

Exploring Our Big Feelings with Pip and Friends

Today I feel... How about you?

- It is healthy to talk about how you feel with a grown-up you trust.
- Everyone feels different emotions at different times of the day.
- We can see how someone feels by looking at their face and their body language.
- Taking deep breaths can help us feel calm when we are upset or angry.
- Being kind to ourselves and others helps everyone have a better day.

Did you know? Did you know? Even Pip the caterpillar has lots of different feelings! Sometimes Pip feels excited to learn a new word, and other times he feels a bit shy. It is perfectly okay to have big feelings, and talking about them helps us feel better.

Key vocabulary: happy · sad · angry · excited · calm · brave · kind