

FEST Wellbeing Chatterbox

Do you want better social interaction?
Do you want to achieve success?
Do you want to get on better at home?
Do you want help in handling difficulties?

If you have answered yes to any of the above questions then this consequential chatterbox model is for you. This chatterbox will help you think about issues that may affect your wellbeing and how to respond to these issues to achieve a personal desired outcome. The chatterbox helps determine the relationships of external events upon a central focus, **you**.

Fest and his classmates realised that the four major areas that affected their fellow students' wellbeing were:



**Family
Education
Social
Trauma**

These four main areas are listed on the four outside corners of the **FEST** chatterbox.

Develop your own individual or group version of the chatterbox (using the provided template) by referring to the example opposite and by following these

instructions to develop a Wellbeing chatterbox that reflects your own outcomes

1. In the centre of the **FEST** chatterbox, i.e. *triangles marked 'd'*, write down your ultimate goal or end result that you wish to achieve from each **FEST** e.g. **EDUCATION**, the end result might be achieving good grades.

2. In triangles 1-8 Fest and his classmates have listed the main components that each part of the **FEST** e.g. **FAMILY** provides, (support & shelter) does, or is associated with, that may directly effect the centre of the chatterbox (your ultimate goal or end result).

3. In *triangles marked 'a'* you need to

write down what is an ideal for you in this area. The ideal should accurately reflect the service or details that are required from each of the numbered triangles that will enable you to achieve your ultimate goal or end result that is written down in the centre of the chatterbox.

4. *Triangles marked 'b'* should reflect a single outcome or result that you want to happen from a combination of both *'a'* triangles. i.e. $a+a=b$

5. *Segments marked 'c'* should indicate a time frame that you require from the individual **FEST** activities to enable

your ultimate goal or end result to be achieved. i.e. $a+a+b=c(\text{time})$

6. Fold & Fiddle & Colour.

Then as a class discuss who you should contact/consult with i.e. the people who are associated with the individual **FEST** areas, to help solve any of your concerns so that you can achieve your stated outcomes as written in *triangles 'd'* e.g. happy me.

