

THE KIP CREW LEARNS ABOUT FEELINGS: GUILT AND SHAME

THEY ALSO DISCUSS HOW TO MAKE BIG FEELINGS FEEL A LITTLE SMALLER. YOUR HELP IS NEEDED!



Protect
Children
Suojellaan Lapsia



Maco, Tuka, Soca, and Waaba talk about
guilt and shame.

I feel guilty when I break a rule or
hurt someone by accident.



Guilt is an important feeling
though because it helps me try
better next time!



Guilt and shame can make my
heart feel heavy and make my
tummy twist in a knot.



Shame makes me feel like I'm bad or
a failure, so I pretend to wear a scary
mask to hide how I really feel.



When I feel ashamed, I want to hide
and never be found again. I'm
scared that others will think badly
about me.



Let's help the Kip Crew!

Before we start, take a moment to think about guilt and shame.

Guilt is a feeling that makes us think: "Hey, I made a mistake. Now I feel bad. Let's do something about it." Shame is a feeling that makes us think: "I made a mistake, so I am bad. There is something wrong with me." Someone else might make us feel guilty or ashamed even though it wasn't our fault.

Draw a situation where someone is feeling guilty or ashamed. Maybe they have made a mistake, broken a rule, made someone else feel upset or someone else has upset them.



The Kip Crew is playing a word game together on a shared device.

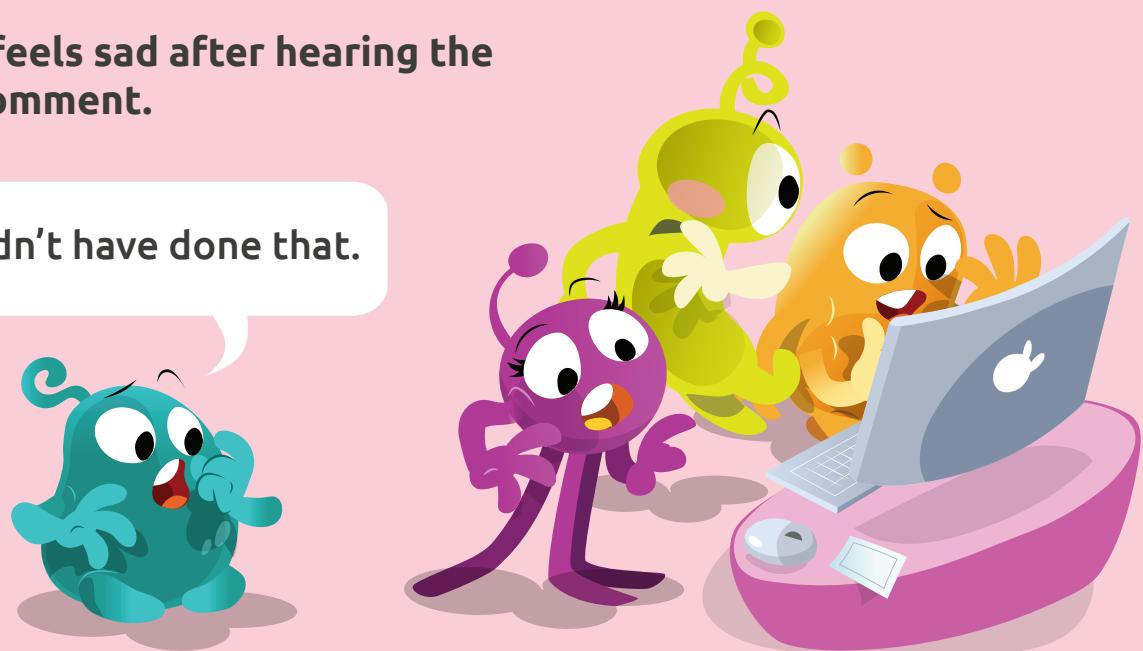
We're having so much fun together!



Soca feels upset when he has to let Waaba play the game. He shouts something mean to the others... but then immediately feels ashamed.

Waaba feels sad after hearing the mean comment.

I shouldn't have done that.



Maco reminds the Kip Crew members to be kind to each other:

Let's be kind. It's just a game!



Soca feels guilty but he takes a deep breath and says:

I'm sorry about saying mean things.



The Kip Crew continues playing together feeling happy!

It's okay, Soca. We all make mistakes.



Thank you for apologising, Soca!



Let's go outside to play together!



THE KIP CREW'S TIPS FOR MAKING GUILT AND SHAME FEEL A LITTLE SMALLER



If Tuka feels guilty,
she tells herself:

Everyone makes a mistake
sometimes. I am still a good person,
and I can try again next time.

If Maco has a secret that
makes him feel ashamed, he
talks to a safe adult about it.





When Soca feels ashamed, he closes his eyes and pretends to be somewhere where he feels calm and safe.

Waaba guides the other Kip Crew members:

If someone else makes me feel ashamed or bad about myself, I talk to a safe adult about it and imagine putting up a shame shield! My imaginary shield protects me against mean acts and words.



LET'S PLAY WITH THE KIP CREW!

Cut out the Kip Crew characters on page 8. Glue them onto a piece of paper. Draw a situation around the characters where one or more of them feel guilty or ashamed. Maybe they made a mistake or someone else made them feel guilty or ashamed even when it wasn't their fault.

Remind the Kip Crew that it's okay to make mistakes. Everyone makes mistakes sometimes! You can learn from mistakes and there's always a way to make things better.

If someone feels guilt or shame, remind them that they can talk to a safe adult who will listen and help.

The Kip Crew wishes all children a happy playtime!







POSITIVE MESSAGES TO MYSELF

Here are some positive messages that you can tell yourself when you feel guilty or ashamed. Pick your three favourite messages with the help of an adult or on your own and circle them. If you want you can write them on a separate paper, colour them, or even make lovely artwork out of the messages.

When you feel difficult feelings, remember to say these messages to yourself.

It will help big feelings of guilt or shame feel a little smaller.



SPOT THE OBJECTS

Help the Kip Crew find the lost items in the picture below.



Colour the picture. In this picture, Maco and Waaba are discussing what helps them make feelings of guilt and shame feel a little smaller. Maco shares his tips to Waaba from his feelings diary. While colouring, you can listen to calming music that makes you feel relaxed and happy.





YOUR HELP IS NEEDED!

This little creature has a secret that makes him feel ashamed. No one knows about the heavy secret of the little creature. Draw or write about how you could comfort the little one, and how the little creature could get help from a trusted adult. You can come up with your own ideas or use the Kip Crew's tips.



This activity booklet is suitable for ages 5–9. Children can work on it by themselves or with an adult. The story and the activities give an opportunity for children to think about feelings of guilt and shame. An adult is there to listen, and to help with possible worries caused by the topic. It is important for children to learn that all feelings are important. It is also important for children to know what to do if a certain feeling feels overwhelming. Every child deserves care and support from safe adults.

Find more emotional and safety skills materials from
Protect Children's Resource Bank!



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