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

It Was Me



Pip ran inside. Bump! Crack! She hid the pieces under her bed.



Pip told a fib. Her tummy felt heavy, like it was full of rocks.



Pip was brave. She told Papa the truth.

What made Pip's rocks smaller?

Circle the one that helped.



Hiding the pieces



Telling the truth

How did Papa feel?

Papa felt two things at the same time. Circle them both.

sad about his cup | sleepy | proud of Pip | hungry

The brave words

Say them. Then trace them!

☆ It was me. I'm sorry.

★ Super Star Challenge: **Papa picked up 4 sharp pieces. Pip swept up 5 crumbs. How many altogether?**

☆ You earned the Brave Truth badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

Brave Like Kip





Uh oh! Somebody spilled the green paint at bird school.



Kip was nervous. But he told the truth.



Miss Wren said, "Thank you for telling me. That was brave."

Truth or fib?

Tick the brave truths. Leave the fibs empty.

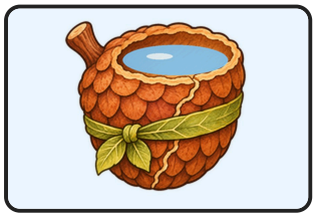
- "It was me." ☐
- "The wind took it." ☐
- "A possum did it!" ☐
- "I spilled it. Sorry." ☐

What happened first?

Put Kip's story in order. Write 1, 2 and 3 in the boxes.

- ☐ Kip helped wipe it up
- ☐ The paint got spilled
- ☐ Kip said, "It was me."

Papa glued his cup



It holds water! Draw the cup. Don't forget the crack.

★ Super Star Challenge: **The cloths go blue, pink, blue, pink, blue… What comes next? Colour the box!** ☐

You earned the Truth Teller badge!

Colour it in when you finish.

Pip's Play Cards

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

Walking Feet

MOVE



Run on the spot, like Pip playing chasey.
Your grown-up calls, "Inside!"
Now walk as slowly and softly as you can.

It Was Me

PRETEND



Oops! Teddy knocked a cup over.
Help Teddy say, **"It was me. I'm sorry."**
Your grown-up says, "Thank you for telling me."

Heavy Rocks

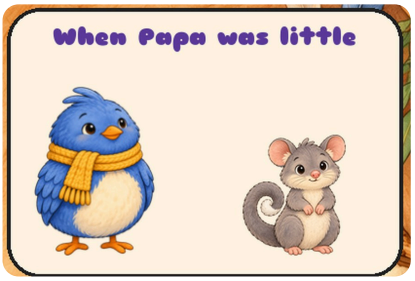
MOVE



Hug a big cushion to your tummy. Heavy!
Walk to your grown-up. Say, "It was me."
Swap it for a little cushion. Lighter!

A Possum Did It!

PRETEND



Your grown-up fibs: "A possum ate the berries!"
You ask, "Was it really?"
They say, "No. It was me. I'm sorry."

Sweep It Up

MOVE



Scrunch up paper crumbs. Scatter them!
Sweep them into a pile with your hands.
Fast, then slow, then tiptoe.

Spilled Paint

PRETEND



Your grown-up is Miss Wren: "Who spilled the paint?"
You are Kip: "It was me. I'm sorry."
Wipe it up together with a cloth.

Grown-Up's Guide

Pip's Feelings Club · Episode 18: It Was Me

"It was me. I'm sorry."	"Thank you for telling me the truth."	"The rocks are smaller."
The brave words	What Papa says back	Telling feels lighter than hiding

What happens in the episode

Pip breaks Papa's cup, hides the pieces and tells a fib. Hiding it feels heavy, like a tummy full of rocks. Then she tells the truth: **"It was me. I'm sorry."** Papa says he is sad about his cup, **and** he thanks her for telling him. Both are true. He tells her about a fib he told when he was little. The cup is glued, but the crack still shows. The truth did not fix everything. It was still the brave thing to do.

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 while a real fib is being sorted out. You read the comic, your child does the pens. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
It Was Me	"Why did Pip hide the pieces?" "How did her tummy feel?" "How did Papa feel? Two things!"	Say the brave words together: in a big voice, a tiny voice, a robot voice.
Brave Like Kip	"Was Kip nervous?" "What did Miss Wren say to him?" "Can you still see the crack?"	Tell them about a time you owned up to something when you were little.

When they tell you the truth

1. First: "Thank you for telling me."
2. Your feeling, briefly: "I'm sad about it."
3. Then tidy up or fix it together.

When they've told a fib

Stay calm. A cross voice makes fibs grow.
Say what you see: "The cup is broken."
"It's safe to tell me. I want to know."

Do it out loud yourself

"I left the milk out. It was me. Sorry!"
"I got that wrong. I'll fix it."
Let them hear you own up to small things.

Catch them doing it well

"That was hard to say, and you said it."
"Thank you for telling me the truth."
"You helped clean up, too."

Try to avoid

Asking "Did you do this?" when you know.
Making the truth cost more than the fib.
Needing them to make you feel better.

Every day (2 minutes)

At bedtime: "Any oops to tell me about?"
"Thank you for telling me." Every time.
Tell them one of your own, too.

Share the words with their teacher so school can use the same ones. See your GP or child health nurse if your child seems very worried or frightened about making mistakes, or if hiding things is happening a lot and it concerns you.

Based on honesty and moral development in the early years: telling the truth about a mistake is brave, and is thanked.