Pip's Feelings Club · Sheet 1

Watch the episode first! Scan →

5 Things I Can See



Echo wanted to race boats. But her tummy was all **fluttery**.



Pip said, "Just look." Echo named **five things** she could see.



Her tummy felt a bit quieter. Pip said, "You choose."

What did Echo see?

Circle the five things Echo could see at the creek.

a fern | a bus | a pebble | a gum tree | a TV | the water | a dragonfly

Your turn! Look around.

Say, **"One thing I can see..."** and name it. Colour a dot each time.

○ 1 ○ 2 ○ 3 ○ 4 ○ 5

Write it, or tell your grown-up!

One thing I can see is _____.

★ Super Star Challenge: **Pip and Rory had 2 leaf boats. Echo floated 1 more. Draw all the boats!**

You earned the Five Things badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

My Five Things



Pip gets worries, too. It was her turn to show her drawing.



The window. The chalkboard. Kip. Rory. Miss Wren, smiling.



Her worry was not so loud. "Okay. I'm ready," said Pip.

Draw 5 things you can see right now.

Look around your room. One at a time.

You choose!

Echo could play, or watch first. Both are okay. Circle one for you today.



Play



Watch first

★ Super Star Challenge: **Pip named 5 things. You named 5 things. How many things?**

You earned the Lovely Looking badge!

Colour it in when you finish.

Pip's Play Cards

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

Spotlight Eyes — MOVE



Make a spotlight with your hands.
Turn around slowly.
Stop five times and say what you can see!

Hello, Echo — PRETEND



Your grown-up curls up like a spiky ball.
Say, "Hello? Is somebody in there?"
Then, "You can play. Or you can just watch. You choose."

Curl and Peek — MOVE



Curl up in a spiky ball.
Peek out and name one thing you can see.
Curl up again. Do it five times!

Float One Boat — PRETEND



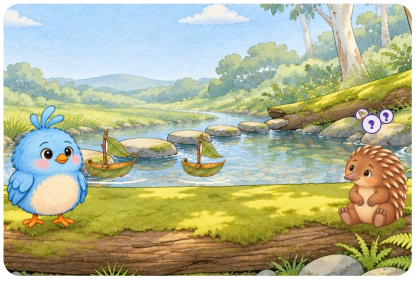
Fold a paper boat. Slide it down a towel creek.
Say it like Echo: "I'm still a little bit fluttery. But I did one."

Five Hops — MOVE



Hop to five things in the room.
Touch each one and say its name.
"**One thing I can see...** a chair!"

Room on the Log — PRETEND



Make a log from cushions. Sit Teddy at one end.
Say, "There's room on the log."
Teddy can play, or just watch. Teddy chooses!

Grown-Up's Guide

Pip's Feelings Club · Episode 22: Echo Is Shy

"One thing I can see..."	"You choose."	"A bit quieter."
Name five things, one at a time	Play, or just watch first	The worry gets quieter, not gone

The steps from the episode

Notice the worry (a fluttery tummy, what-ifs going round) → **Look around** → **Name five things you can see, one at a time.** Looking around brings the mind back to right here. The worry might still be there, but it is not so loud. Then the worried one chooses. Nobody talks Echo into playing: she watches first, then asks to float one boat, and she is still "a little bit fluttery" at the end. This trick is for worries that spin. It is never for getting a child past something that is really unsafe.

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. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
5 Things I Can See	"What was Echo worried about?" "What five things did she see?" "Did Echo have to play?"	Name five things together, somewhere new each time: the kitchen, the car, the park.
My Five Things	"What made Pip's tummy fluttery?" "What did she look at?" "When is your tummy fluttery?"	Plan it for one worry: "Next time, we'll find five things first."

When a worry starts to spin

1. Name it: "Is your tummy fluttery?"
2. "Let's look. One thing you can see..."
3. Then: "Play, or watch first. You choose."

When the worry is big

Get close and low. Slow your voice down.
You start: "I can see your red shoes."
Don't push on. Watching first counts.

Do it out loud yourself

"My tummy's a bit fluttery about this."
"Five things I can see... the kettle..."
"Still a bit fluttery. But I'm ready."

Catch them doing it well

"You looked around. Lovely looking."
"You chose to watch first. Good choosing."
"You had a go while you felt fluttery!"

Try to avoid

"There's nothing to worry about."
Talking them into it. They choose.
Using it to get them past a real danger.

Every day (2 minutes)

In the car, at the shops, at bedtime:
"One thing you can see?" Take turns to five.
Practise when calm, so it's there for a worry.

Share the words with their teacher so school can use the same trick. See your GP or child health nurse if worries often stop your child doing everyday things like school, sleep or play, or keep getting bigger.

Based on grounding (a simple version of 5-4-3-2-1) and the inclusion lessons in Second Step and Be You.