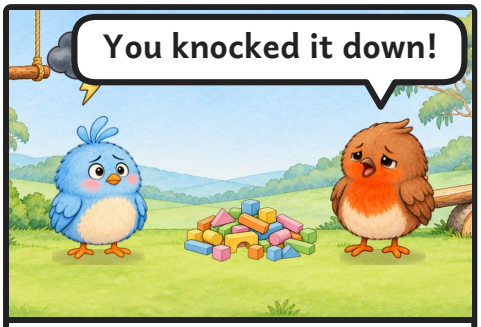
Pip's Feelings Club · Sheet 1 Watch the episode first! Scan →

Say Sorry, Fix It



Pip's storm got big. Her wing swept Rory's tower over. Crash!



Pip calmed down. She said what she did. Then she said sorry.



Rory was still upset. So Pip picked up the blocks, and waited.

A real sorry has four steps

What comes first? Write 1, 2, 3 and 4 in the boxes.

- ☐ Say sorry
- ☐ Ask, "Can I help?"
- ☐ Calm down
- ☐ Say what you did

Rory needs a minute

What can Pip do while she waits? Tick the kind ones.

- Pick up the blocks ☐
- Say, "Hurry up!" ☐
- Wait nearby ☐
- Give him time ☐

Say it. Then trace it!

These are Pip's sorry words.

I'm sorry. Can I help?

★ Super Star Challenge: **Pip picked up 4 blocks. Then she picked up 3 more. How many blocks?** ☐

You earned the Say Sorry, Fix It badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

A Brave Sorry



Papa asked Pip to pack away her pebbles. Pip shouted.



Oops. Pip took a breath... and came back.



They packed up the pebbles together.

Every oops has a fix

Draw a line from each oops to a way to help fix it.

I spilled the water ●	● Help build it again
I knocked the tower ●	● Say it again, kindly
I left a mess ●	● Wipe it up
I shouted ●	● Pack it away

Which words go in a real sorry?

Circle the ones that help. There are four!

I'm sorry. | It was silly anyway! | I shouted at you.

Go away! | Can I help? | Not my fault! | I knocked it down.

★ Super Star Challenge: **Pip had 6 pebbles to pack away. Draw 6 pebbles in the basket!**

You earned the Brave Sorry badge!

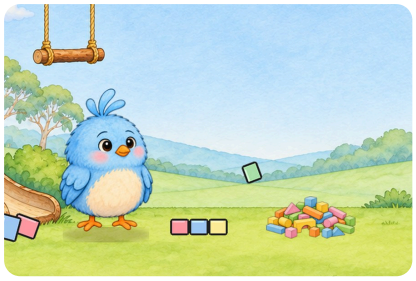
Colour it in when you finish.

Pip's Play Cards

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

Block Pick-Up

MOVE



Tip some blocks on the floor.
Pick them up **one by one**, like Pip.
Count each one out loud!

Teddy's Oops

PRETEND



Build a tower with your grown-up.
Whoops! Teddy bumps it over.
Help Teddy say, **"I'm sorry. Can I help?"**

Build It Again

MOVE



Build a tower together. One block each!
If it falls, say "Oops!" and start again.
How tall can it go?

I Need a Minute

PRETEND



Your grown-up is Rory: "I need a minute."
You say, "Okay. I'll be over here."
Wait quietly. Count to 10 in your head.

Pebble Pack-Up

MOVE



Scrunch paper into little pebbles.
Hop like Pip and drop them in a basket.
Can you pack them all away?

Brave Sorry

PRETEND



You are Pip. You were grumpy with Papa.
Take a breath. Come back and say, "I shouted. I'm sorry. Can I help?"

Grown-Up's Guide

Pip's Feelings Club · Episode 16: Rory's Tower

"I'm sorry. Can I help?"	"I knocked your tower down."	"I need a minute."
The words to copy	Say what you did	A friend may not be ready yet

The steps from the episode

Calm down first → **Say what you did** → **Say sorry** → **Ask, "Can I help?"** Then give your friend time if they need it. In the episode Rory says, "I need a minute." Pip picks up the blocks and waits until he is ready. The new tower is not quite as tall as the first one. Sorry did not undo the knock. It was the start of fixing it.

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 and not straight after a real upset. You read the comic, your child does the pens. Practise the words when there is nothing to be sorry for: a skill learned in a calm moment is one they can find after a storm. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
Say Sorry, Fix It	"What did Pip do after her storm?" "Was Rory ready straight away?" "What did Pip do while she waited?"	Count the four steps on your fingers. Say Pip's sorry words to a teddy.
A Brave Sorry	"What did Pip say to Papa?" "Which fix goes with which oops?" "Is Pip still a good friend?"	Think of one small oops from this week. How was it fixed, or how could it be?

After a storm has won

1. Calm first. Sorry can wait.
2. "What happened?" Help them say it.
3. "How can we fix it?" Do it together.

When they're stormy

Skip the sorry for now. It won't be real.
Stay near. Keep everyone safe. Few words.
Come back to it later, when they are calm.

Do it out loud yourself

"I snapped at you before. I'm sorry."
"Can I help fix it?"
Let them see grown-ups mend mistakes too.

Catch them doing it well

"You said what you did. That was brave."
"You asked how to help."
"You gave them time. That was kind."

Try to avoid

Making them say sorry on the spot.
Expecting the friend to be fine at once.
Words like "bad" or "naughty".

Every day (2 minutes)

At bedtime: "Any oops today?"
"Did it get fixed? How?"
Share one of yours, and how you fixed it.

Share the words with their teacher so school can use the same steps. See your GP or child health nurse if your child is often very hard on themselves after a mistake, or if hurting others is happening a lot or getting worse.

Based on repair, from restorative practice: mistakes can be fixed.