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

Turtle Time



Rory bumped the sandcastle. Pip's wings wanted to **push**!



Tuck the Turtle showed Pip what he does.



Pip tucked in. Three slow breaths. Her storm got smaller.

What comes first?

Write 1, 2, 3 and 4 in the boxes.

☐ Tuck in ☐ Come out ☐ Stop ☐ 3 slow breaths

Do Turtle Time now!

Wings in. Hug yourself. Head down. Colour a shell for every slow breath.

Breath 1 Breath 2 Breath 3

Say it inside. Then trace it!

This is the calm thought Pip said in her shell.

I can calm down.

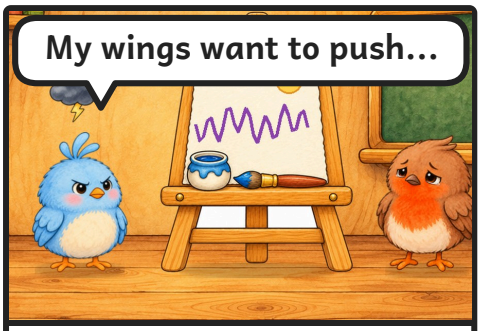
★ Super Star Challenge: **Pip took 3 slow breaths. Tuck took 3 slow breaths too. How many breaths?** ☐

You earned the Turtle Time badge!

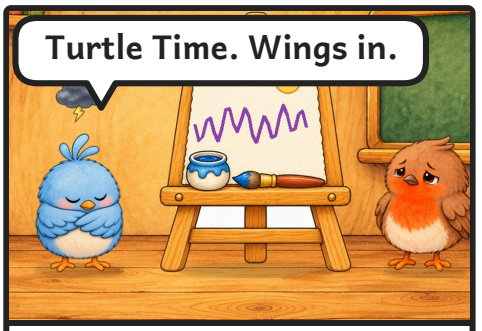
Colour it in when you finish.

Pip's Feelings Club · Sheet 2

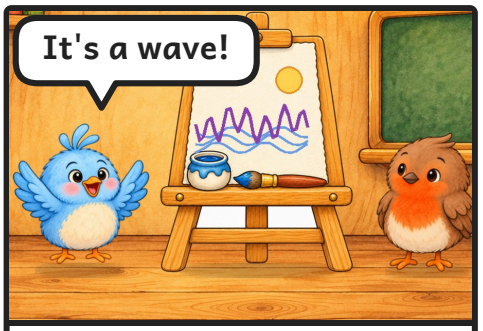
Out of My Shell



Oops! Rory bumped Pip's drawing. It went all squiggly.



Pip tucked in, all by herself.



It was still squiggly. So Pip made it into a wave!

Hurt or help?

Colour the ones that **help**. Put a cross on the ones that **hurt**.

Push	**Tuck in**	**Take 3 slow breaths**
Grab	**Yell**	**Find a grown-up**

Draw YOU in your shell.

Arms hugging. Head down. Your shell is always with you!

★ Super Star Challenge: **The first castle had 5 towers. The new castle had 2. Draw both castles!**

You earned the Calm Shell badge!

Colour it in when you finish.

Pip's Play Cards

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

Turtle Tuck — MOVE



Curl up small, like a turtle in its shell.
Your grown-up counts **three slow breaths**.
Then come out v-e-r-y slowly!

Sandcastle Oops — PRETEND



Build a cushion castle.
Your grown-up bumps it: "Whoops!"
You tuck in. Then say, "That made me cross. Can we build it again?"

Slow as Tuck — MOVE



Walk across the room as slowly as Tuck.
Your grown-up calls, "Storm!"
Tuck in fast. Three breaths. Then walk on.

Be Tuck — PRETEND



You are Tuck. Teach a teddy Turtle Time:
"Stop. Tuck in. Three breaths."
"Now, slowly... come out."

Shell Statues — MOVE



Dance like a wiggly bird!
When your grown-up claps, tuck in and freeze.
Whisper, **"I can calm down."**

Squiggle to Wave — PRETEND



Your grown-up draws a squiggle on your paper: "Oops!"
You tuck in. Then turn the squiggle into something new.

Grown-Up's Guide

Pip's Feelings Club · Episode 3: Turtle Time

"I can calm down."	Stop. Tuck in. Three breaths.	"Your shell is always with you."
The calm thought, said inside	Hug yourself, head down	It works anywhere

The steps from the episode

Stop (hands to yourself) → **Tuck in** (hug yourself, head down) → **Three slow breaths** → **"I can calm down"** → **Come out** and sort out the problem. The shell is for calming, not hiding: coming out and fixing it is the last step. In the episode the rebuilt castle is smaller. Turtle Time calmed Pip; it did not undo the accident.

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. Practise the tuck when everyone is calm. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
Turtle Time	"What did Pip's wings want to do?" "What does Tuck do when his storm comes?" "Can you show me your shell?"	Do Turtle Time together, slowly, a few times this week when nobody is cross.
Out of My Shell	"Which ones hurt? Which ones help?" "Was the new castle the same as the old one?" "What could you do after you come out?"	Pick one thing that often starts a storm at home, and plan the turtle for it.

When their hands want to push

1. Get close and low: "Stop. Hands to yourself."
2. "Turtle Time. Tuck in with me." Three breaths.
3. Later: "What happened? How can we fix it?"

When they're stormy

Use fewer words. Stay near and do the tuck yourself.
Leave "sorry" until the storm is smaller.
Still too big? A cuddle or a quiet spot comes first.

Do it out loud yourself

"I'm getting cross. I need Turtle Time."
Tuck in and breathe where they can see.
"That's better. Now, let's sort it out."

Catch them doing it well

"You kept your hands to yourself!"
"I saw you tuck in. That was hard to do."
"You came out and fixed it."

Try to avoid

Sending them to "do turtle" as a punishment.
Expecting it to work the first time.
Talking it through while they're still stormy.

Every day (2 minutes)

Any calm moment: "Show me your turtle!"
Three breaths together, then "I can calm down."
A star each time they tuck in by themselves.

Share the words with their teacher so school can use the same steps. See your GP or child health nurse if pushing or hitting is happening a lot, getting worse, or someone is getting hurt.

Based on the Turtle Technique from the Pyramid Model (NCPMI) and the PATHS program.