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

Nice Words



Rory's sandcastle came out a bit lumpy. He felt sad about it.



Pip looked for something good. Then she said **exactly what she saw**.



The castle was still lumpy. But now Rory liked it, lumps and all.

Look closely at Rory's castle.



Can you see something good? Draw it.

Is someone near you right now?

Look for one good thing about them. Circle it. Then tell them!

smile · laugh · drawing · jokes · singing · hugs

Start like Pip does.

☆ I like your...

When you get a nice word, say: Thank you!

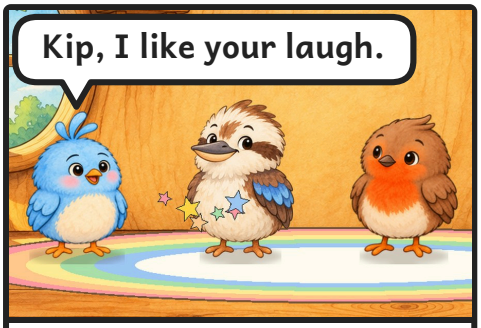
★ Super Star Challenge: **Rory's castle has 3 shell windows, 1 moat and 1 bridge. How many good things?**

☆ You earned the Nice Words badge!

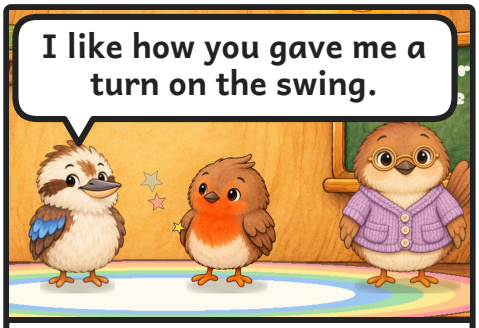
Colour it in when you finish.

Pip's Feelings Club · Sheet 2

Nice Words Circle



At bird school, everybody said one good thing they had noticed.



Kip had a nice word for Rory. "Thanks, Kip," said Rory.



Rory liked Miss Wren's funny story voices. She said thank you.

Who got these nice words?

Draw a line from the good thing to the friend.

A big laugh ●	● Miss Wren
A turn on the swing ●	● Pip
Funny story voices ●	● Kip
Tall, straight towers ●	● Rory

Your turn in the circle!

Think of someone you know. Write it, or say it and your grown-up can write.

I like your _____.

I like how you _____.

★ Super Star Challenge: **Draw a sandcastle with 4 towers and 2 shell windows.**

You earned the Warm Heart badge!

Colour it in when you finish.

Pip's Play Cards

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

Sparkle Toss

MOVE



Scrunch some paper into a sparkle ball.
Toss it gently to your grown-up and say, **"I like your..."**
They say "Thank you!" and toss one back.

Lumpy Castle

PRETEND



Your grown-up builds a lumpy block castle and sighs, "It's all lumpy."
Look for something good. Say exactly what you see!

Good Thing Hunt

MOVE



Make a magnifying glass with your hand.
Creep around your home. Find three good things someone made or did.
Say what you see!

Nice Words Circle

PRETEND



Sit your teddies in a circle.
Give each one a nice word: "I like your soft ears!"
Each teddy says, "Thank you!"

Sunshine Stretch

MOVE



A nice word feels like sunshine on the inside.
Your grown-up gives you one. Stretch up tall like the sun and say, "Thank you!"

Crab Castle

PRETEND



Be a little crab moving into Rory's castle.
Scuttle up and tell the builder what you love:
"I love the shell windows!"

Grown-Up's Guide

Pip's Feelings Club · Episode 15: Nice Words

"I like your..."	Look for something good. Say what you see.	"Thank you!"
Start like Pip does	The two steps	When someone gives you a nice word

The steps from the episode

Look for something good → Say exactly what you see. A nice word is about something real you can point to: "I love the shell windows!", not "You're the best!" When someone gives you one, you can say **"Thank you."** In the episode Rory's sandcastle stays lumpy, and nobody calls it the best on the beach. Pip says what she can see, and Rory ends up liking his castle, lumps and all.

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. Hunt for good things in the pictures together first: noticing takes practice, and a sandcastle is an easy place to start. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
Nice Words	"Why was Rory sad?" "What good things did Pip see?" "Did the castle stop being lumpy?"	Look at something your child made. Each say one thing you see and like.
Nice Words Circle	"What did Pip like about Kip?" "What did Miss Wren say back?" "Who could you give a nice word to?"	Have a nice words circle at dinner: one good thing each, then "Thank you."

When someone feels flat

1. Notice together: "They look a bit sad."
2. "Can you see something good?"
3. "Tell them what you see." Then step back.

When they're stormy

Calm comes first. Nice words can wait.
Don't make them say one.
Try again later, when everyone is settled.

Do it out loud yourself

Say what you see: "So many colours!"
Let them hear you do it for other people.
Take a nice word well: "Thank you!"

Catch them doing it well

"You noticed her drawing. She smiled!"
"You looked closely. That was a real one."
"You said thank you. Lovely."

Try to avoid

Big, vague praise like "You're the best!"
Comparing: "Yours is better than hers."
Only noticing looks. Notice what they do.

Every day (2 minutes)

At dinner: one nice word each.
"I like your..." or "I like how you..."
Then everyone says "Thank you."

Share the words with their teacher so school can use them too. Talk to your GP or child health nurse if your child is often very hard on themselves, or seems sad most days.

Based on giving compliments, a friendship skill from the Pyramid Model (NCPMI).