

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

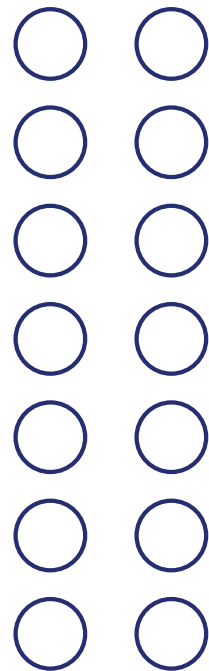
Honk's Hum Hello

- 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?

