

BA-BOOM

ACTIVITY PACK



Inside

- Pip's Brave Breath poster for the fridge
- Two colouring pages of Elephant and Pip
- How big is my BA-BOOM? feelings meter
- My Small Steps chart
- Cut-out bookmarks
- A bonus page with all the jungle friends

For grown-ups

These pages go with Ba-Boom Goes Elephant's Heart. Pin the poster where you'll see it, and practise the trick together on a calm day, so it's easy to reach for on a hard one. Use the feelings meter before and after, and colour in a step on the chart every time your child tries. There's no need to own the book to start.

PIP'S BRAVE BREATH

for when your heart goes BA-BOOM



1

Smell the flower.

Breathe in slowly through your nose.

2

Blow the seed.

Breathe out slowly, like you're sending a dandelion seed floating away.

3

Do it three times.

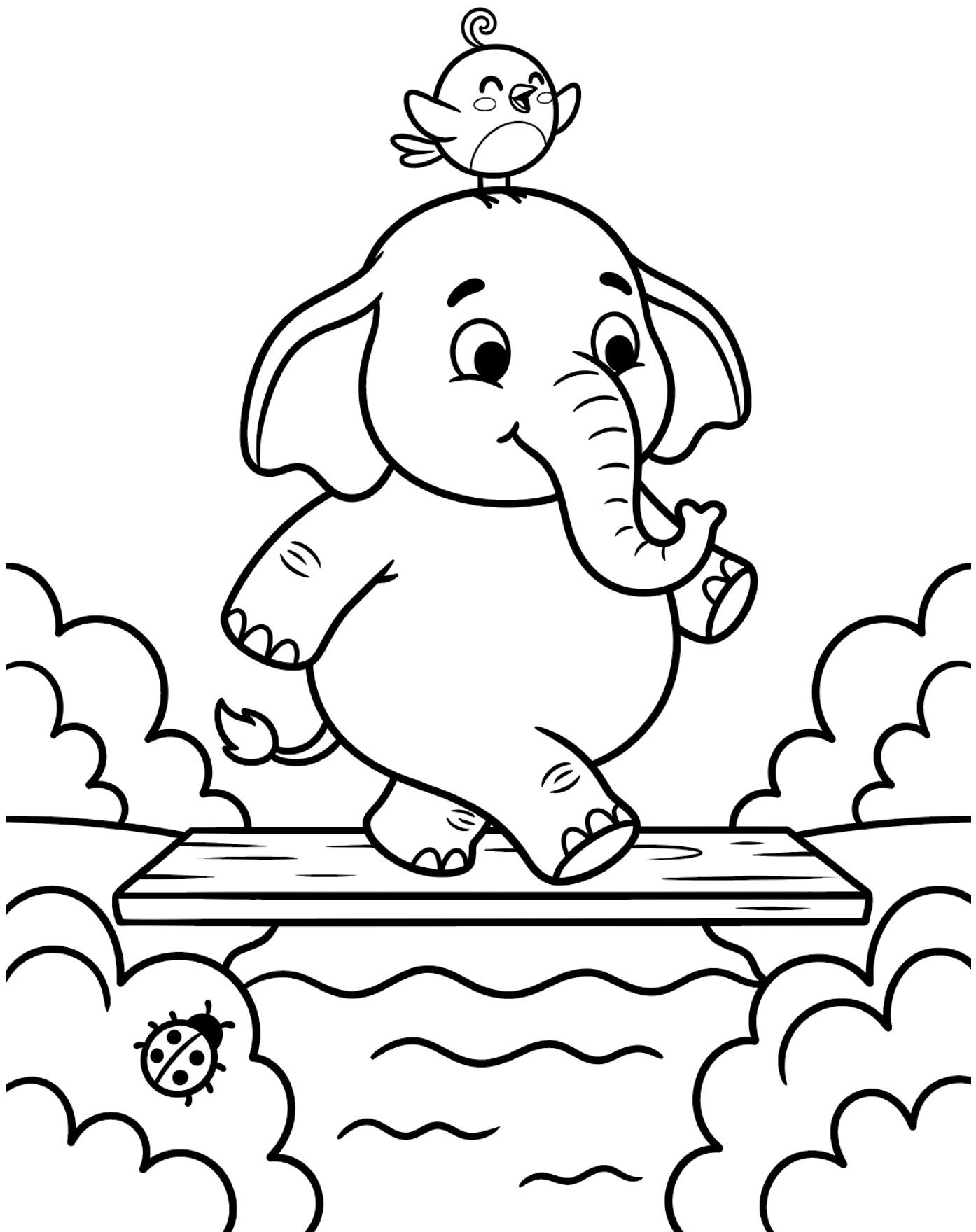
4

Take one small step.

Colour in Elephant and Pip!



Colour in Elephant and Pip!



HOW BIG IS MY BA-BOOM?

Point to how big it feels right now. Then do Pip's Brave Breath and point again.

5 HUGE!

4 big

3 medium

2 a little

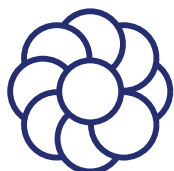
1 a tiny bit

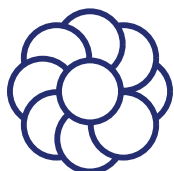


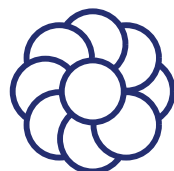
MY SMALL STEPS

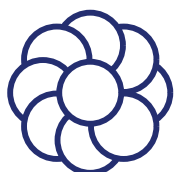
Every time I take a small step, I colour a flower.

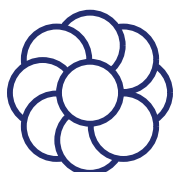
My name: _____

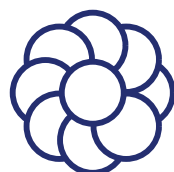


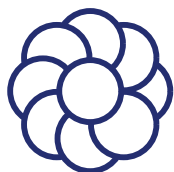


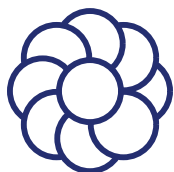


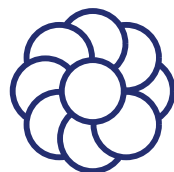


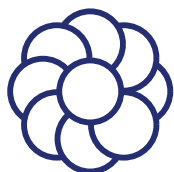


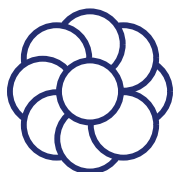


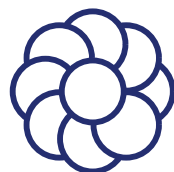




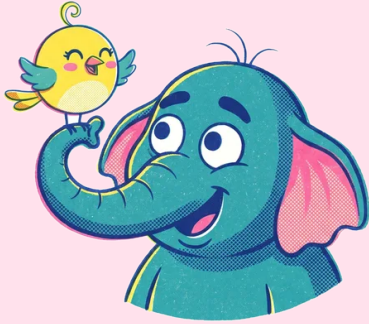








Cut out your bookmarks



BA-BOOM!

Say it together every
time it comes round.

D D Pledger

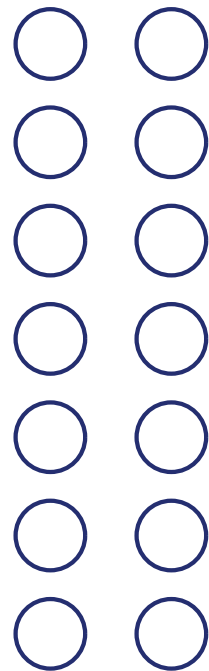
Pip's Brave Breath

- 1 Smell the flower.
Breathe in slowly
through your nose.
- 2 Blow the seed.
Breathe out
slowly, like you're
sending a
dandelion seed
floating away.
- 3 Do it three times.
- 4 Take one small
step.



FIND DOT!

Dot the ladybug hides
on every page. Colour
a spot each time you
find her.



All the jungle friends together. Can you name them all?

