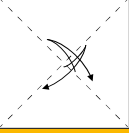
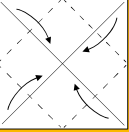



Air pollution chatterbox

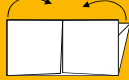
These instructions show you how to fold this chatterbox.

Cut along the chatterbox along the grey dotted line.

1  Fold the sheet in half along the vertical long yellow dotted line to create a crease. Open the sheet and now fold along the horizontal long yellow dotted line. Then unfold.

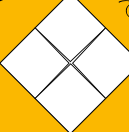
2  Turn the sheet over on the blank side and fold each corner into the middle.

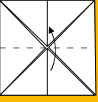
4  Fold each corner into the middle.

6  Fold in half again to create another creaseline, then unfold.
Number or colour differently each of the eight segments.

On the underside gently ease up the flap to fit a thumb and first finger in each square.

Fold the sheet in half along the vertical long yellow dotted line to create a crease. Open the sheet and now fold along the horizontal long yellow dotted line. Then unfold.

3  Turn the paper back over.

5  Fold in half to create a creaseline.

 Now you are ready. Pull the chatterbox open and shut by pulling fingers vertically then horizontally.

Ask a friend to pick a colour or number. Open the chosen segment and read the instruction.



With thanks for the chatterbox idea to St George Breathing Better.

© Colchester City Council



Spin around 5 times and then run in a straight line

Do the people who drive you to school off their engine every time they wait? If they don't ask them to.



Stand on one leg and count to 30

Switching off car engines when they are stationary would cut local air pollution by 30%.

Do 7 star jumps

Pollution is 7 times higher inside a stationary car with the engine running.



Lie on the ground and pretend to be asleep

Vehicle exhausts produce nitrogen oxide which is harmful to the environment and human health.



Count backwards from 10 as fast as you can

String with the car engine running for 10 seconds uses more fuel than switching on and off.



Make the noise of your favourite animal

Breathing bad air can lead to heart disease, cancer and lung problems.



Sing your favourite song

Breathing the air pollution in cities and towns is the equivalent of smoking 1.5 cigarettes a day.



Pretend to be riding on a bicycle

Two-thirds of all car journeys are for less than 5 miles. It would take just 20 minutes to cycle instead.

