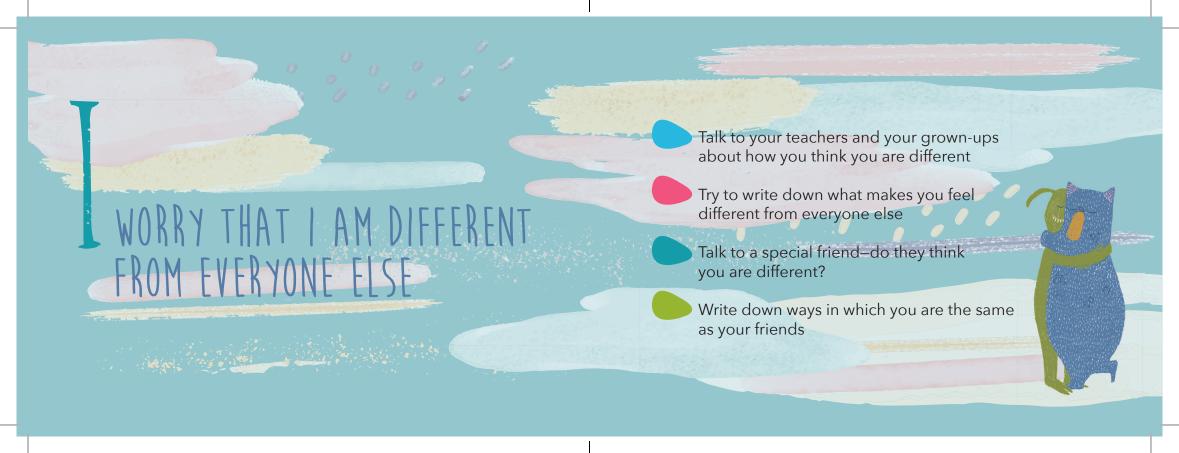


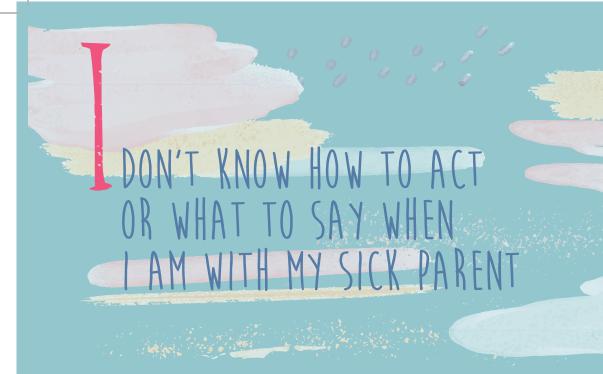




- Do an activity (film, book, game, music) to distract your sad and worried tummy
- Tell a grown up and look together at the 'Where Does It Hurt' activity in Pip's Kit
- Use Pip as a pillow and lie on your right side with your knees curled up
- Wrap a hot water bottle in a towel and place it on your tummy
- Try different ways of breathing.
 'Breathing & Balancing' activity in Pip's Kit







- Remember they are the same person.
 You don't have to act any different.
- Show them your school work, art pieces or tell them about what you did at school
- Start doing some of the things in Pip's packet of activities with your parent
 - Tell them about Pip, the adventures Pip has been on
- Sometimes you might feel cross or upset with them, or say something unkind. That's Ok-it doesn't mean you love them any less





