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

Maybe Next Time



The sun was going down. Papa said, **no more swimming** today.



Pip felt sad. Papa said, "I know. It's hard to stop."



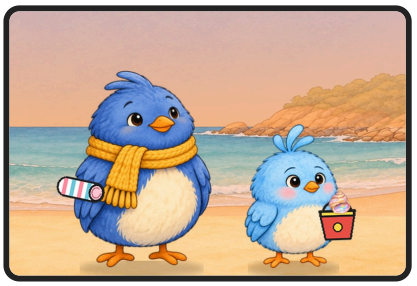
Tap, tap! Pip still felt sad. But she could say goodbye.

Which ending was kinder to Pip?

Circle it.



Ending A: a big storm



Ending B: tap, tap

Tap, tap. Say it. Then trace it!

Tap your knees two times. You can still feel sad while you say it.

Maybe next time.

★ Super Star Challenge: **Pip counted 3 shells on the way home. Draw 3 shells. Make one stripy!**

You earned the Maybe Next Time badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

Time to Stop



The bell rang, right in the middle of the story!



Rory and Pip wanted to hear the end.



Pip tapped her knees. Then Rory did it too.

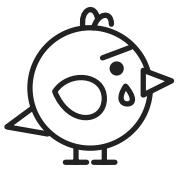
What is hard for YOU to stop?

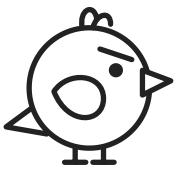
Tick them. Everybody has some!

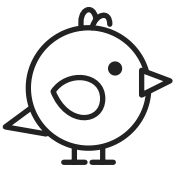
Playing at the park	☐	Bath time	☐
A good story	☐	Screen time	☐
Swimming	☐	Playing with a friend	☐

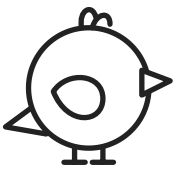
How do you feel when fun has to stop?

Circle a face, or draw your own. It's okay to feel sad when fun things end.


Sad


Cross


Okay


Draw yours

★ Super Star Challenge: **Pip tapped 2 times. Rory tapped 2 times. How many taps?** ☐

You earned the Kind Goodbye badge!

Colour it in when you finish.

Pip's Play Cards

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

Tap, Tap!

MOVE



Tap your knees two times.
Say, "**Maybe next time.**"
Do it slow. Do it fast. Now whisper it!

Time to Go Home

PRETEND



Play beach on a towel.
Your grown-up says, "Time to go home."
You tap, tap: "Maybe next time." Pack up together.

Swim and Stop

MOVE



Pretend to swim around the room.
Your grown-up calls, "No more swimming!"
Stop. Tap, tap. "Maybe next time."

Story Stop

PRETEND



Your grown-up reads a book and stops in the middle: "We have to stop there."
You tap, tap: "Maybe next time."

Shell Walk

MOVE



Put three paper shells on the floor.
Walk home slowly, like Pip.
Count them into a bucket: one, two, three!

Be Papa

PRETEND



You are Papa. Teddy wants one more swim.
Say, "I know. It's hard to stop."
Help Teddy tap, tap: "Maybe next time."

Grown-Up's Guide

Pip's Feelings Club · Episode 20: No More Swimming

"Maybe next time."	Tap, tap.	"It's hard to stop."
Said with two knee taps	A knee tap is easier than a finger snap	Name it, then help them go

The steps from the episode

Tap your knees two times → "Maybe next time." That is the whole trick. It does not make the sad feeling go away: it helps the body say goodbye. In the episode Pip is still sad while she packs up. Papa names it ("I know you did. You love swimming. It's hard to stop.") and helps her leave anyway. Nobody promises a next time. They count shells on the walk home.

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. Practise the tap when nothing is ending: a skill learned in a calm moment is one they can find in a storm. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
Maybe Next Time	"Why did Pip have to stop swimming?" "How did Pip feel when she tapped?" "Which ending was kinder to Pip?"	Tap, tap and say the words together, a few times this week, at small endings.
Time to Stop	"What did Rory want to know?" "What is hard for you to stop?" "Is it okay to feel sad about it?"	Pick one ending that is often hard at home, and plan the tap for it.

When something fun has to end

1. Get close: "It's time to stop."
2. Name it: "You love this. It's hard to stop."
3. Tap, tap together: "Maybe next time."

Then go.

When they're stormy

Use fewer words. Stay near and stay calm.
Keep the ending. Feeling sad about it is okay.
Give them a job: "You carry the bucket."

Do it out loud yourself

"I wanted to finish my book. Oh well."
Tap, tap. "Maybe next time."
Let them see you feel a bit sad and still stop.

Catch them doing it well

"You stopped, even though it was hard."
"I heard you say, maybe next time."
"You felt sad AND you packed up."

Try to avoid

Promising a next time you can't be sure of.
Giving "one more" after you have said stop.
Telling them not to be sad. Sad is allowed.

Every day (2 minutes)

At a small ending (bath, a show, the park):
Tap, tap together. "Maybe next time."
A star each time they say it by themselves.

Share the words with their teacher so school can use the same tap. See your GP or child health nurse if endings and changes bring big, long upsets most days, or the upsets are getting worse.

Based on the Pyramid Model's (NCPMI) strategy for handling disappointment.