Pip's Feelings Club · Sheet 1 Watch the episode first! Scan →

Not Yet!



Pip's nest fell apart again.



Papa Bird showed Pip his wonky first nest.



Pip tried another way: big twigs on the bottom!

Add the little word. Trace "yet"!

I can't tie my shoes y e t

I can't read that word y e t

I can't do this puzzle y e t

Oops! Someone scribbled!

Turn this oops into a butterfly, a bird, a flower or anything!

★ Super Star Challenge: **This one is tricky on purpose! Make 10 with three numbers, three different ways.**

☐ + ☐ + ☐ =10 ☐ + ☐ + ☐ =10 ☐ + ☐ + ☐ =10

Colour a star for every go, right or wrong!

You earned the Try Again badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

Kind Voice





Tricky puzzle! Pip's mean voice popped up.



Wing on heart. Pip used her **kind pink voice**.



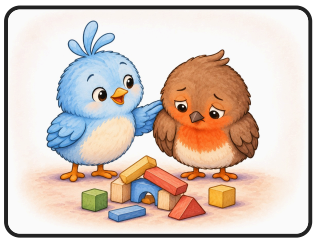
She tried another way, and it fit!

Mean voice or kind voice?

Colour the mean voice **grey**. Colour the kind voice **pink**.

I give up!	**It's okay. I'm still learning.**	**I'm no good!**
I can try another way.	**I'm so bad at this!**	**Everyone makes mistakes.**

Rory's tower fell down.



What kind words could you say to him? Say them out loud, then draw or write them in the bubble.

Hand on your heart. Say it, then trace it!

It's okay. I'm still learning.

★ Super Star Challenge: **Pip put 4 big twigs on the bottom and 7 little twigs on top. How many twigs?**

You earned the Kind Voice badge!

Colour it in when you finish.

Pip's Play Cards

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

Twig Tower — MOVE



Build a tall tower with blocks or cushions.
It falls? Say, **"Not yet!"**
Try another way: big ones on the bottom!

Papa's Wonky Nest — PRETEND



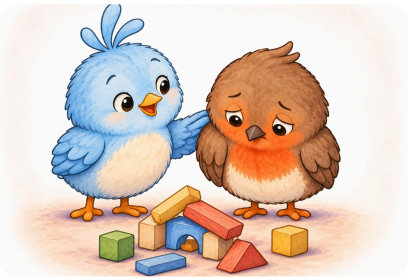
Make a wonky nest with a blanket.
Your grown-up is Papa: "My first nest was all wonky. I kept it!"
Then show them your first try at something!

Grey Cloud, Pink Cloud — MOVE



Your grown-up says something.
Mean voice ("I'm no good!")? Crouch down low.
Kind voice ("I'm still learning")? Jump up, hand on heart!

Kind Voice Swap — PRETEND



Your grown-up's toy says, "I'm bad at towers!"
Your toy says, "It's okay. You're still learning."
Then swap!

Tricky Hop — MOVE



Hop on one foot to the door.
Wobble? Say, "I'm still learning!"
Hand on heart, then hop again.
Now try the other foot!

Bird School — PRETEND



You are Miss Wren. Give your grown-up a puzzle.
They get stuck: "I can't do it!"
You say, "Add **yet**! Try another way!"

Grown-Up's Guide

Pip's Feelings Club · Episode 2: Not Yet

"It's okay. I'm still learning."	"I can't do it… yet."	"Try another way."
Kind voice, hand on heart	Not now, but I'm learning	Big twigs on the bottom

The steps from the episode

Stop and breathe → **Hand on heart** → **Kind voice** (swap the mean grey voice for a kind pink one) → **Add "yet"** and try another way. The test for a kind voice: "What would you say to Rory?"

Doing a sheet

Watch the episode together first: scan the code on Sheet 1, or visit pipsfeelingsclub.com. A calm 10 minutes, never as a consequence. You read the comic, your child does the pens. Sheet 1's challenge is tricky on purpose: a chance to say "not yet". If they get frustrated, say "not yet" together and come back later. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
Not Yet!	"What can you do now that you couldn't last year?" "What's something you can't do… yet?" "How did Papa feel about his wonky nest?"	Show them something you were bad at first, and how you learned it.
Kind Voice	"What does your mean voice say?" "What would you say to Rory if his tower fell?" "Can you say that to yourself?"	Practise the hand-on-heart words together, in a silly voice and a whisper.

When they're hard on themselves

1. "That's annoying. Is your mean voice talking?"
2. Hand on heart together: "It's okay. I'm still learning."
3. "Add yet. What's another way?"

When they're stormy

Calm first: "You're really frustrated. I'm here."
"Stop. Rainbow breathing with me."
Kind voice and "yet" come after.

Do it out loud yourself

"Oops! It's okay, I'm still learning."
"I can't fix this… yet. I'll try another way."
Kids learn their inner voice from yours.

Catch them doing it well

"I heard your kind voice!"
"You tried another way. Smart thinking!"
"You kept going when it got tricky."

Try to avoid

"Don't be silly!" Agree with the feeling first.
"It's easy!" Praise the trying, not "clever".
Fixing it for them straight away.

Every day (2 minutes)

Bedtime: "What can't you do… yet?"
Both, hand on heart: "I'm still learning."
A star for every "yet" you hear.

Share the words with their teacher. See the GP sooner if it's escalating, if they avoid anything they might get wrong, or if they say things like "I hate myself."

Based on Raising Children Network's emotion coaching, self-compassion research (Kristin Neff) and growth-mindset language (Carol Dweck).