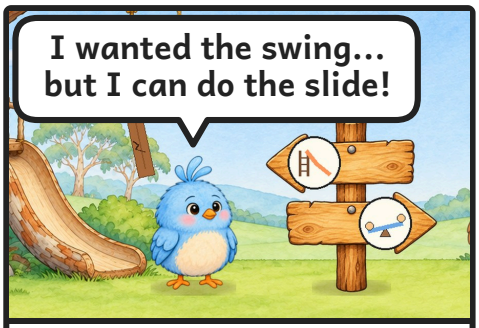
Pip's Feelings Club · Sheet 1 Watch the episode first! Scan →

Next Best Thing



Oh no! The swing was broken. Pip felt disappointed.



Pip took a breath. Then she looked for the next best thing.



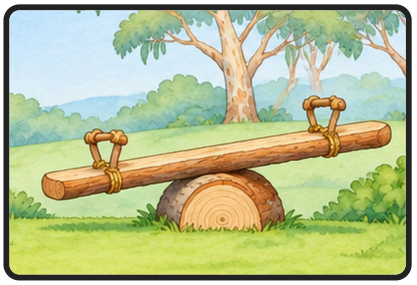
The slide was fun! Pip still wished the swing worked. That's okay.

Which would YOU choose?

The swing is broken. Circle your next best thing!



The slide



The seesaw

Say it like Pip

Write or draw what you could do.

I wanted the swing, but I can _____.

Miss Wren's song

"I wanted that, but that's okay..." Trace the last line. Then sing it!

What's the next best thing?

★ Super Star Challenge: **Pip went down the slide 4 times. Then 2 more times. How many slides?**

You earned the Next Best Thing badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

The Tree-Frog Cup



The purple cup was in the wash. There was green, or yellow.



Pip took a breath. "I wanted the purple cup..."



Papa laughed. "One tree-frog cup, coming up!"

Find the next best thing

Draw a line from each "oh no" to a next best thing.

The swing is broken ●	● Play a game inside
The purple cup is in the wash ●	● Go on the slide
It's raining ●	● Play with someone else
My friend is away ●	● Use the green cup

Make a tree-frog cup!



Draw a cup. Give it a funny face. Ribbit!

★ Super Star Challenge: **On the table: 1 yellow cup, 1 green cup and 2 acorn cups. How many cups?**

You earned the Tree Frog badge!

Colour it in when you finish.

Pip's Play Cards

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

Signpost Point

MOVE



Your grown-up says, "Hop... or spin?"
Point one way, like Pip's signpost.
Then do it! Next time, try the other one.

Broken Swing

PRETEND



Oh no! Teddy's swing is being fixed.
Help Teddy say, **"I wanted the swing... but I can do the slide!"**
Slide Teddy down a cushion.

Next Best March

MOVE



March around the room and chant:
"I wanted that, but that's okay.
What's the next best thing today?"

Tree-Frog Cup

PRETEND



Your grown-up says, "That cup is in the wash."
Take a breath. Pick another cup.
What animal is it? Give it a voice!

Frog Hops

MOVE



Hop from cushion to cushion. Ribbit!
Your grown-up takes one cushion away.
Find the next best one to hop to!

Be Miss Wren

PRETEND



Teddy can't have what he wanted.
You are Miss Wren: "It's okay to feel that."
Help Teddy find a next best thing.

Grown-Up's Guide

Pip's Feelings Club · Episode 19: I Wanted the Swing

"I wanted the swing... but I can do the slide!"	"What's the next best thing?"	"It's okay to feel that."
The words to copy	The question in the song	The feeling comes first

The steps from the episode

Say what you wanted ("I wanted the swing...") → **Take a breath** → **Find the next best thing** ("...but I can do the slide!"). Pip has fun on the slide, and she still looks back at the swing and sighs. The next best thing does not make the wish go away. It gives her something good to do while she still wishes. **The song:** "When it doesn't go my way, I take a breath, and then I say: I wanted that, but that's okay. What's the next best thing today?"

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. Sing the song when everyone is happy, so it is easy to find on a hard day. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
Next Best Thing	"What did Pip want?" "What did she do after her breath?" "Did she still miss the swing?"	Sing the song. Then each choose: the slide or the seesaw? Say why.
The Tree-Frog Cup	"Which cup did Pip want?" "What did the green cup turn into?" "What could your next best thing be?"	Pick one thing that is often not there (a cup, a seat). Plan its next best thing.

When they can't have it

1. Name it: "You really wanted the swing."
2. Breathe together. No rush.
3. "What's the next best thing?" Offer two.

When they're stormy

Too soon for choices. Stay close.
A cuddle can come first, if they want one.
Offer the two choices when they are calmer.

Do it out loud yourself

"I wanted to park close... but it's full."
"Big breath. What's my next best thing?"
"We can park here and walk."

Catch them doing it well

"You said what you wanted, calmly."
"You found a next best thing!"
"You still wished for it, and you coped."

Try to avoid

"It's only a swing." It matters to them.
Fixing it for them straight away.
Saying the next thing is just as good.

Every day (2 minutes)

Any small "no": sing the song together.
Give two choices. Let them point.
"What was your next best thing today?"

Share the words with their teacher so school can use the same song. See your GP or child health nurse if small disappointments often turn into very big or very long upsets, or if it is getting harder, not easier.

Based on the flexibility and coping-with-disappointment strategies in the Pyramid Model.