
















STEP 1 - FILL IN THE BLANKS

In the empty numbered boxes, add in some equipment, technologies, or support services that might help a person with cerebral palsy (CP) to live a full and independent life. You might like to talk to your friends, your teacher, or do some research of your own!

Fill in the empty boxes with some fun activities of your own. Think of things that you enjoy and will motivate you to get you moving. You might like to increase the fun-factor by doing those things with friends and family members.

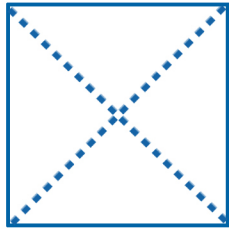
STEP 2 - CUT OUT YOUR CHATTERBOX

Use the instructions on the next page to make your chatterbox!

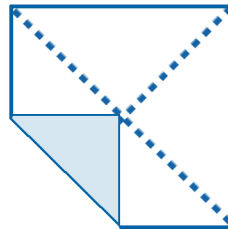
 NIG 5.	7. Write your own activity here! 	 4. Eye Gaze  Invent a fun dance move and teach it to two friends	 MOSES 3. Physiotherapy  Write your own activity here! 
 Go for a 10-minute walk with a new friend	6. Go for a short walk and count 5 things that you're grateful for 	8. Write your own activity here! 	 TILLY
 1. Wheel chair Write your own activity here! 	 2. Race Runner Get the family together and explore a new park, beach, bushwalk 		

HOW TO MAKE YOUR STEPTEMBER CHATTERBOX

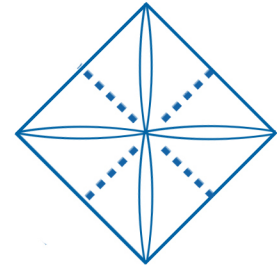
Fold each corner to the opposite corner



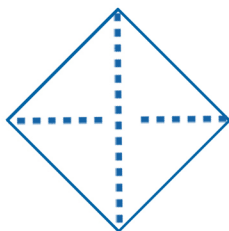
Fold all the corners to the centre of the paper



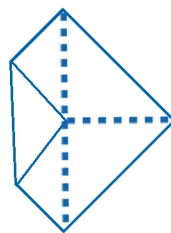
Now your paper should look like this



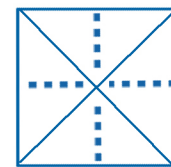
Now turn your paper over so the folds you made are face down



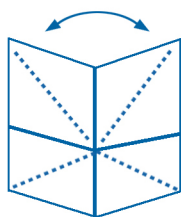
Fold all the corners to the centre of the paper



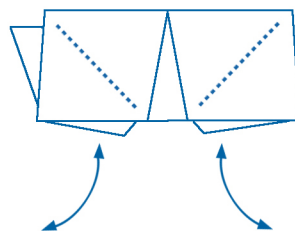
Your paper should now look like this



Fold your paper in half vertically...



...and horizontally



Finished!



LET'S GET CHATTING!

STEP 1 – PICK A STEPTEMBER TRAINER

Pick a STEPtember Trainer and move the Chatterbox to spell out their name (e.g., 5 moves for T I L L Y).

STEP 2 – ASSISTIVE DEVICES/SUPPORT

Pick an equipment, technology, or support service that a person with cerebral palsy (CP) might use. Then count out the numbers to make your next pick.

STEP 3 – FUN WAYS TO GET STEPPING

Make your final pick and open to reveal your STEPtember activity challenge!