

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.

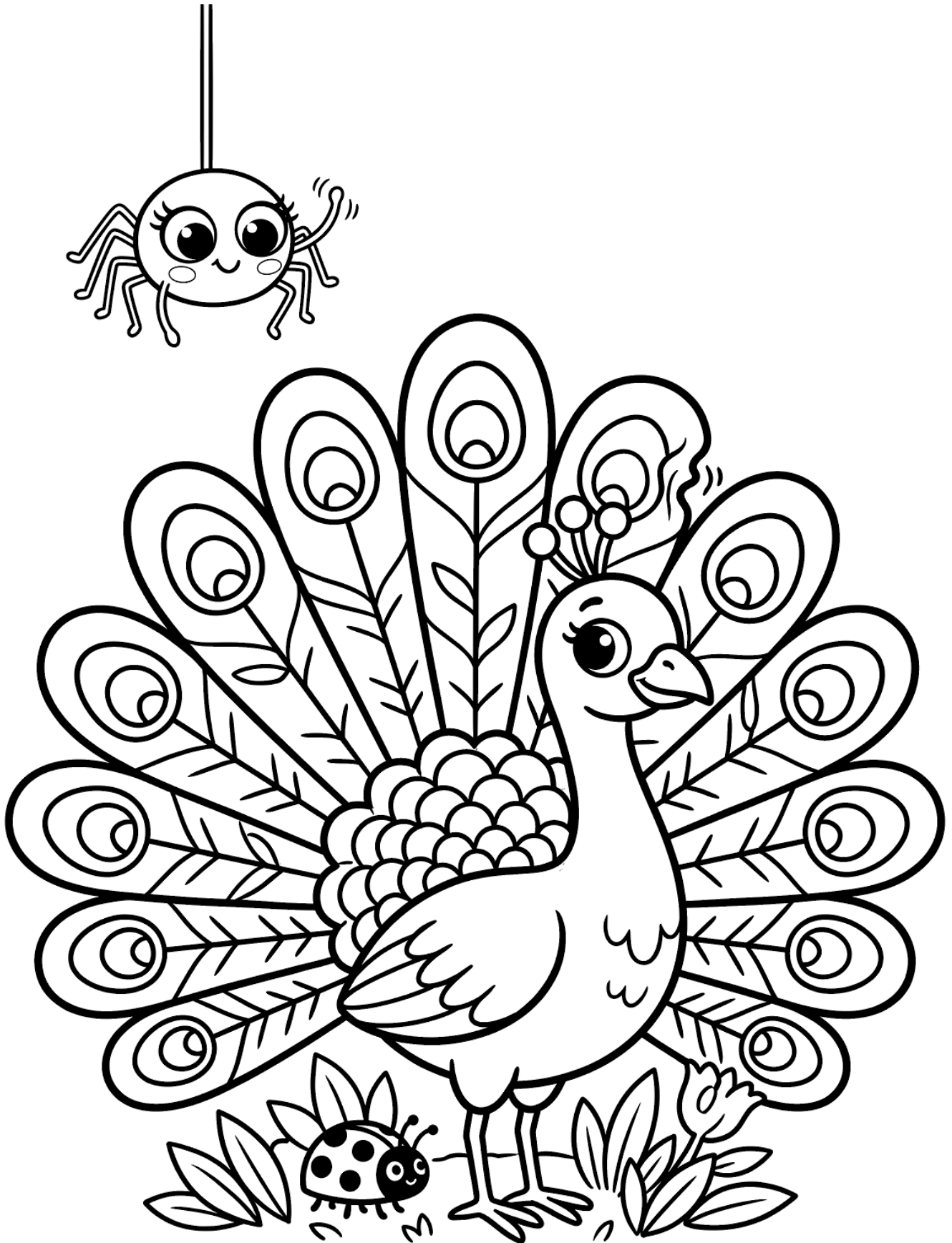
2

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

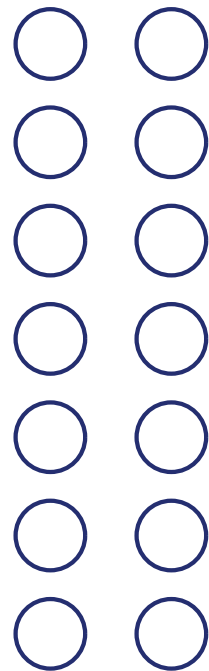
Silk's Oops-a-Daisy Shake

- 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.



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

