

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

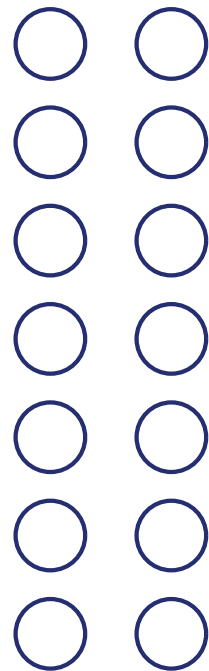
Pebble's Shell Time

- 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.



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

