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

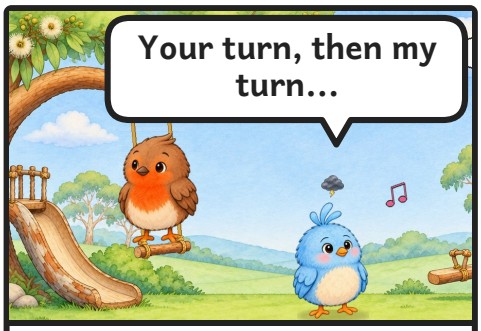
My Turn!



Rory was on the swing. Pip wanted a go **right now**!



Pip asked for a turn. Rory said, "Ten more swings. You count!"



Pip counted. Pip sang her waiting song. Then it was her turn!

Waiting is hard!

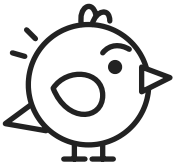
How does waiting feel for you? Colour that bird.



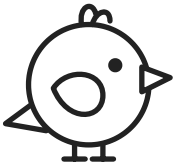
Cross



Sad



Wriggly



Okay

Count like Pip!

Swing your arm ten times. Colour a circle for every swing.

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

Sing the Waiting Song. Then trace it!

Your turn, then my turn,

waiting can be long.

★ Super Star Challenge: **Rory had 5 swings. Then he had 5 more swings. How many swings?**

You earned the Waiting Song badge!

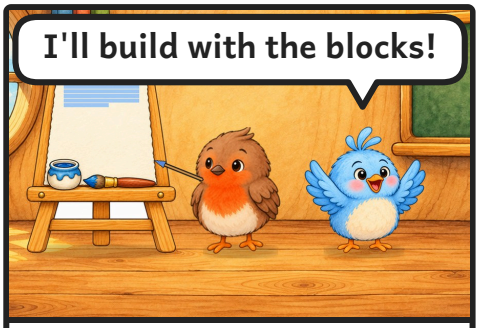
Colour it in when you finish.

Pip's Feelings Club · Sheet 2

Busy While I Wait



At bird school, Rory had only just started his painting.



That was a long wait. So Pip found something to do.



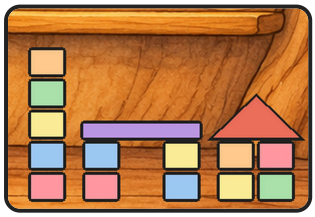
Pip built a tower, a bridge and a house. Then it was her turn!

My waiting tricks

First, ask for a turn. Then pick a trick! Tick the ones you will try.

- [ ] Count to ten
- [ ] Sing my waiting song
- [ ] Build with blocks
- [ ] Draw a picture
- [ ] Look at a book
- [ ] Play another game

What could YOU do while you wait?



Draw it here. If your turn never comes, ask a grown-up to help.

★ Super Star Challenge: **Pip built 1 tower, 1 bridge and 1 house. How many things did she build?**

You earned the Busy Bird badge!

Colour it in when you finish.

Pip's Play Cards

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

Ten Swings — MOVE



Sit a teddy on a cushion "swing".
Your grown-up rocks it ten times. **You count!**
On ten, swap. Now they count for you.

Can I Have a Turn? — PRETEND



Your grown-up plays with a toy.
Ask, **"Can I have a turn after you?"**
Pick a waiting trick. Then swap!

Waiting Song March — MOVE



March around the room and sing:
"Your turn, then my turn, waiting can be long..."
When the song ends, freeze!

The Long Painting — PRETEND



Your grown-up draws a big, slow picture.
Ask, "Can I draw after you?"
Build something until they say, "All done!"

Count and Hop — MOVE



Hop ten times. Count every hop out loud!
Then your grown-up hops and you count for them.
Your turn, then my turn!

Teddy Can't Wait — PRETEND



Teddy wants your toy RIGHT NOW!
Teach Teddy: "You can count, or sing, or find something to do."
Then give Teddy a turn.

Grown-Up's Guide

Pip's Feelings Club · Episode 8: My Turn!

"Can I have a turn after you?"
Ask first

Count. Sing. Or find something to do.
Then pick a waiting trick

"Your turn, then my turn, waiting can be long."
The Waiting Song

The steps from the episode

Ask for a turn → pick a waiting trick (count, sing, or find something to do) → have your turn. The Waiting Song: "Your turn, then my turn, waiting can be long. I can count, or I can play, or sing my waiting song!" In the episode, counting to ten is a deal Rory agrees to, not a rule. At the easel the wait is much longer, so Pip finds something else to do. The tricks do not make waiting fun. They give your child something to do while it is still hard. And if a turn never comes, they can ask a grown-up to help make it fair.

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. Sing the song together when nobody is waiting for anything: a song learned in a calm moment is one they can find in a hard one. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
My Turn!	"What did Pip want?" "What did she ask Rory?" "Can you sing the Waiting Song?"	Count ten of something together: stairs, swings or spoonfuls.
Busy While I Wait	"Was the painting a short wait or a long wait?" "What did Pip do while she waited?" "What could you do?"	Pick one wait that is hard at home, and plan a trick for it.

When they have to wait

1. Name it: "Waiting is hard, isn't it?"
2. "Ask for a turn. Then pick a trick."
3. Make sure their turn really comes.

When they're stormy

Use fewer words. Stay near and stay calm.
Leave the song until the storm is smaller.
Still too big? A cuddle comes first.

Do it out loud yourself

"What a long queue. I'll count the cars."
Hum the Waiting Song where they can hear.
"That was a long wait. Singing helped."

Catch them doing it well

"You asked for a turn. Good asking!"
"You found something to do. Clever!"
"That was a long wait, and you did it."

Try to avoid

"Just wait!" with no trick to try.
Waits that are too long for their age.
Promising a turn that never comes.

Every day (2 minutes)

Any short wait: the kettle, the bath, the lift.
Sing the Waiting Song, or count to ten.
A star when they pick a trick themselves.

Share the words with their teacher so school can use the same song. See your GP or child health nurse if waiting brings big storms most days, they are getting worse, or someone is getting hurt.

Based on the delay strategies for taking turns in the Second Step program.