

THE KIP CREW MANAGES THEIR WORRIES

WE WILL NEED YOUR
HELP IN THE STORY.
LET'S WORK ON
THIS TOGETHER!



This activity booklet is targeted for 4–9 years old children. Children can work on it by themselves or with an adult. The story and the activities give an opportunity for children to think about their own feelings. An adult is there to listen, and to help with recognising feelings caused by worry or fright. Think together about how to talk about worries or scary thoughts and come up with ways to make oneself and others feel better. It is vital for a child to learn that all feelings are important and they can all be talked about.

Soca, Waaba, Tuka and Maco tell us how it feels when they are worried or upset about something.

I can't stop thinking about the worry.



It feels like I have butterflies in my belly.



My heart beats fast and I feel like I'm going to burst into tears. I also feel angry.



I find it difficult to play and do my homework.



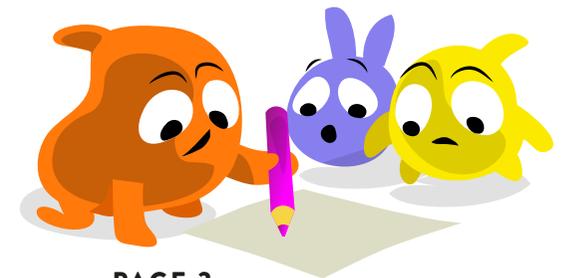
Sometimes I find it difficult to fall asleep.



Let's get ready to help the Kip crew.

But before we do, have a think about what things make you feel worried.

Draw or write about it here on this page. You can draw just one or many worries.



Soca has heard some upsetting news.

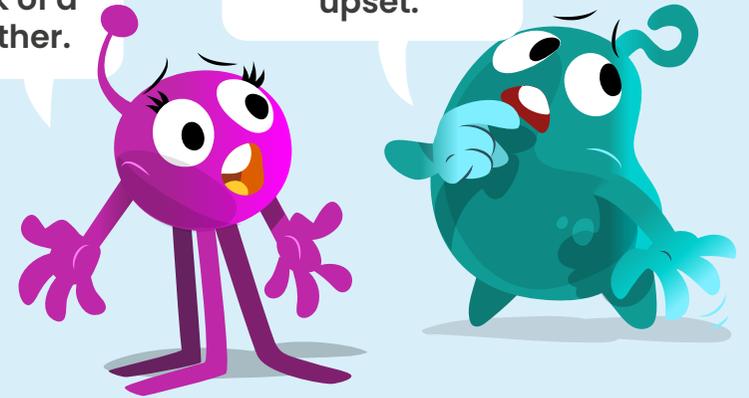
Oh no! What is happening?
Am I still safe?



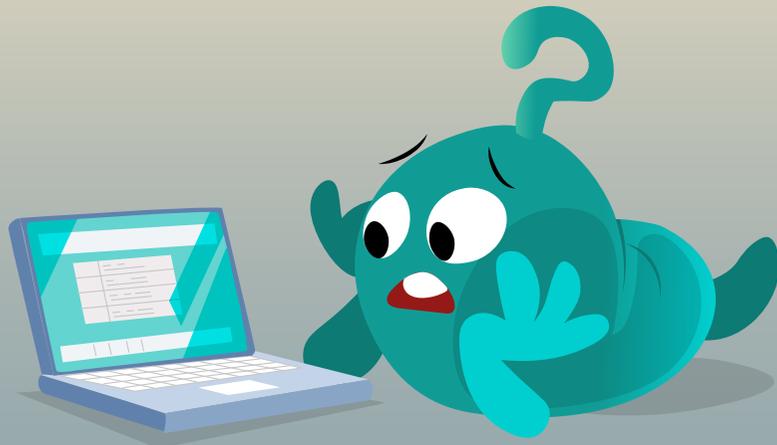
Soca decides to tell Tuka about his worry. He feels better afterwards. Now they are thinking together about what they could do about the worry.

Well done for telling me. Let's think of a solution together.

I feel really upset.



Soca can't sleep at night. He scrolls through more worrying news.



Soca leaves his phone on the phone parking lot. He goes out to play with his friends.



THE KIP CREW'S TIPS

Tuka exercises. It helps the worry leave her body.

Sometimes Tuka feels upset and homesick. When that happens, she holds a necklace, which she got from her grandma, tight in her fist.



Soca imagines painting the worrying image in his mind into the rainbow colours. He makes it look really small and now the worry feels less worrying.



Sometimes a hug helps or stroking a pet. Hugging a pillow feels nice too.



Waaba does breathing exercises. She blows out all the air through her mouth first, like she would blow out a candle. She then breathes in air through her nose. She imagines that she is smelling strawberries. Waaba does this exercise for a while and she feels calmer.

Maco tells about his worry to an adult. He thinks about what good he can find in the worrying situation, for example others helping those who are in trouble. This kind of thinking helps Maco's worry to go away.



LET'S PLAY TOGETHER WITH THE KIP-CREW

Cut out the pictures of the Kip crew and play with the stick characters the way that makes them forget their worries.

You can also make the stick characters think together about how they can manage their worries better.

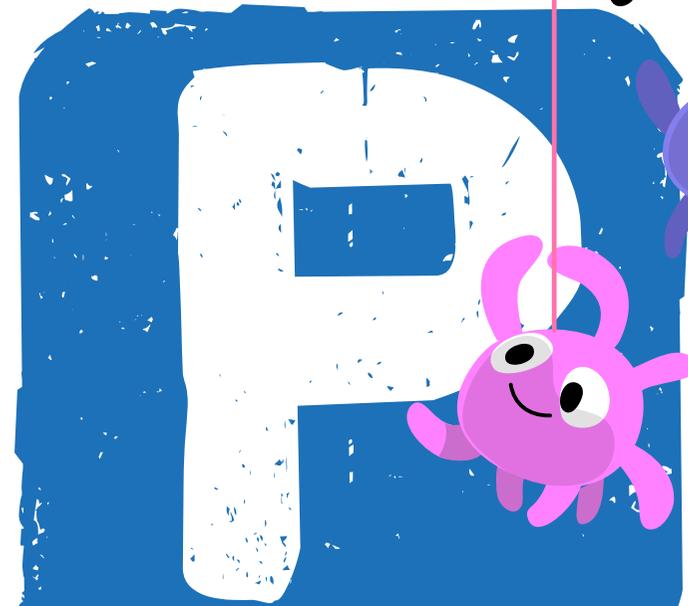
Remember to tell the characters that all feelings are important, and we shouldn't avoid them. We can learn to talk about feelings together. Talking makes it easier to deal with upsetting feelings. It is also important to share nice feelings with others.

The Kip crew wishes all children a joyful playtime!





THIS PHONE PARKING LOT IS A PLACE WHERE YOU CAN LEAVE YOUR PHONE FOR THE NIGHT. YOU CAN ALSO LEAVE YOUR PHONE HERE IN THE DAYTIME WHILE YOU DO OTHER THINGS. IF YOU DON'T HAVE YOUR OWN PHONE, YOU CAN GIVE THIS PHONE PARKING LOT TO SOMEONE ELSE WHO NEEDS IT.



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Colour in the picture. You can listen to calm music while you do it. Choose music that makes you feel calm or happy.

Colouring and listening to calm music can also help with managing worries!



WE NEED YOUR HELP

The small creature is worried and scared.
Draw or write how you could cheer him up or
how he could calm himself down. You can
come up with your own ideas or choose one of
the Kip crew's tips.

