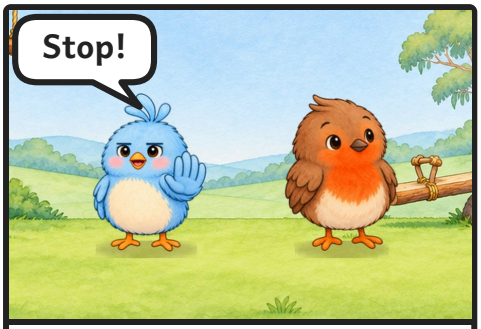
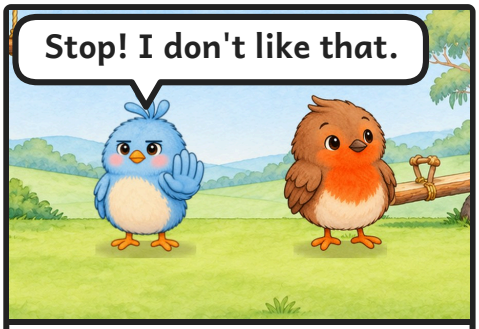
Pip's Feelings Club · Sheet 1 Watch the episode first! Scan →

My Strong Stop



Rory played too rough. Pip stood tall and put her wing up.



Rory was so excited, he didn't stop. So Pip said it again.



Then Pip stepped away and told a grown-up. Miss Wren helped.

Say it. Then trace it!

Stand tall. Wing up. Use a strong, clear voice.

Stop!

Stop didn't work. What now?

Write 1, 2 and 3 in the boxes.

☐ Tell a grown-up ☐ Say "Stop!" again ☐ Step away

Who is a grown-up you can tell?

Draw them here. Write their name if you can.

★ Super Star Challenge: **Rory said "Tag!" 3 times. Then he said it 2 more times. How many tags?** ☐

You earned the Strong Stop badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

No Thanks and Okay



Kip wanted to bury Pip's feet. Pip didn't want sandy feet.



Pip asked for a turn with Rory's new kite. Rory said no.



Pip felt disappointed. She said okay. Then she flew a big leaf.

What could you say?

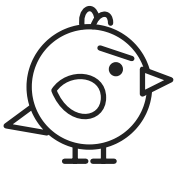
Draw a line to the words that fit.

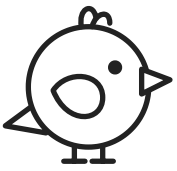
Play is too rough ●	● "No thanks."
I just don't want to ●	● "Okay."
My friend says no to me ●	● "Stop!"

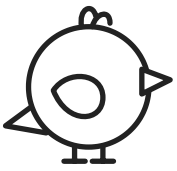
A friend says no to you. How does it feel?

Circle a face, or draw your own. All feelings are okay. We still listen to their no.


Disappointed


Cross


Okay


Draw your face

★ Super Star Challenge: **Pip flew 1 big leaf. Draw 3 more leaves. How many leaves now?**

You earned the Kind No badge!

Colour it in when you finish.

Pip's Play Cards

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

Wing Up!

MOVE



Stand tall. Put your wing up.
Say "**Stop!**" in a strong, clear voice.
Do it three times. Strong, not shouty!

Too Rough, Teddy

PRETEND



Teddy plays too rough: "Tag! Tag! Tag!"
Say, "**Stop! I don't like that.**" Teddy keeps going.
Step away and tell your grown-up.

Stop and Go

MOVE



Your grown-up stomps towards you like a robot.
Wing up: "Stop!" They freeze. Say "Go!" and off they stomp.
Then swap. Can you freeze too?

No Thanks, Kip

PRETEND



Your grown-up says, "Let me bury your feet in cushions!"
You say, "**No thanks. I don't want to.**"
They say, "Okay!"

Fly a Leaf

MOVE



Make a big paper leaf with your grown-up.
Hold it up high and fly it around the room.
Swoop low! Zoom high! Just like Pip.

Hearing No

PRETEND



Ask for a turn with a pretend kite.
Your grown-up says, "No thanks. It's special to me."
You say, "**Okay.**" Then play something else.

Grown-Up's Guide

Pip's Feelings Club · Episode 14: No Thank You

"Stop!"	"No thanks."	"Okay."
Stand tall, wing up, strong voice	For things you just don't want	When a friend says no to you

The steps from the episode

Strong voice ("Stop!", standing tall, wing up) → **Step away** → **Get a grown-up.** Every time. In the episode Rory is too excited to stop the first time, so Pip says it again, steps away and tells Miss Wren, who thanks her and helps. "No thanks" is for things you just don't want: it isn't mean. And a friend's no matters just like yours: Rory keeps his new kite, and Pip, disappointed, says "Okay" and finds a leaf to fly.

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 "Stop!" as a game while everyone is happy: a strong voice learned in a calm moment is easier to find when play gets rough. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
My Strong Stop	"What did Pip do with her wing?" "What did she do when Rory didn't stop?" "Who could you tell?"	Practise standing tall, wing up, "Stop!" Name the grown-ups they can tell.
No Thanks and Okay	"Was Pip being mean to Kip?" "Whose kite was it?" "What did Pip do after she said okay?"	Take turns saying "No thanks" and "Okay" about small, silly things.

When play gets too rough

1. First: "Thank you for telling me."
2. Help straight away. Stay calm.
3. Later: "You said stop and got help."

When a no feels stormy

Name it: "You really wanted a turn."
The no still stands. Don't bargain.
Later, help them find something else.

Do it out loud yourself

They say stop to tickles? Stop at once.
Say your own "No thanks" kindly.
Take a no well: "Okay. Another time."

Catch them doing it well

"Strong voice! I heard your stop."
"You stepped away and came to find me."
"You said okay. I know that was hard."

Try to avoid

Sending them back after stop has failed.
Making a child share something special.
Laughing off their stop, even in fun.

Every day (2 minutes)

Stop and Go: wing up, "Stop!", freeze.
One "No thanks" and one "Okay" each.
A star for every strong stop.

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

Based on assertiveness skills from the Second Step program.