

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.

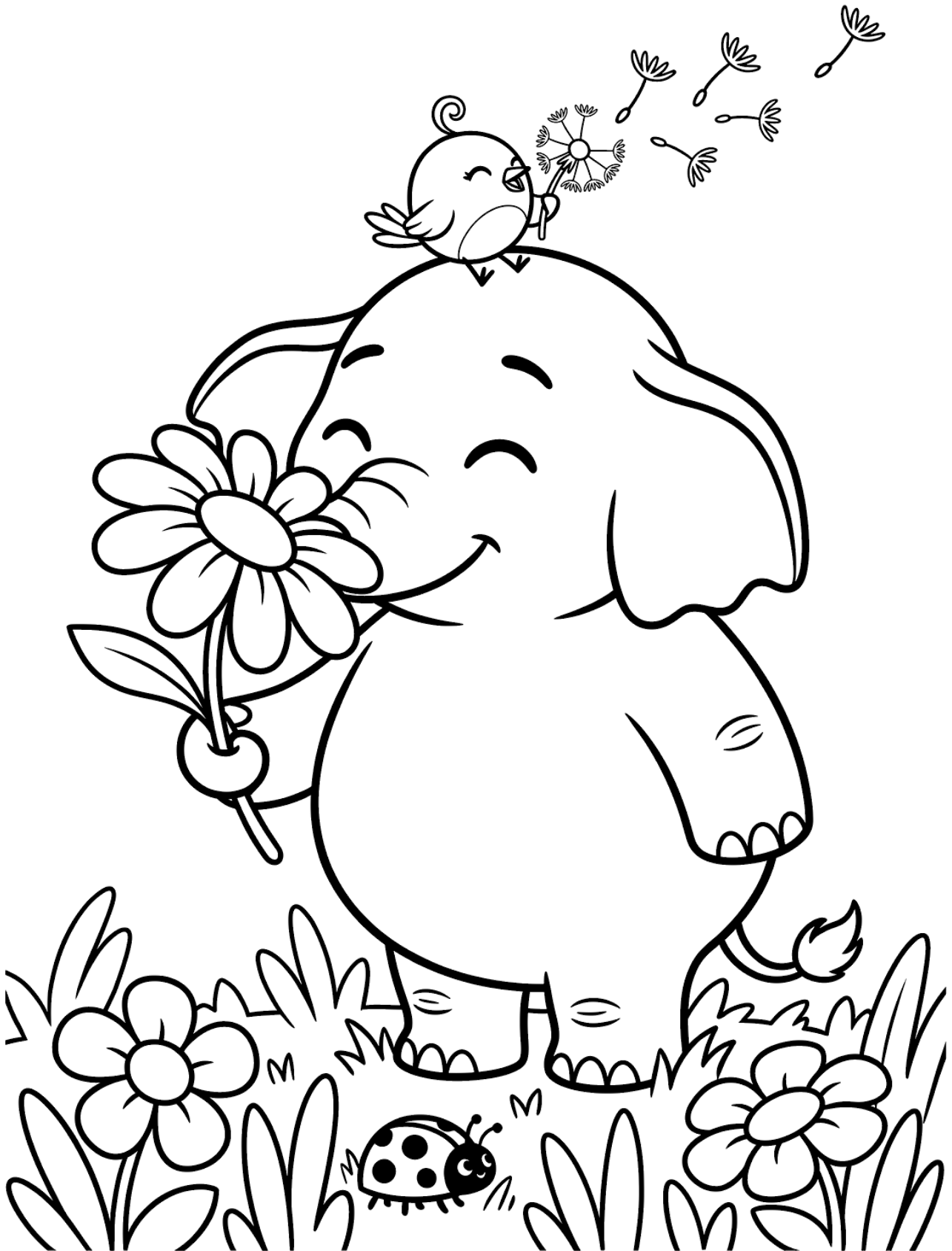
3

Do it three times.

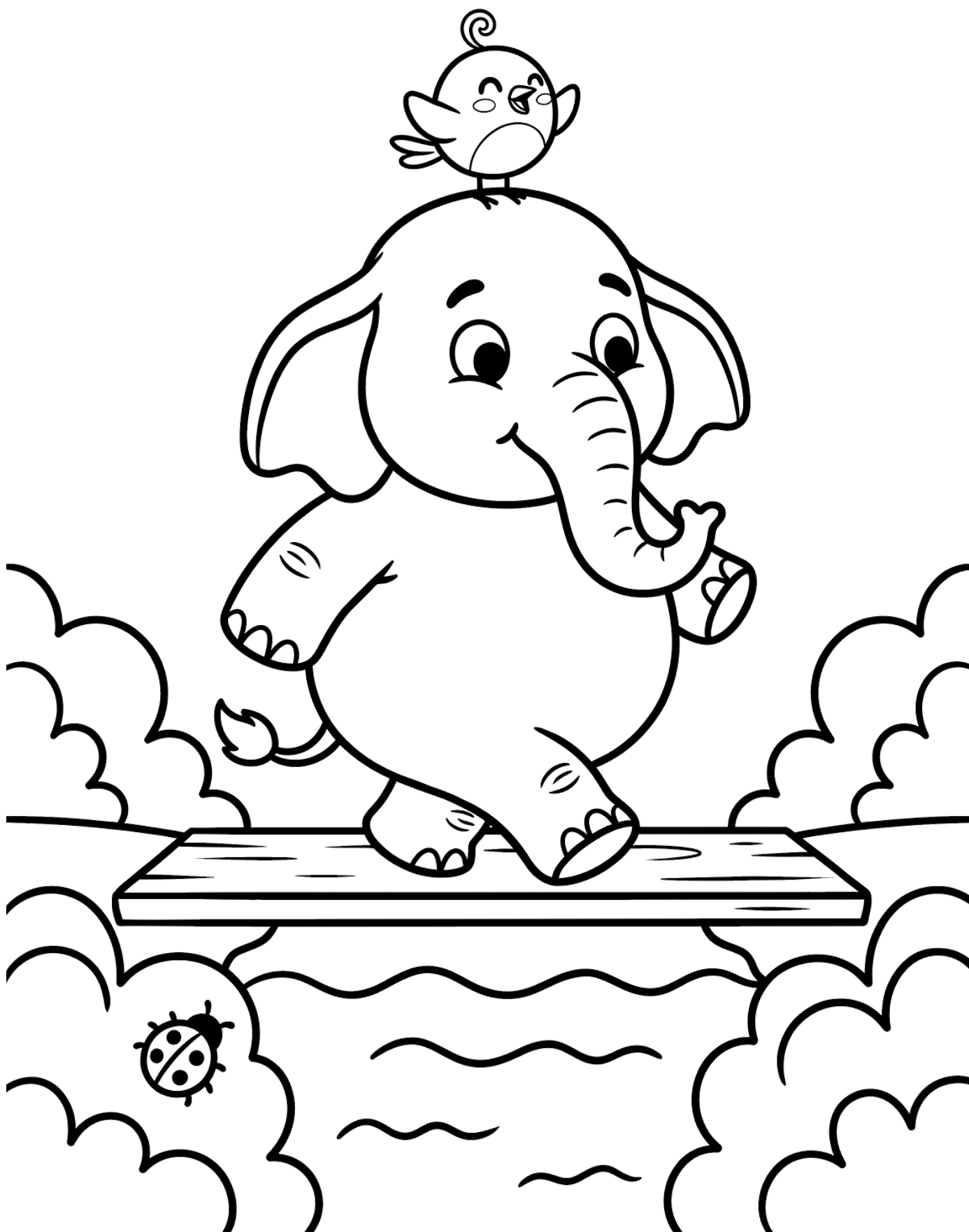
4

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

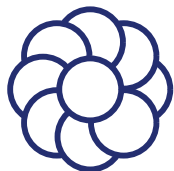
1 a tiny bit

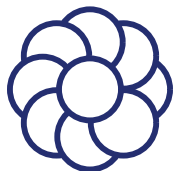


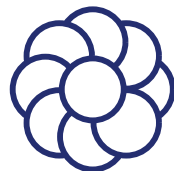
MY SMALL STEPS

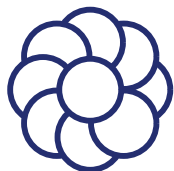
Every time I take a small step, I colour a flower.

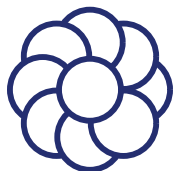
My name: _____

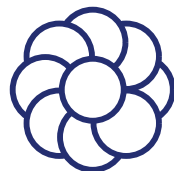


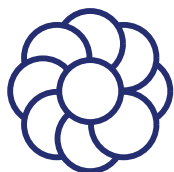


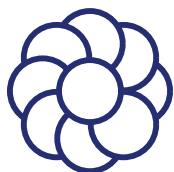


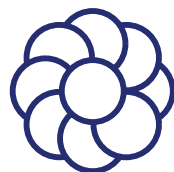


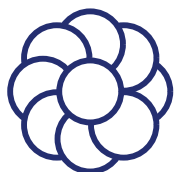


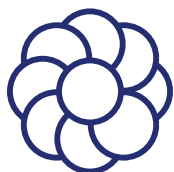


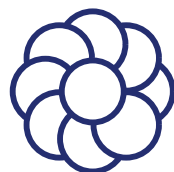




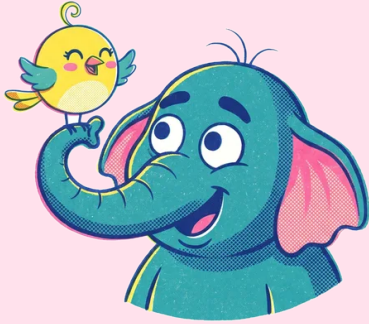








Cut out your bookmarks



BA-BOOM!

Say it together every
time it comes round.

D D Pledger

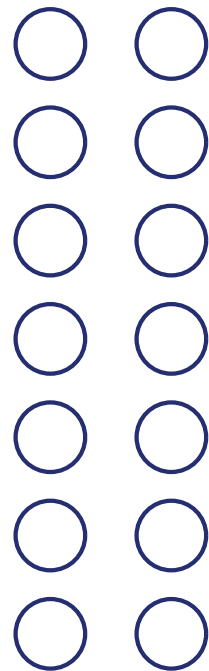
Pip's Brave Breath

- 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.



FIZZ-FIZZ

ACTIVITY PACK



Inside

- Pebble's Shell Time poster for the fridge
- Two colouring pages of Tiger and Pebble
- How big is my FIZZ? feelings meter
- My Shell Times chart
- Cut-out bookmarks
- A bonus page with all the jungle friends

For grown-ups

These pages go with Fizz-Fizz Goes Tiger's Temper. 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.

PEBBLE'S SHELL TIME

for when your tummy goes FIZZ



1

Tuck in tight.

Hug your knees and tuck your chin, like a tortoise in its shell.

2

Count to five, slowly.

3

Peek out and say it:

“I feel cross because . . .”





HOW BIG IS MY FIZZ?

Point to how big it feels right now. Then do Pebble's Shell Time and point again.

5 HUGE!

4 big

3 medium

2 a little

1 a tiny bit



MY SHELL TIMES

Every time I do Shell Time, I colour a shell.

My name: _____

























Cut out your bookmarks



FIZZ-FIZZ!

Say it together every
time it comes round.

D D Pledger

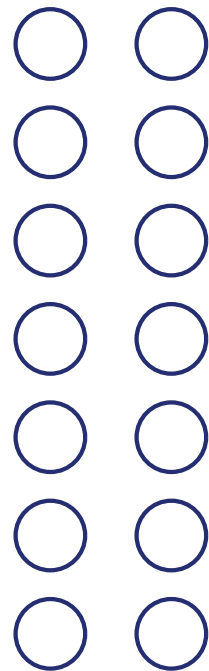
Pebble's Shell Time

- 1 Tuck in tight. Hug your knees and tuck your chin, like a tortoise in its shell.
- 2 Count to five, slowly.
- 3 Peek out and say it: "I feel cross because . . ."



FIND DOT!

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



SHIVER-SHAKE

ACTIVITY PACK



Inside

- Silk's Oops-a-Daisy Shake poster for the fridge
- Two colouring pages of Peacock and Silk
- How big is my SHIVER-SHAKE? feelings meter
- My Brave Mistakes chart
- Cut-out bookmarks
- A bonus page with all the jungle friends

For grown-ups

These pages go with Shiver-Shake Go Peacock's Feathers. 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.

SILK'S OOPS-A-DAISY SHAKE

for when something goes wobbly



1

Shake it out.

Wiggle your hands, your arms and your whole body, like Silk's eight legs.

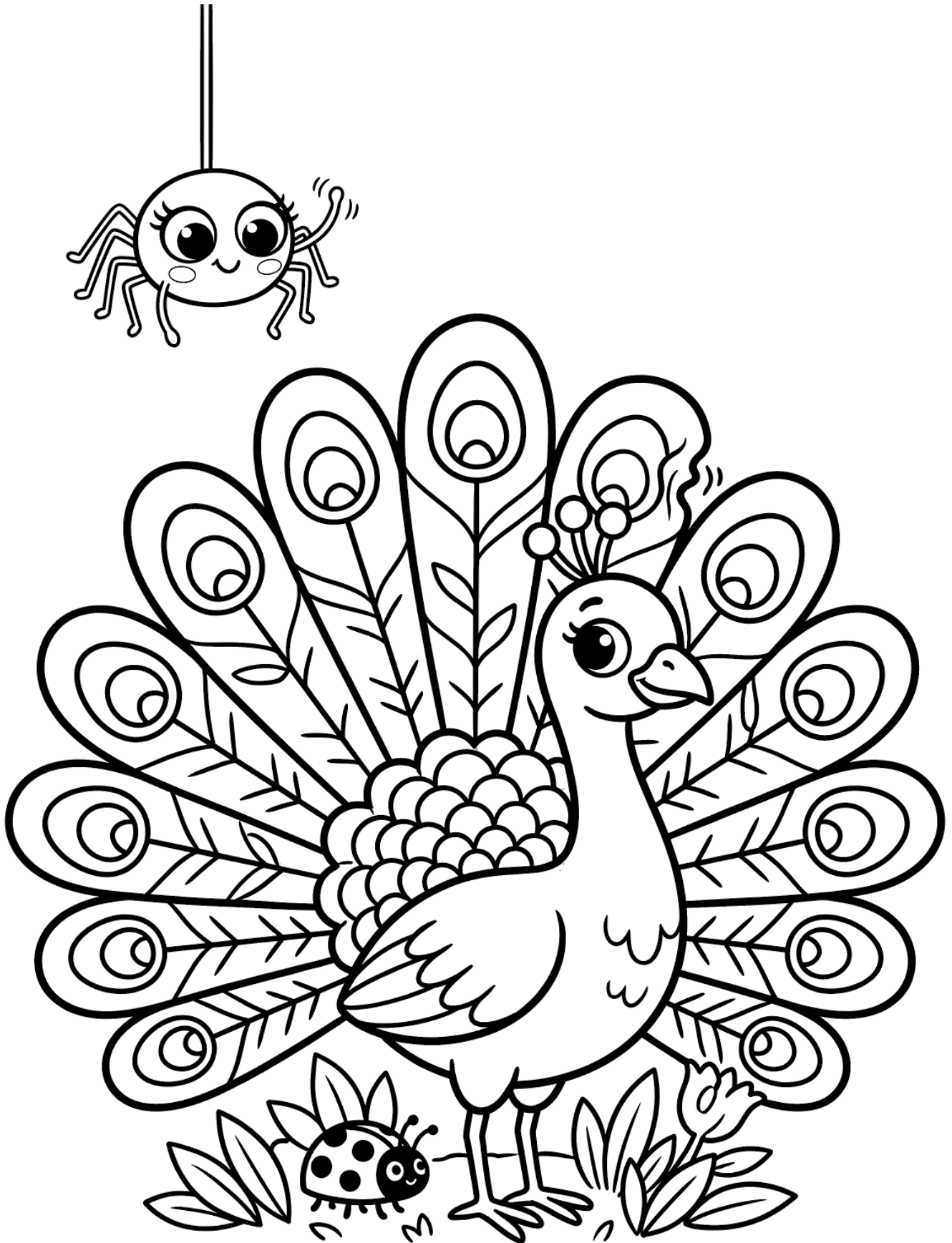
2

Shout “Oops-a-daisy!”

As loud or as soft as you like.

3

Have one more go.





HOW BIG IS MY SHIVER-SHAKE?

Point to how big it feels right now. Then do Silk's Oops-a-Daisy Shake and point again.

5 HUGE!

4 big

3 medium

2 a little

1 a tiny bit



MY BRAVE MISTAKES

Every time I have one more go, I colour a feather.

My name: _____



Cut out your bookmarks



SHIVER-SHAKE!

Say it together every
time it comes round.

D D Pledger

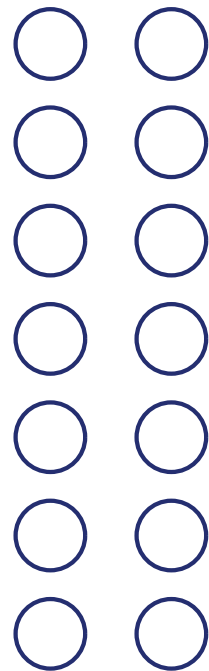
Silk's Oops-a-Daisy Shake

- 1 Shake it out.
Wiggle your
hands, your arms
and your whole
body, like Silk's
eight legs.
- 2 Shout
"Oops-a-daisy!"
As loud or as soft
as you like.
- 3 Have one more go.



FIND DOT!

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



FLIP-FLOP

ACTIVITY PACK



Inside

- Honk's Hum Hello poster for the fridge
- Two colouring pages of Little Gibbon and Honk
- How big is my FLIP-FLOP? feelings meter
- My Brave Voice chart
- Cut-out bookmarks
- A bonus page with all the jungle friends

For grown-ups

These pages go with Flip-Flop Goes Gibbon's Tummy. 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.

HONK'S HUM HELLO

for when your tummy goes FLIP-FLOP



1

Hand on your tummy.

Feel the flip-flop. It's allowed.

2

Hum a small hum:

mmmmm.

3

Find one friendly face.

4

Say or sing one small thing,

just to them.





HOW BIG IS MY FLIP-FLOP?

Point to how big it feels right now. Then do Honk's Hum Hello and point again.

5 HUGE!

4 big

3 medium

2 a little

1 a tiny bit



MY BRAVE VOICE

Every time I say or sing one small thing, I colour a note.

My name: _____

























Cut out your bookmarks



FLIP-FLOP!

Say it together every
time it comes round.

D D Pledger

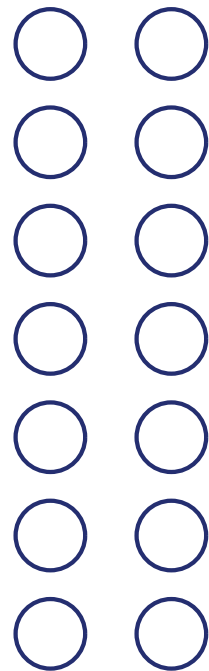
Honk's Hum Hello

- 1 Hand on your tummy. Feel the flip-flop. It's allowed.
- 2 Hum a small hum: mmmmm.
- 3 Find one friendly face.
- 4 Say or sing one small thing, just to them.



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?

