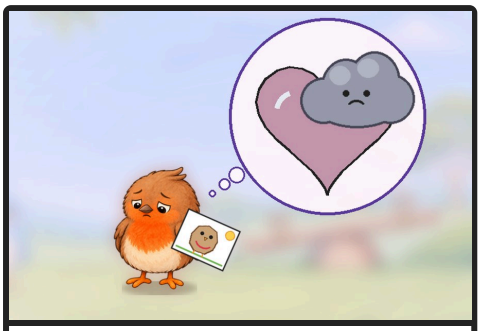
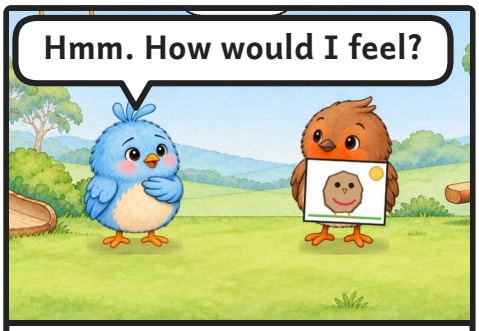
Pip's Feelings Club · Sheet 1 Watch the episode first! Scan →

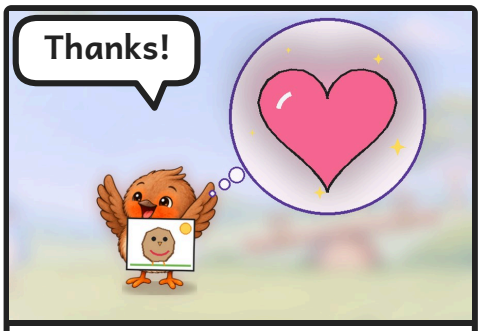
How Would I Feel?



Pip called Rory a mean name. It put a grey ouch-cloud in his heart.



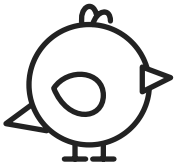
Try again! This time Pip stopped and asked the question.



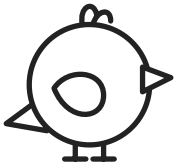
Pip said, "I like the big smile!" Rory's heart went warm and pink.

How would YOU feel?

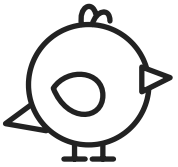
A friend says this to you. Draw the face you would make.



"I like your drawing!"



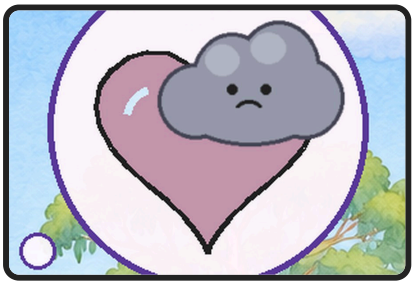
A mean name



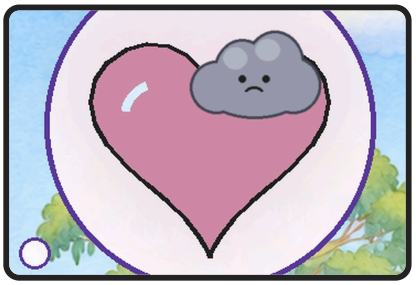
"Want to play?"

Pip said sorry. Is the ouch all gone?

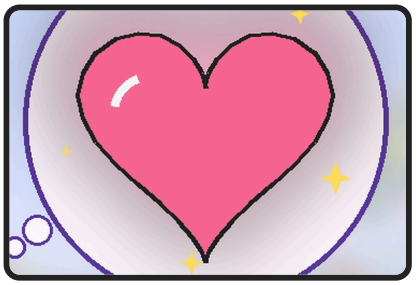
Rory said, "It still hurts a bit." Circle his heart now.



A big grey cloud



A smaller grey cloud



No cloud at all

★ Super Star Challenge: **Rory drew his Papa with a big smile. Draw someone you love, with a big smile!**



You earned the Warm Heart badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

Words Can Hurt

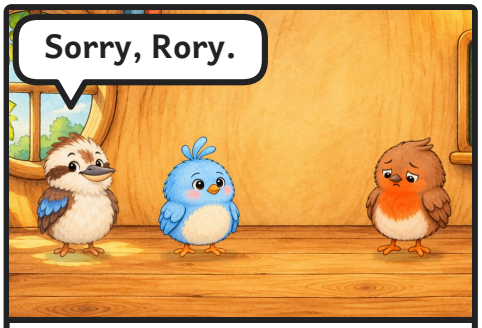




At bird school, Kip called Rory a mean name. Kip laughed. Rory did not.



Pip said, "Kip, that's not a kind name."



Kip thought about it. "Oh. Not good." He said sorry.

Warm words or ouch words?

Colour the words that **warm** a heart. Put a cross on the ones that make an **ouch**.

I like your drawing!	**You can't play.**	**Good try!**
Go away!	**Want to play?**	**That's a silly picture.**

What can I do?

Draw a line to the thing that helps.

I said a mean name ●	● Tell a grown-up
I hear a mean name ●	● Say sorry
Someone keeps calling me names ●	● Say, "That's not kind."

★ Super Star Challenge: **Pip said 2 kind things. Rory said 3 kind things. How many kind things?**

You earned the Kind Words badge!

Colour it in when you finish.

Pip's Play Cards

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

Footprint Steps

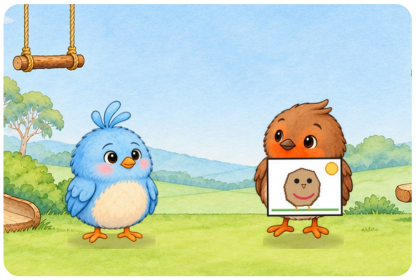
MOVE



Put paper footprints across the floor. Step from one to the next. No wobbling!
On the last one, ask, **"How would I feel?"**

Look at My Drawing

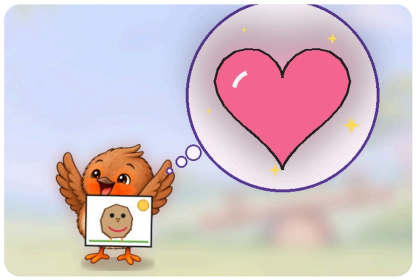
PRETEND



Your grown-up shows you a drawing. Stop. Ask yourself, "How would I feel?"
Then say one kind thing about it.

Warm Heart

MOVE



Your grown-up says, "Well done!" or "Go away!"
Warm words: stretch up tall and glow.
Ouch words: curl up small, like a grey cloud.

That's Not Kind

PRETEND



Bunny was unkind to Teddy. You are Pip!
Say, "That's not kind. How would you feel?"
Help Bunny say sorry.

Kind Words Catch

MOVE



Roll a ball to your grown-up.
Each time you catch it, say a kind thing.
"I like your smile!"

Tell a Grown-Up

PRETEND



Someone keeps being unkind to Teddy.
It is not Teddy's fault.
Help Teddy tell a grown-up: "Can you help me?"

Grown-Up's Guide

Pip's Feelings Club · Episode 17: The Mean Name

"How would I feel?"	"That's not a kind name."	"It wasn't kind. I'm sorry."
Ask it before you say it	When you hear one	When one has slipped out

The steps from the episode

Stop before you say it → **Step into their footprints** (imagine you are them) → **Ask, "How would I feel?"** Then choose kind words. Words can hurt even when they are meant to be funny, and the ouch is inside, where nobody can see it. In the episode Pip's sorry helps, but Rory says, "It still hurts a bit." A sorry does not take the ouch away at once.

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. These pages never print the mean names, and you don't need to say them either: "a mean name" is enough. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
How Would I Feel?	"How did Rory feel inside?" "Could Pip see the grey cloud?" "Was it all gone after the sorry?"	Draw the faces together. Take turns saying one thing you like about each other.
Words Can Hurt	"What did Pip say to Kip?" "Which words warm a heart?" "Who could you tell?"	Name two grown-ups they could tell if someone keeps calling them names.

When a mean name slips out

1. Stay calm. "Stop. That name hurts."
2. "How would you feel if it was you?"
3. Later, help them say a kind sorry.

When they're stormy

Wait. Talk when the storm is small.
Check on the child who was hurt first.
Don't say the name back to them.

Do it out loud yourself

"I nearly said something grumpy."
"How would I feel? Hmm. Not good."
"I'll say it a kinder way."

Catch them doing it well

"That was a kind thing to say."
"You stopped and thought first."
"You stuck up for your friend."

Try to avoid

"It was only a joke." Jokes can hurt too.
"Sticks and stones." Words do hurt.
A sorry before they are ready to mean it.

Every day (2 minutes)

At dinner: one kind thing about each person.
"Did any words feel ouchy today?"
"Did any words feel warm?"

Share the words with their teacher so school can use the same question. If your child keeps being called names, it is not their fault: let their teacher know. See your GP or child health nurse if they seem sad or worried most days, or don't want to go to school.

Based on the empathy and perspective-taking lessons in the PATHS and Second Step programs.