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

Fists Are a Clue



Rory kept sliding. Pip's face went hot. Her wings went tight.



Pip said her feeling out loud. The storm got a bit smaller.



Pip asked for a go. One last slide for Rory… then her turn!

Match the clues!

Storms send clues first. Draw a line to the part of Pip's body.

Hot ●	● heart
Tight ●	● face
Thumpy ●	● wings

What are YOUR clues?

What does your body do when a storm is coming? Tick the boxes.

Hot face ☐	Tight hands ☐
Thumpy heart ☐	Stompy feet ☐

Then say how you feel. Trace it!

I feel cross.

★ Super Star Challenge: **Rory had 3 goes on the slide. Then he had 3 more! How many goes?** ☐

You earned the Clue Spotter badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

Say How You Feel



Crash! Pip's block tower fell down. Tight wings! A hot face!



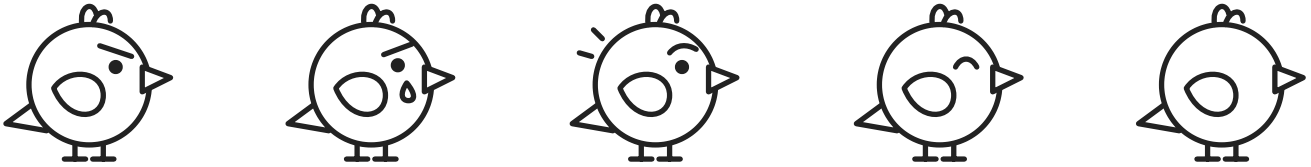
Pip spotted her clues. So she said how she felt.



Papa said, "Good noticing." Pip tried big blocks on the bottom.

Name the feeling!

Point to each bird and say, "I feel..." Then draw YOUR face today.



cross | sad | worried | happy | me today

Now you say it.

Write it, or tell your grown-up and they can write it.

I feel _____

when _____.

★ Super Star Challenge: **Big blocks go on the bottom! Draw a tower with 2 big blocks and 3 little blocks.**

You earned the Say It Out Loud badge!

Colour it in when you finish.

Pip's Play Cards

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

Clue Hands

MOVE



Squeeze your hands tight, like Pip's wings.
Feel that? **That's a clue!**
Now let your hands go soft again. Ahh.

Feelings Detective

PRETEND



Make a pretend magnifying glass.
Your grown-up shows a clue: tight hands or a scrunchy face.
You say, "I spot a clue!"

Thumpy Heart

MOVE



Jump on the spot ten times.
Put your hand on your chest. Thump, thump, thump!
Stand still and feel it slow down.

One More Go

PRETEND



Teddy keeps sliding down a cushion.
"One more go!"
Show your clues. Say, "**I feel cross.**"
Then ask, "Can I have a go, please?"

Clue Dance

MOVE



Your grown-up calls a clue. You do it!
"Hot face!" Fan your face.
"Tight wings!" Squeeze in. "Thumpy heart!" Tap your chest.

Wobbly Tower

PRETEND



Build a block tower. Oh no, it wobbles and falls!
Say, "**I feel frustrated.**"
Then try the big blocks on the bottom.

Grown-Up's Guide

Pip's Feelings Club · Episode 4: Fists Are a Clue

"I feel cross."	Hot. Tight. Thumpy.	"Good noticing."
Say the feeling out loud	Body clues that a storm is coming	What Papa says when Pip names it

The steps from the episode

Spot your clues (hot face, tight hands, thumpy heart) → **Say how you feel** ("I feel cross.") → **Ask for what you need.** Clues come before the storm, so spotting them gives your child a moment to choose. In the episode the cloud gets smaller but stays, and Pip still waits for one more slide. Saying it sometimes helps; it does not fix everything.

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. For "What are YOUR clues?", share one of your own first ("My shoulders go tight"). Finish with a play card.

What to talk about

Sheet	Ask them	Do together
Fists Are a Clue	"What clues did Pip's body give her?" "Where do you feel it when you get cross?" "What did Pip say out loud?"	Squeeze your hands tight, then let them go soft. "That tight feeling is a clue."
Say How You Feel	"What did Pip say when her tower fell?" "Did saying it fix the tower?" "What is a word for how you feel now?"	Take turns saying "I feel..." about your day. Every feeling is okay to say.

When you spot their clues

1. Say what you see: "Your hands are tight."
2. Offer the words: "Are you feeling cross?"
3. "Good noticing. What do you need?"

When they're stormy

Too late for clues now. Keep everyone safe.
Few words. Stay near. "You're so cross."
Talk about clues later, when it has passed.

Do it out loud yourself

"My face is going hot. That's my clue."
"I feel frustrated."
"Saying it helped a bit. I'll try again."

Catch them doing it well

"You spotted your clue!"
"You told me how you feel. Good noticing."
"You used your words."

Try to avoid

"You're fine." "Don't be cross."
Asking "Why are you cross?" mid-storm.
Expecting the feeling to go once it's named.

Every day (2 minutes)

Any calm moment: "Any clues today?"
Each say one "I feel..." from your day.
Stuck for a word? Offer two to choose from.

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

Based on body awareness, the first step in Zones of Regulation and Second Step, and on research into naming feelings ("name it to tame it", Dan Siegel).