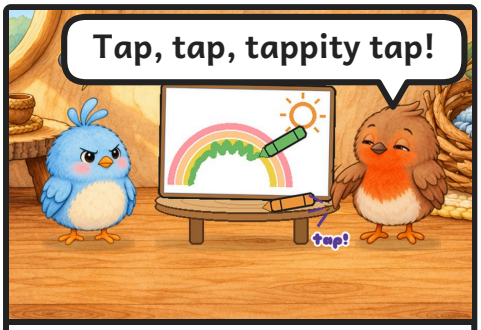
Pip's Feelings Club · Sheet 1 Watch the episode first! Scan →

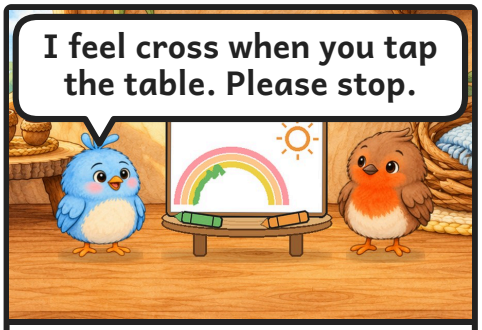
I Feel... When...



Rory tapped the table. Pip's crayon went **wobble, wobble**!



Pip yelled. Rory felt hurt. He still didn't know what was wrong.



Pip tried again with a **clear sentence**. Now Rory understood.

Build Pip's clear sentence.

Write 1, 2 and 3 in the boxes.

☐ Please stop. ☐ I feel cross ☐ when you tap the table.

Storm words or clear words?

Colour the **clear** words. Put a cross on the **storm** words.

STOP IT!	**I feel cross.**	**You always do that!**
Please stop.	**GO AWAY!**	**I feel sad when you laugh.**

Say the last bit. Then trace it!

Please stop.

★ Super Star Challenge: **Rory tapped the table 4 times. Then he tapped his knee 3 times. How many taps?** ☐

You earned the Clear Sentence badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

My Clear Words



Pip tried a cartwheel. It was wobbly. Kip laughed his big laugh.



Ouch. Pip felt sad. She told Kip with a clear sentence.



Kip wasn't thinking. He said sorry. Then they practised together.

Circle how you feel when something bothers you.

cross sad worried left out grumpy scared

Build your own clear sentence.

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

I feel _____ when you _____.

Please _____.

Your friend still doesn't stop. Circle what helps.



Yell louder



Go and tell a grown-up

★ Super Star Challenge: **Rory taps: knee, knee, clap, knee, knee, clap, knee, knee… Circle what comes next: knee clap**

You earned the Clear Words badge!

Colour it in when you finish.

Pip's Play Cards

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

Tappity Tap — MOVE



Tap a pattern on your knees: tap, tap, tappity tap!
Your grown-up copies it. Then swap.
Knee taps wobble nobody's drawing!

Wobbly Crayon — PRETEND



You draw. Your grown-up taps the table.
Say it like Pip: "**I feel cross when you tap the table. Please stop.**"

Stomp or Stand Tall — MOVE



Your grown-up says some words.
Storm words, like "GO AWAY!"? Stomp your feet.
Clear words, like "Please stop"? Stand tall!

Wobbly Dance — PRETEND



Teddy laughs at your wobbly dance.
Tell Teddy: "**I feel sad when you laugh. Please stop.**"
Teddy says sorry. Now dance together!

Please Stop Statues — MOVE



Your grown-up does a silly wiggle dance.
Say "**Please stop**" in a calm, clear voice. They freeze like a statue!
Then you wiggle.

Tell a Grown-Up — PRETEND



Teddy keeps tapping. You said "Please stop." Teddy did not stop.
Walk to your grown-up and say, "I used my words. Teddy still won't stop."

Grown-Up's Guide

Pip's Feelings Club · Episode 12: I Feel... When...

"I feel... when you... Please..."	"Please stop."	Tell a grown-up
The clear sentence	The short version, for little ones	If your friend still doesn't stop

The steps from the episode

I feel (the feeling) → **when you** (what is happening) → **Please** (what would help): "I feel cross when you tap the table. Please stop." In the episode Pip yells first, and Rory is hurt but still doesn't know what was wrong. The clear sentence tells him. It is clear, not magic: Rory still likes tapping, so he taps his knee instead. Little ones can start with "Please stop."

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. Say the sentence together a few times in an ordinary voice: words practised in a calm moment are easier to find in a cross one. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
I Feel... When...	"What was bothering Pip?" "Did yelling help Rory understand?" "What did Pip say the second time?"	Build the sentence together about something small and real from today.
My Clear Words	"How did Pip feel when Kip laughed?" "What could you say to Kip?" "What if a friend still doesn't stop?"	Fill in the sentence together. Agree which grown-ups they can tell.

When something is bothering them

1. Get close: "Something is bothering you."
2. Help find the feeling word: "Cross? Sad?"
3. Start it off, "I feel...", and let them finish.

When they're stormy

Calm comes first: a cuddle or a quiet spot.
Use fewer words. The sentence can wait.
Later: "What could you say next time?"

Do it out loud yourself

Let them hear you say it to a grown-up:
"I feel rushed when we are late."
"Please help me pack." An ordinary voice.

Catch them doing it well

"You told me how you felt. That helped me."
"You said please stop, and you didn't yell."
"You told me when words didn't work."

Try to avoid

Insisting on all of it. "Please stop" counts.
Promising it will work every time.
Making them say it while they're still upset.

Every day (2 minutes)

At bedtime: one "I feel... when..." each.
Happy ones count too: "I feel glad when..."
A star each time they use their clear words.

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

Based on "I-messages" and assertive talk from the Second Step program.