Pip's Feelings Club · Sheet 1

Watch the episode first! Scan →

Feelings Weather



Pip was building a nest. A twig fell. Then **another** twig fell!



Pip's face got hot. Pip's tummy went tight.



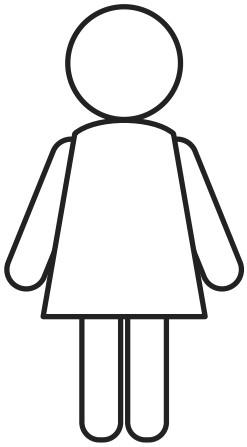
Papa Bird gave Pip a big cuddle.

Colour the weather. Draw Pip's face.

Sunny
I feel calm.

Cloudy
I feel wobbly.

Stormy
My feelings are big.

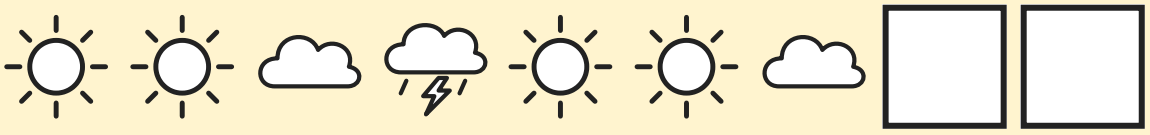


Where does YOUR storm start?

Colour the spot on the girl. Tick what you feel.

- ☐ hot face
- ☐ fast heart
- ☐ loud voice
- ☐ tight tummy
- ☐ tight hands
- ☐ wet eyes

★ Super Star Challenge: **What comes next? Draw the last two.**



You earned the Storm Spotter badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

Rainbow Breathing



Robin took the twig Pip wanted. Pip wanted to peck!



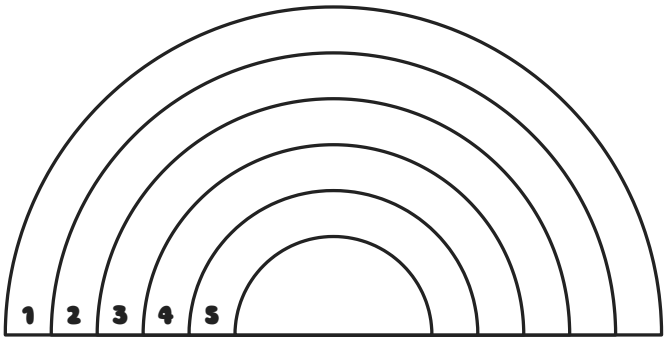
Pip remembered. **Stop. Feet on the ground. Breathe.**



The storm got smaller. Pip used kind words.

Trace each band with your finger.

Breathe **in** going up. Breathe **out** coming down. Then colour it.



What can Pip do in a storm?

Draw a **heart** if it helps. Draw a **cross** if it hurts.

Take five rainbow breathing	☐	Peck a friend	☐
Throw the twigs	☐	Say "I feel cross"	☐
Ask a grown-up for help	☐	Squeeze wings, then let go	☐

★ Super Star Challenge: **Pip took 5 breaths, then 5 more, then 2 more. How many breaths?** ☐

You earned the Rainbow Breather badge!

Colour it in when you finish.

Pip's Play Cards

Cut them out. Pick one after a sheet, or any time!

Weather Game

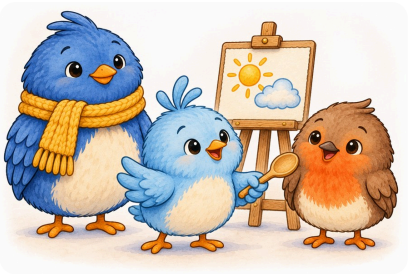
MOVE



Your grown-up calls the weather!
Sunny: stretch and twirl.
Cloudy: tiptoe slowly.
Stormy: stomp and shake!
All clear: freeze and breathe.

Weather Report

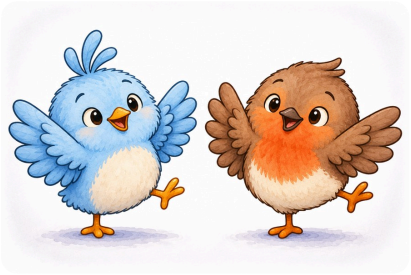
PRETEND



Hold up a spoon microphone.
Ask your grown-up, "What's your weather today? Why?"
Then swap. They ask you!

Freeze, Birds!

MOVE



Flap around the room.
Your grown-up says **"Storm!"** Freeze!
Stop. Feet on the ground.
Five rainbow breathing.
Then fly again!

Pip's Play

PRETEND



Use your toys.
Your grown-up's toy takes your toy.
Your toy says, "I was using that. Can I have it back, please?"
Then swap!

Wobbly Bird

MOVE



Stand on one foot.
Count how long you last.
Wobble? Great! Try again.
Have three goes. Can you beat your count?

Teach Papa

PRETEND



Your grown-up tries something tricky.
They get it wrong and say, "I can't do it!"
You be Papa Bird: "You can't do it **yet**. Take a breath!"

Grown-Up's Guide

Pip's Feelings Club, and everyday storms

"What's your weather?"	"Rainbow breathing"	"Not yet"
Spotting it early	Calming down	Mistakes are OK

Doing a sheet

Watch the episode together first: scan the code on Sheet 1, or visit pipsfeelingsclub.com. Pick a calm time, about 10 minutes. Never use a sheet as a consequence. You read the comic, your child does the pens. If they get frustrated, skip the hard bit and come back later. Finish with a play card. If they're getting cloudy and need to move: "Push the wall with me. Count to five."

What to talk about

Sheet	Ask them	Do together
Feelings Weather	"What makes you cloudy at school?" "What does your body do first?" "What happened just before the storm?"	Tell them about a time you got stormy and what you did.
Rainbow Breathing	"What could your hands do instead?" "Which grown-up can you go to at school?" "What could you say if someone takes your thing?"	Act it out with toys. A unicorn takes a bird's toy, and your child coaches them.
Not Yet!	"What can you do now that you couldn't last year?" "What do you say to yourself when it goes wrong?" "What would you tell a friend who made that mistake?"	Show them an oops of yours and how you fixed it. Count stars, not right answers.

When they're stormy

1. "You're really cross. I'm here."
2. If they go to hit, gently hold their hands: "I won't let you hit."
3. Stop talking. Stay close until it passes.

Afterwards, once they're calm

"What weather was that?"
"What could you try next time?"
"How do you think your friend feels? How can we make it right?"

When they don't get their way

"You really wanted that. It's hard when the answer's no." Then keep the no.
Warn them before changes: "Five more minutes, then shoes."

When they're hard on themselves

"That's annoying when it goes wrong."
Then: "You can't do it **yet**. What could you try?"
Agree with the feeling before you fix it.

Catch them doing it well

"I saw you take a breath before you answered."
"You kept going when it got tricky."
"You asked for help. That was smart thinking."

Try to avoid

"Calm down." "It's nothing to cry about."
"Why did you do that?" in the middle of a storm.
Changing the answer after a meltdown.

Share the words with their teacher. See the GP sooner if it's escalating, other kids are getting hurt or avoiding them, or they say things like "I hate myself."

Based on Raising Children Network's calm-down steps and emotion coaching.