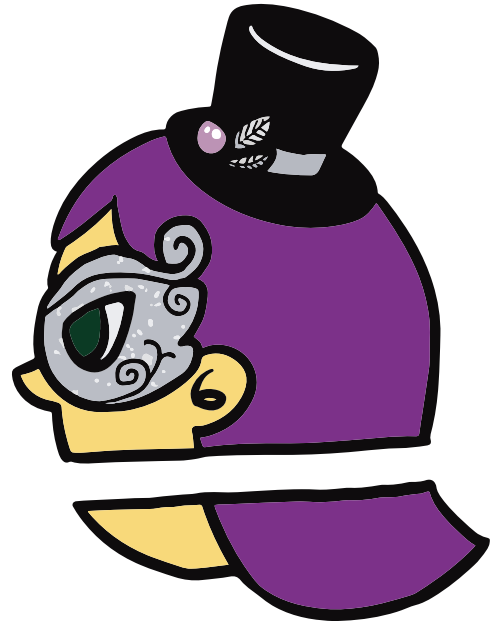




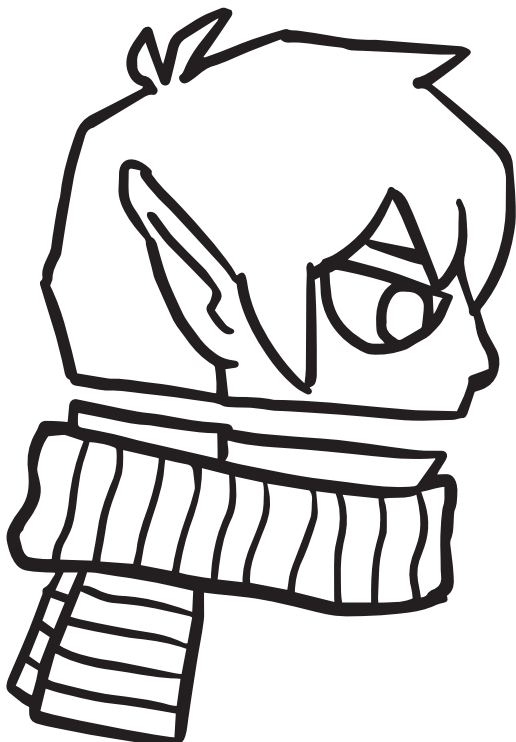
# SPAMMY & TRIXIE



# SPAMMY & TRIXIE



## WISTERIA "WISTY" THE WORRIER





## WISTERIA "WISTY" THE WORRIER





## TERMS OF SHARING THE

1. Please do share these resources with friends and family by sharing this page: <https://gozen.com/printables/>
2. Please don't post these resources directly to your own website or on your own portal. Share our printables page instead (see #1). Thank you!
3. Please do join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here: <https://facebook.com/groups/scienceofhappinessforkids/>

# GoZen! Programs help kids Manage Stress and Build Resilience

All of our animated programs are research-based and rooted in science, and each program focuses on a different set of life skills to help kids thrive.



## [GoZen! Anxiety/Stress Relief Program](#)

6 Modules / 36 Animations / 75+ Minutes of video

Does your child struggle with chronic worry or anxiety? The GoZen! anxiety relief program teaches your child how to understand and control their worry. And because stress, pressure and challenges are part of everyday life, these are skills your child will use forever.



## [GoStrengths! Well-being + Resilience Program](#)

10 Modules / 115 Animations / 125+ Minutes of video

Arm your kids with well-being! GoStrengths! is a comprehensive social and emotional learning program focusing on 8 vital skills including goal-setting, optimistic thinking, problem-solving, resilience, character strengths, emotional regulation, social skills, and self-confidence.



## [GoHackify! OCD Relief Program](#)

5 Modules / 30 Animations / 110+ Minutes of video

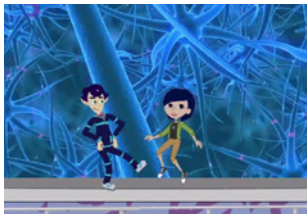
Is your child engaging in ritual behavior or plagued with repetitive, negative thoughts that won't stop coming back? This program follows Kai and Sage; two kids whose intrusive thoughts are affecting their everyday life. The Dynamos step in to teach them how to combat their "Brain Spam" and take back control!



## [GoToTheNow! Mindfulness Program](#)

1 Module / 12 Animations / 40 Minutes of Video

Do you want to bring the art and science of mindfulness into your kids' lives? Join Neutrino's student, Tau, on this concise program that walks the kids (and adults!) of Fliderdale through some tried-and-true mindfulness exercises... with a GoZen! twist.



## [GoPositive! Negative Thoughts Mini Program](#)

1 Module / 7 Animations / 30 Minutes of video

This succinct 7-animation mini-program walks teens and tweens through how to recognize when negative thoughts are taking over, and introduces 5 different tools they can use to break out of a negative thought cycle.



## [GoWave! Panic Attack Mini Program](#)

1 Module / 12 Animations / 55+ Minutes of video

Neutrino and a brand new team are on an action-packed mission to Earth to uncover the truth behind panic attacks. Teens & tweens learn about their innate superpowers; the fight, flight, or freeze response; and how to understand and overcome the overwhelming feelings panic attacks cause.



## [GoAction! Procrastination Relief Program](#)

1 Module / 6 Animations / 24+ Minutes of video

Taylor is totally awesome, but he's also totally disorganized, always late for class, and days behind on his homework. He's a chronic procrastinator! Luckily, he gets research-based tools to curb his procrastination from... his future self!

[GoZen.com/printables/](https://GoZen.com/printables/)