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

Which Tool?



Waiting for the swing? Pip picked her **Waiting Song**.



Wings want to push? Pip picked **Turtle Time**.



A mean grey voice? Pip picked her **Kind Voice**.

Problem and tool

Draw a line to the tool Pip picked. Other tools can help, too!

I have to wait ●	● Happy Hunt
My wings want to push ●	● Waiting Song
I think, "I can't do it" ●	● Turtle Time
Bedtime after a hard day ●	● Kind Voice

Your turn! Which tool?

Oh no! Your block tower fell down. Circle a tool. They could all help.



Turtle Time



Squeeze and Flop



Kind Voice

★ Super Star Challenge: **Miss Wren showed 2 cards at the swing, 2 at the beach and 2 at school. How many cards?**

You earned the Tool Picker badge!

Colour it in when you finish.

Pip's Feelings Club · Sheet 2

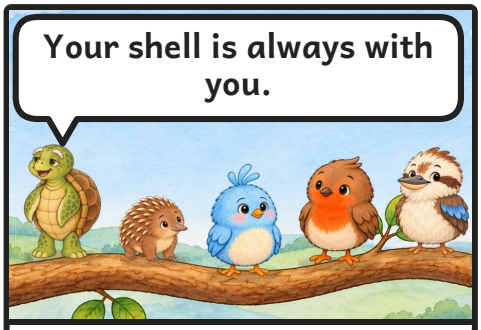
My Toolbox



Pip has a toolbox. There is a picture card for every tool.



At bedtime, Pip went on her Happy Hunt.



Your tools go with you, too. They are in your head and your body!

Tools I know

Circle the tools you can do. Show one to your grown-up!

Rainbow Breathing · Turtle Time · Kind Voice · Not Yet · Squeeze and Flop · Waiting Song · Happy Hunt

Calm first. Then words.

Rory bumped the bucket. What did Pip do? Write 1, 2 and 3.

- ☐ "Please be careful."
- ☐ Turtle Time
- ☐ Fill the bucket again

Draw your favourite tool.



★ Super Star Challenge: **Pip lined up her cards: shell, heart, shell, heart, shell… What comes next? Draw it!** ☐

You earned the Feelings Club badge!

Colour it in when you finish.

Pip's Play Cards

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

Tool Freeze

MOVE



Dance! Your grown-up calls out a tool.
"Turtle Time!" Tuck in.
"Squeeze and Flop!" Squeeze tight, then flop.

The Toolbox Game

PRETEND



Your grown-up says a problem: "Teddy has to wait."
You say, **"Which tool?"** Pick one for Teddy.
Then show Teddy how to do it.

Waiting Song Sway

MOVE



Stamp, stamp. You have to wait!
Now sway and sing: "Your turn, then my turn."
Your grown-up counts to ten. Then it is your turn!

Kind Voice Teddy

PRETEND



Teddy is stuck. Teddy says, "I can't do it."
Put your hand on your heart. Be Teddy's kind voice:
"It's okay. I'm still learning."

Good Game!

MOVE



Roll a ball to your grown-up and back, five times.
Win or lose, tap wings and say, **"Good game!"**

Be Miss Wren

PRETEND



You are Miss Wren. Pick your favourite tool.
Teach it to your grown-up.
Say, "Do it with me!"

Grown-Up's Guide

Pip's Feelings Club · Episode 25: Pip's Toolbox

"Which tool?"	"They could both help."	"Which tool is your favourite?"
Your child picks	No wrong picks	Let them teach it to you

The toolbox game from the episode

Miss Wren shows **a problem and two picture cards**, asks **"Which tool would you use?"** and waits. Then Pip does the tool she picked. No pick is wrong: "Good thinking! They could both help." Sometimes calming comes first and words come next: Pip does Turtle Time, **then** says, "I feel cross when you bump my bucket. Please be careful." A tool helps while the feeling is still there. Storms come and go, and everybody gets them.

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. If they have forgotten a tool, act it out together or watch that episode again. Finish with a play card.

What to talk about

Sheet	Ask them	Do together
Which Tool?	"What was Pip's problem at the swing?" "Which tool did she pick?" "Which tool would you pick?"	Play the toolbox game: you say a small problem, they pick a tool and show you.
My Toolbox	"Which tool is your favourite?" "Which one is tricky?" "Where do your tools live?"	Draw their favourite tools on paper cards to keep.

When a storm is coming

1. Name it: "You look cross. That's okay."
2. Ask: "Which tool?" Offer two.
3. Do it with them. Then fix the problem.

When they're stormy

Too stormy to choose? You pick for them.
Calm the body first. Words come later.
Still too big? A cuddle or a quiet spot.

Do it out loud yourself

"I'm getting cross. Which tool? Turtle Time."
Let them pick a tool for you sometimes.
"That helped. I'm still a bit cross."

Catch them doing it well

"You picked a tool all by yourself!"
"You calmed down first, then used words."
"That was hard, and you tried a tool."

Try to avoid

"Wrong tool." Any safe tool is a good try.
Expecting a tool to make the feeling vanish.
New names. Keep the words from the show.

Every day (2 minutes)

Any calm moment: "Show me a tool!"
One made-up problem. They pick a tool.
Bedtime: "Which tool did you use today?"

Share the tool names with their teacher so school can use the same words. Talk to your GP or child health nurse if big storms, hitting, or being very hard on themselves are happening most days, getting worse, or someone is getting hurt.

Most of the tools come from the PATHS, Second Step and Pyramid Model programs, which teach these skills together.