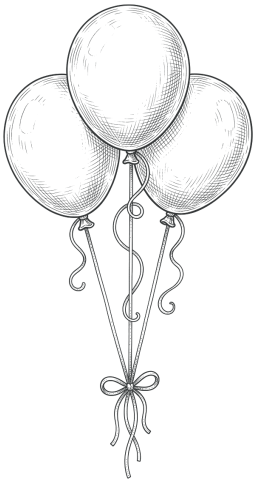
Inkleaf LEARNING

Name _____

Finding Calm

A little story, and some calm ideas of your own.



Pip's Busy Day

Read it together.

Pip the cat went to a big, busy birthday party. There were balloons and music, and lots of people talking all at once.

POP! went a balloon. Everyone cheered, and the music got louder and louder.

Pip's ears felt too full. Pip's tummy felt wobbly, and Pip's paws wanted to run away. It was all too much.

Pip crept under the table and curled up small. It was a little quieter there, but Pip still felt jumpy inside.

Feeling like this is okay. It happens to everyone sometimes.

Help Pip Feel Calm

Draw it, write it, or both!

What would you tell Pip? What could help Pip feel calm again?

DRAW IT

WRITE IT

Pip, you could

_____

_____

_____

_____

_____

_____

What Makes You Feel Calm?

Tick or colour the ones that help you.

- ☐ A big hug
- ☐ A cosy blanket
- ☐ Reading a book
- ☐ A walk outside
- ☐ Singing or humming
- ☐ Slow, deep breaths
- ☐ A quiet corner
- ☐ Drawing or colouring
- ☐ Cuddling a pet or teddy
- ☐ A warm bath

My own idea: _____

GROWN-UP TIP

Try one together next time things feel busy.

My Calm Place

Draw or write the place where you feel most calm.

