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

Helping Hands



Papa had a great big bundle of twigs. Wobble, wobble!



Pip **looked**. Then Pip **asked**.



Pip took the little twigs off the top. Helper star number one!

Look! Who might need help?

Helpers look first. Tick the ones who might need a helping hand.

- Carrying a heavy bundle ☐
- Happy on the swing ☐
- Can't reach the leaf ☐
- Fast asleep in bed ☐

Then ask. Say it, then trace it!

These are the words Pip said every time.

Do you need help?

My helper hunt

Look. Ask. Colour a star every time you ask, "Do you need help?"

☆ Star 1 ☆ Star 2 ☆ Star 3

★ Super Star Challenge: **Papa had 5 big twigs and 3 little twigs. How many twigs?** ☐

You earned the Helping Hands badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

Ask First



Kip did not need help this time. Pip said, "Okay!"



Echo said yes. She told Pip **how** to help.



Pip's scarf got all twisty. So **Pip** asked for help!

Who was stuck?

Draw a line from each friend to their problem.

Papa ●	● a leaf up too high
Kip ●	● a twisty scarf
Echo ●	● heavy twigs
Pip ●	● berries everywhere

Good helper words

Colour the ones a good helper says. Put a cross on the one that **grabs**.

Do you need help?

Yes, please!

Thanks, I've got it!

Okay!

Give it! I will do it!

Can you help me, please?

★ Super Star Challenge: **Kip dropped 9 berries. He picked up 5. How many are still on the grass?**

You earned the Brave Asker badge!

Colour it in when you finish.

Pip's Play Cards

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

Wobbly Bundle — MOVE



Carry a pile of cushions. Wobble, wobble!
Your grown-up asks, **"Do you need help?"**
Say, "Yes, please! Take the top one."

Berry Spill — PRETEND



Your grown-up drops some blocks: "Whoa!"
You ask, **"Do you need help?"**
If they say, "Thanks, I've got it!" you say, "Okay!"

Up, Up, Up! — MOVE



Stretch up, up, up on tiptoes like Echo. Can't reach? No climbing!
Ask, **"Can you help me, please?"**

Twisty Scarf — PRETEND



Wrap a scarf round a teddy, all twisty.
Teddy asks, "Can you help me, please?"
You hold one end. Your grown-up untwists the other.

Helper Hunt — MOVE



Tiptoe around your home. Look for someone busy.
Ask, **"Do you need help?"**
Yes or no, you get a helper star for asking!

Fetch a Grown-Up — PRETEND



Teddy has a pretend sore knee. That is a big problem!
Hop to your grown-up straight away.
Say, "Teddy is hurt. Please come!"

Grown-Up's Guide

Pip's Feelings Club · Episode 23: Helping Hands

"Do you need help?"	"Thanks, I've got it!"	"Can you help me, please?"
Look first. Then ask	A fine answer. Say "Okay!"	Asking is brave, too

The steps from the episode

Look (who might need a hand?) → **Ask** "Do you need help?" → **Help if they say yes**, the way they ask you to. If they say "Thanks, I've got it," say "Okay!" That is good helping, too: asking is the helper's job, and the answer belongs to the other person. When your child is stuck: **"Can you help me, please?"** If someone is hurt, or it is a big problem, the best help is to fetch a grown-up.

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. Act out the asking with a teddy or a pile of cushions: the words come more easily in real life once they have been said in play. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
Helping Hands	"What did Pip do before she helped?" "What did Papa say?" "Who could you ask today?"	Go on a helper hunt at home. A star for every ask, whatever the answer.
Ask First	"What did Kip say? Was that okay?" "How did Echo want Pip to help?" "What did Pip do when SHE got stuck?"	Take turns being stuck. Practise "Yes, please" and "I've got it."

When they jump in to help

1. "Stop. Look first. Do they look stuck?"
2. "Now ask: Do you need help?"
3. "Yes or no, you did the helper's job."

When they're stormy

Stuck and cross? Wait for calm first.
Then offer: "Can you help me, please?"
"No thanks" stings? "You asked kindly."

Do it out loud yourself

"Do you need help with that?" Then wait.
"Thanks, I've got it!" when you really have.
"I'm stuck. Can you help me, please?"

Catch them doing it well

"You asked before you helped!"
"They said no thanks, and you said okay."
"You asked for help. That was brave."

Try to avoid

Doing it for them before they ask.
Praising only the helping, not the asking.
Letting them touch sharp or broken things.

Every day (2 minutes)

Any time: "Who could we ask today?"
One "Do you need help?" each. You too!
A star for asking, whatever the answer.

Share the words with their teacher so school can use the same ones. Talk to your GP or child health nurse if your child is very upset most days when things go wrong, or you are worried about how they get on with other children.

Based on the helping and asking-for-help skills taught in the Second Step program.