

THE KIP CREW LEARNS ABOUT FEELINGS

THEY ALSO PRACTISE CALMING DOWN WHEN
FEELING SAD, ANGRY OR WORRIED.
YOUR HELP IS NEEDED!



**Protect
Children**
Suojellaan Lapsia



Soca, Waaba, Tuka and Maco discuss feelings.

All feelings are important. They tell us important things.



Sadness tells me that I need a hug! Anger tells me that something is not fair.



Feelings are also felt in the body. When I'm happy, I feel like laughing and jumping up and down.

It is also important to practise ways to calm down and see what works for you!



You can always ask an adult for help when a feeling feels too big or difficult!



We're getting ready to help the Kip Crew!

Let's start by thinking about different feelings. Pick one feeling, like happiness, fear, anger, or sadness, and draw or write about a time someone might feel that way. If you want, you can use colours that reminds you of that specific feeling. You can draw about one feeling or as many as you like!



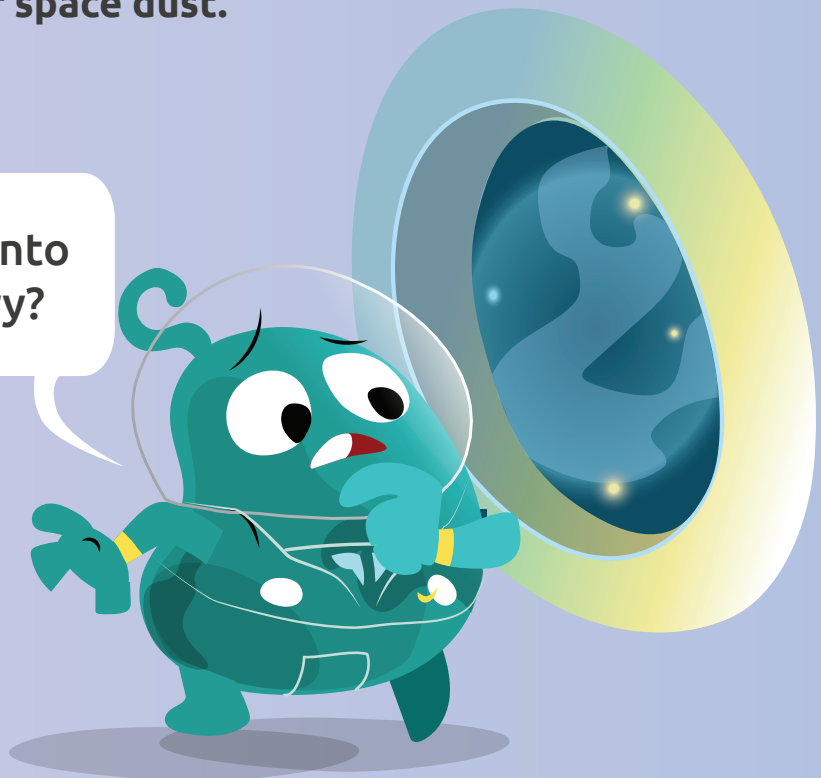
The Kip Crew is getting ready for a space adventure to a new, unknown galaxy.

How exciting! I wonder what we'll find out there?



Soca starts to feel scared as their ship gets closer to a dark cloud of space dust.

What if we run into something scary?



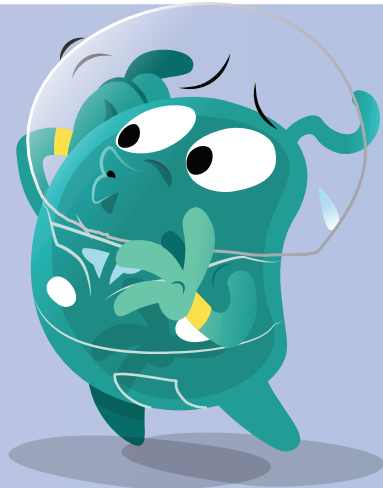
Waaba notices that Soca is feeling scared.

Everyone feels scared sometimes. Take a slow breath in like you're smelling a yummy strawberry. Then blow the air out slowly, like you're blowing out a candle.



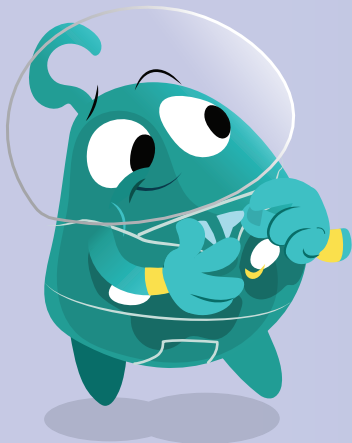
Breathing slowly helps Soca feel calm.

I'm not scared anymore.
Thanks, Waaba!



The Kip Crew looks at the space cloud together and sees a beautiful planet hiding behind it.

Even though I was scared,
I told my friends. That
was brave of me!



Let the adventure
continue!



EMOTION CARDS



HAPPY



SAD



ANGRY



DISAPPOINTED



SURPRISED



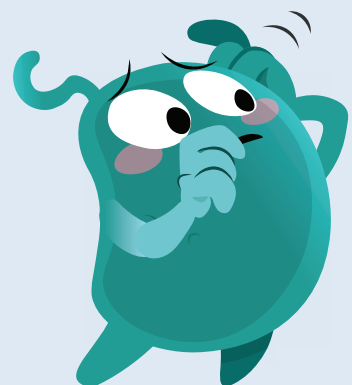
WORRIED



DISGUSTED



SCARED



ASHAMED

TIPS FROM THE KIP CREW: WHAT TO DO WHEN A FEELING FEELS TOO BIG OR DIFFICULT



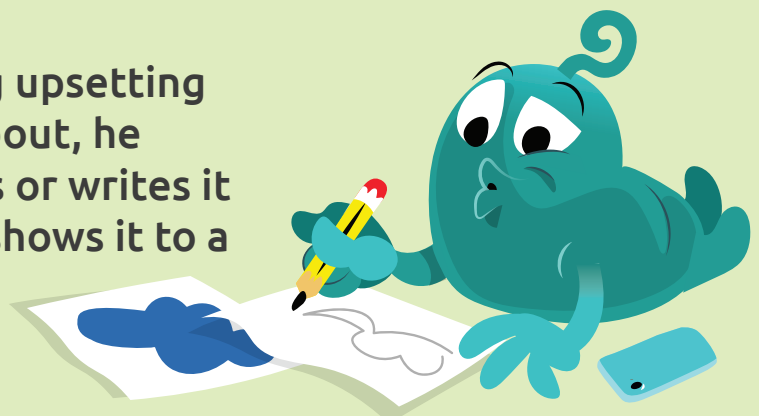
When Tuka feels angry, she goes to a quiet place where no one else is around. There, she counts to ten in her head and only comes back when she feels calm again.

When Soca feels sad, he hugs his favorite soft toy. Stroking soft fur or fabric helps calm his body and mind.



When Waaba feels scared, she imagines a magic spray. She sprays it on the scary thoughts in her mind. The scary thoughts shrink smaller and smaller until they disappear.

When Maco sees something upsetting online that's hard to talk about, he takes a screenshot or draws or writes it down on a paper. Then, he shows it to a safe adult.

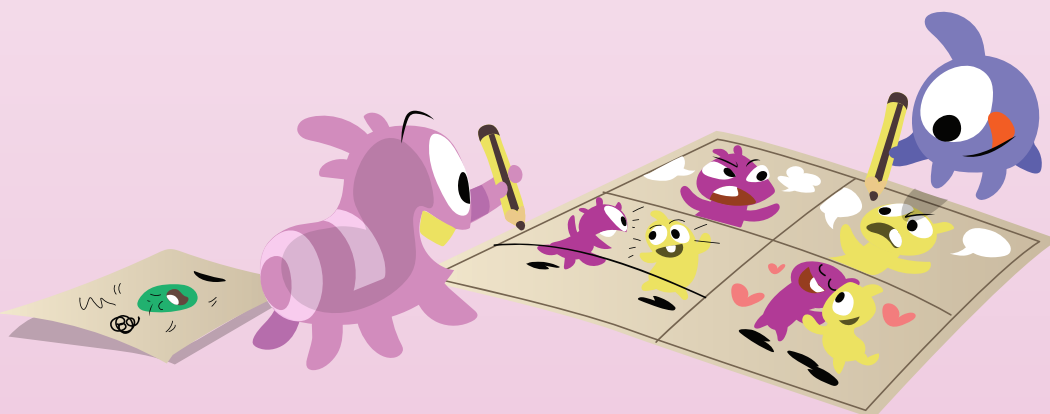


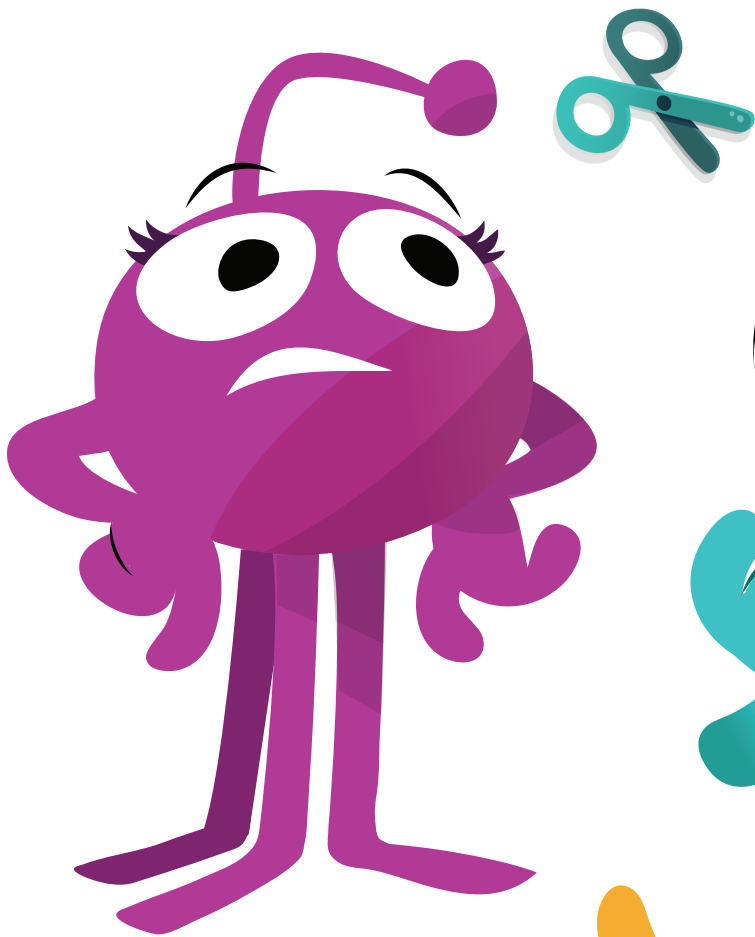
LET'S PLAY WITH THE KIP CREW!

Cut out the pictures of the characters on page 8. You can glue them onto popsicle sticks or an empty paper roll. Play with them and create a stick puppet show where the Kip Crew experiences different feelings. You can teach the Kip Crew the names of different feelings and where in the body those feelings can be felt.

Remind the Kip Crew that all feelings are important, even if they sometimes feel hard.

The Kip Crew wishes all children a joyful playtime!







CONNECT THE FEELING WITH HOW IT FEELS IN YOUR BODY, WHAT YOUR FACE LOOKS LIKE, OR WHAT THOUGHTS COME TO YOUR MIND

The first one has already been done for you!



Joy •

- The body feels light and the mouth is in a smile.



Sadness •

- The whole body tenses and the hands clench into fists. You may feel like shouting or stomping your feet.



Disgust •

- It is difficult to look at others and the cheeks may feel hot. The thought: "I hope no one knows what has happened to me" may come to your mind.



Love/Care •

- The nose is scrunched up and the thought: "Yuck, I don't want this!" comes to mind.



Fear •

- The heart beats fast and it feels like you want to run or hide.



Shame •

- The eyes are wide open, and you feel frozen. The thought comes to mind: "Oh my, I didn't expect this to happen."



Anger •

- The mouth is downwards and there may be tears in the eyes. You may miss someone or something.



Surprise •

- You feel like hugging someone or spending time with them.

LET'S MAKE A "CALMING JAR" WITH AN ADULT

Playing and watching a "Calming jar or bottle" can help the Kip Crew calm down when their feelings feel too big or difficult.

Instructions for making a "calming jar/bottle" together with an adult:

- 1.** Mix the following ingredients in a plastic bottle or a jar:
 - a. Water (80%)
 - b. Clear glue or glitter glue (20%)
 - c. Your choice of glitter and a few drops of food colouring.You can also use other alternative materials such as sand.
- 2.** Leave a little space at the top of the jar so ingredients can move around freely when you shake it.
- 3.** Use hot glue to seal the lid tightly, and make sure it's safely closed.

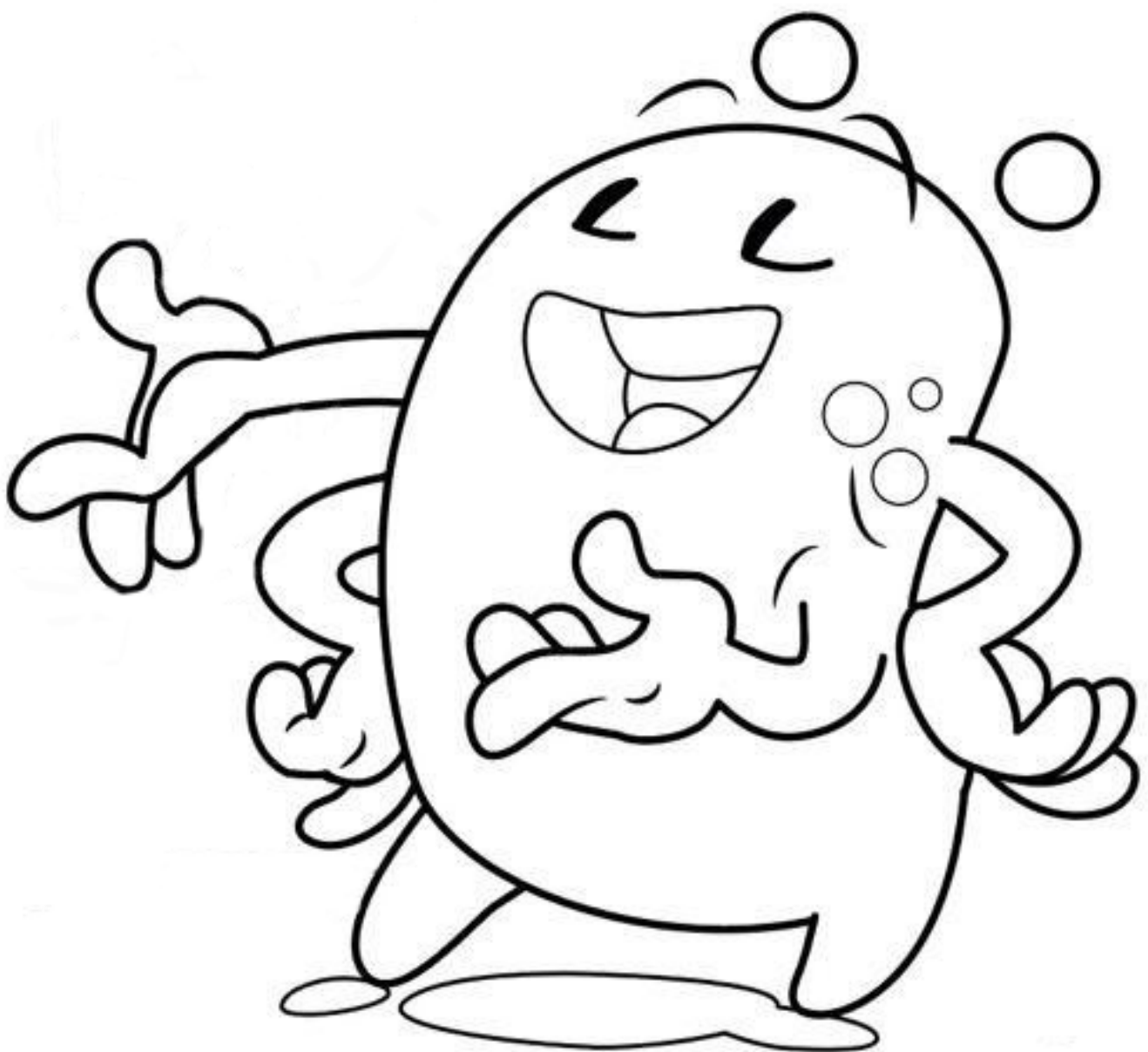


SPOT THE DIFFERENCES

Help the Kip Crew spot the 7 differences between the pictures.

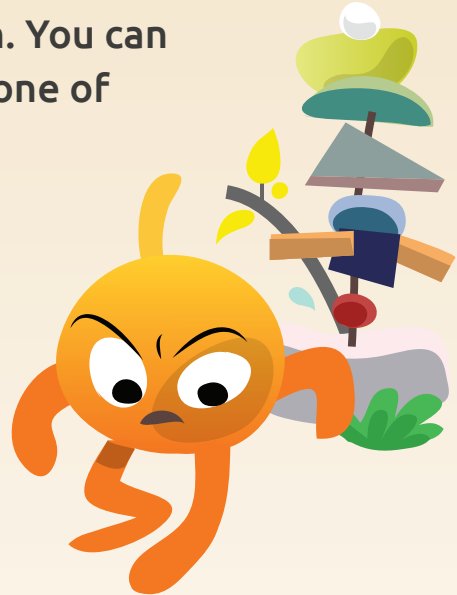


Colour the picture of Maco. Use colours to show where you can feel feelings in your body. For example: If you feel happiness in your chest, colour that part with a colour that reminds you of happiness. You can listen to calming music while you colour. Choose music that makes you feel relaxed or happy.



WE NEED YOUR HELP!

The small creature is angry. He finds being angry really difficult, because it feels strongly in his body. The little creature's heart is pounding fast, and his paws are clenched into fists. Draw or write how you could help him calm down. You can come up with your own ideas or choose one of the Kip Crew's tips.



This activity booklet is suitable for ages 4–9. Children can work on it by themselves or with an adult. The story and the activities give an opportunity for children to think about different feelings. An adult is there to listen, to name feelings and to help with any questions or worries related to the topic. It's important for kids to know that all feelings matter and it's okay to talk about any feeling. It's also important for kids to know what to do if a feeling feels too big to handle. Every child deserves care and support from safe adults.



**Protect
Children**
Suojellaan Lapsia

