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

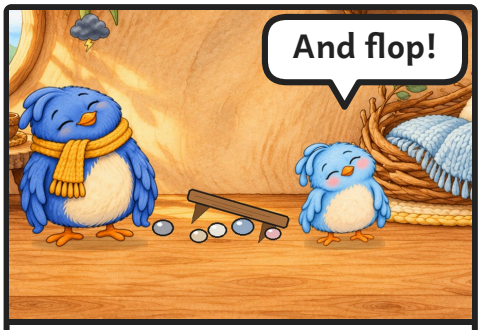
Squeeze and Flop



Crash! Down came the shelf. Papa felt really frustrated.



Papa wanted to calm his body. Pip joined in. Stiff robots!



Papa felt softer. He was still a bit annoyed. But he could think.

Be a stiff, stiff robot!

Squeeze each part tight. Count to 3. Then circle it.

hands arms face tummy legs toes

And... flop!

Read each line out loud. Then trace the grey word.

Stiff like a robot

Floppy like spaghetti

What comes first?

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

☐ Flop! ☐ Squeeze ☐ Stand up tall ☐ Hold it...

★ Super Star Challenge: **Pip found 2 pebbles on the floor. Papa found 3. How many pebbles?** ☐

You earned the Squeeze and Flop badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

Flop Like Spaghetti



Rory's leaf boat kept sinking. A storm came.



Pip asked, "Want to do it with me?" Squeeze... and flop!



The boat sank again! But Rory felt calmer. He had a new idea.

Stiff or floppy?

Colour the **floppy** things. Put a cross on the **stiff** things.

A robot	**Cooked spaghetti**	**A stick**
A wet sock	**A brick**	**A sleepy cat**

When could YOU squeeze and flop?

Tick the times you could try it.

- My tower falls down ☐
- I have to wait ☐
- I lose a game ☐
- I can't get to sleep ☐

★ Super Star Challenge: **Rory's little leaf sank. Draw a BIGGER leaf boat that floats!**

You earned the Wobbly Noodle badge!

Colour it in when you finish.

Pip's Play Cards

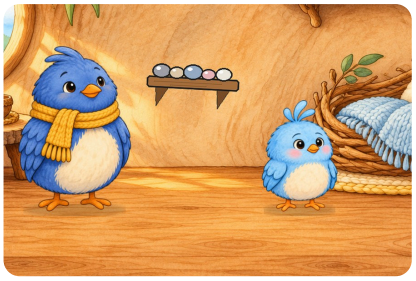
Cut them out. Pick one after a sheet, or any time!

Robot, Then Noodle — MOVE



Stand up tall. Squeeze your hands, arms and face.
Be a stiff, stiff robot! Hold it... hold it...
And flop! Floppy, like cooked spaghetti.

Wonky Shelf — PRETEND



Your grown-up builds a block shelf.
Crash! "Oh, not again!"
They say, "Will you squeeze and flop with me?"
Do it together. Then fix the shelf.

Noodle Test — MOVE



Lie down and flop like cooked spaghetti.
Your grown-up lifts your arm and lets it go.
Is it floppy? Now try a stiff robot arm!

Leaf Boat — PRETEND



Sail a paper boat on a blanket creek.
Oh no, it sinks!
Say, "I'm so cross!" Squeeze... and flop.
Then say, "Maybe a bigger leaf?"

Cushion Squeeze — MOVE



Hug a cushion as tight as you can.
Count 1, 2, 3.
Then let go and flop on top of it!

Be Miss Wren — PRETEND



You are Miss Wren. Teach a teddy:
"Be a stiff, stiff robot! Hold it..."
"And flop! Floppy, like cooked spaghetti!"

Grown-Up's Guide

Pip's Feelings Club · Episode 5: Papa's Storm

"Squeeze... and flop!"	"I need to calm my body."	"Grown-ups get storms, too."
Stiff robot, then cooked spaghetti	Papa, before he tries again	And they have calm-down tricks

The steps from the episode

Stand up tall → **Squeeze** hands, arms and face like a stiff robot → **Hold it** for a slow count of three → **Flop** like cooked spaghetti. Do it twice. Big feelings make muscles tight; squeezing harder and then letting go helps the body soften. In the episode the storm is Papa's, and Papa chooses the tool. Afterwards he is "still a bit annoyed", but he can think again.

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. Do the squeezes for real as you go: this one is learned with the body. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
Squeeze and Flop	"What did Papa's body look like in his storm?" "Who chose to do Squeeze and Flop?" "Was Papa all happy afterwards?"	Do one squeeze and flop together. "Where do you feel floppy?"
Flop Like Spaghetti	"Why was Rory cross?" "What did Pip ask before she helped?" "Did the boat float straight away?"	Think of one time this week when a squeeze and flop might help.

When their body is tight

1. Name it: "Your body looks tight."
2. Ask: "Want to squeeze and flop with me?"
3. Do it twice. Then go back to the problem.

When they're stormy

Ask first. If it's a no, just stay close.
Do a slow squeeze and flop yourself, nearby.
Still too big? A cuddle or a quiet spot first.

Do it out loud yourself

"I feel frustrated. I need to calm my body."
Squeeze and flop where they can see you.
Your storm is yours to calm, never their job.

Catch them doing it well

"You squeezed and flopped by yourself!"
"Your shoulders look softer now."
"You tried again after your flop."

Try to avoid

Using it as an order: "Go and flop!"
Expecting the cross feeling to be all gone.
Asking them to calm you down or cheer you up.

Every day (2 minutes)

Bath time or bedtime: "Robot, then noodle!"
Squeeze for three, then flop. Do it twice.
Each say one thing that felt tight today.

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. If your own storms feel very big, your GP can help with that, too.

Based on progressive muscle relaxation for children (sometimes called the "spaghetti test").