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

Happy Hunt



Bedtime. Pip could not sleep. She kept thinking about the stormy bits.



Papa hunts for three good things from today. They can be **tiny**.



Pip found one! A little light went into the jar.

Good things can be tiny!

Circle the ones you had today.

something yummy | somebody kind | a cuddle | a game | a story | a funny joke | sunshine | a friend

Your turn. Find one!

Say it out loud. Your grown-up can help you write it.

One good thing today was _____.

Draw your good thing.

Big or tiny. It is a little light for your jar.

★ Super Star Challenge: **Pip found 3 little lights. Papa found 1. How many little lights?**

You earned the Happy Hunt badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

Three Little Lights



Pip found another one. Two little lights!



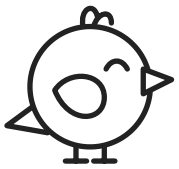
The third good thing was happening right now.



The stormy bits still happened. Both are part of today.

How was your day?

Circle today. After any kind of day, you can go on a Happy Hunt.



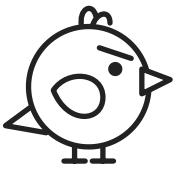
Sunny



Okay



Sad



Stormy

Pip's day

They **all** happened. Colour the three good bits yellow, like little lights.

Spilled the paint	**Squishy berries at lunch**	**Lost the race**
Said sorry to Rory	**Shouted at Rory**	**Papa sat with her**

★ Super Star Challenge: **Draw a jar with 2 little lights. Now draw 3 more lights. How many?**



You earned the Little Light badge!

Colour it in when you finish.

Pip's Play Cards

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

Sleepy Stretch — MOVE



Stretch your arms up, up, up to the stars.
Now let them float down, slow as a feather.
Do it three times. Then snuggle in.

Be Papa — PRETEND



You are Papa. Your grown-up is Pip, tucked up in bed.
Ask softly, "Can you find one good thing from today?"
Say, "Mmm. That's a good one."

Tiptoe Light Hunt — MOVE



Your grown-up hides three paper stars.
Tiptoe, tiptoe... quiet as a mouse.
Find one? Whisper one good thing.

Jar of Lights — PRETEND



Cup your hands like a jar.
Say, **"One good thing today was..."**
Pop a pretend light in. Your grown-up adds one, too.

Slow Sway — MOVE



Hug a teddy. Sway slowly, side to side.
One sway for each good thing you found.
Then be still, like a sleepy bird.

Teddy's Hard Day — PRETEND



Teddy had a stormy day. Say what Papa said:
"That sounds like a hard day."
Then help Teddy hunt for one good thing.

Grown-Up's Guide

Pip's Feelings Club · Episode 24: Happy Hunt

"One good thing today was..." Say it at bedtime

"They can be very, very small." Berries count. So does a cuddle

"The good bits happened, too." Both are part of today

The steps from the episode

At bedtime, **hunt for three good things from today**, like three little lights in the dark. They can be very small. **You go first:** "One good thing today was..." Then your child has a turn. One is plenty. Papa does not wave the hard day away. He says, "You did have some storms today. I saw." The stormy bits still happened, and the good bits happened, too. Pip's third good thing is happening right now (Papa sitting with her), so there is always one to find.

Doing a sheet

Watch the episode together first: scan the code on Sheet 1, or visit pipsfeelingsclub.com. A calm 10 minutes in the daytime, never as a consequence. The sheets are for learning the hunt; bedtime is for doing it. You read the comic, your child does the pens. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
Happy Hunt	"Why couldn't Pip get to sleep?" "What does Papa do after a hard day?" "What was Pip's first good thing?"	Do a Happy Hunt tonight. You go first, and keep yours tiny.
Three Little Lights	"Did the stormy bits still happen?" "What was Pip's third little light?" "What is one good thing from today?"	Swap one good thing each at dinner or in the car, too.

After a stormy day

1. Name it: "That sounds like a hard day."
2. "Let's look together. I'll go first."
3. Stuck? Offer one from now: this cuddle.

When they're stormy

Too upset to hunt? Skip it. Cuddle first.
Good bits don't erase the stormy bits.
Hard on themselves? "You're still learning."

Do it out loud yourself

"One good thing today was... my cup of tea."
Keep yours small and real.
Had a hard day too? Say so. Then find one.

Catch them doing it well

"You found one, even on a hard day."
"That's a tiny one. I love the tiny ones."
"You fixed something today."

Try to avoid

"See? It wasn't a bad day after all."
Insisting on three. One is plenty.
Fixing their pick. Any good thing counts.

Every night (2 minutes)

Lights out: "One good thing today was..."
You first, then them. One to three each.
Too heavy to find any? Help them look.

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 hard on themselves most days, seems sad a lot of the time, or worries are often keeping them awake.

Based on the "three good things" exercise from positive psychology: recalling good moments from the day.