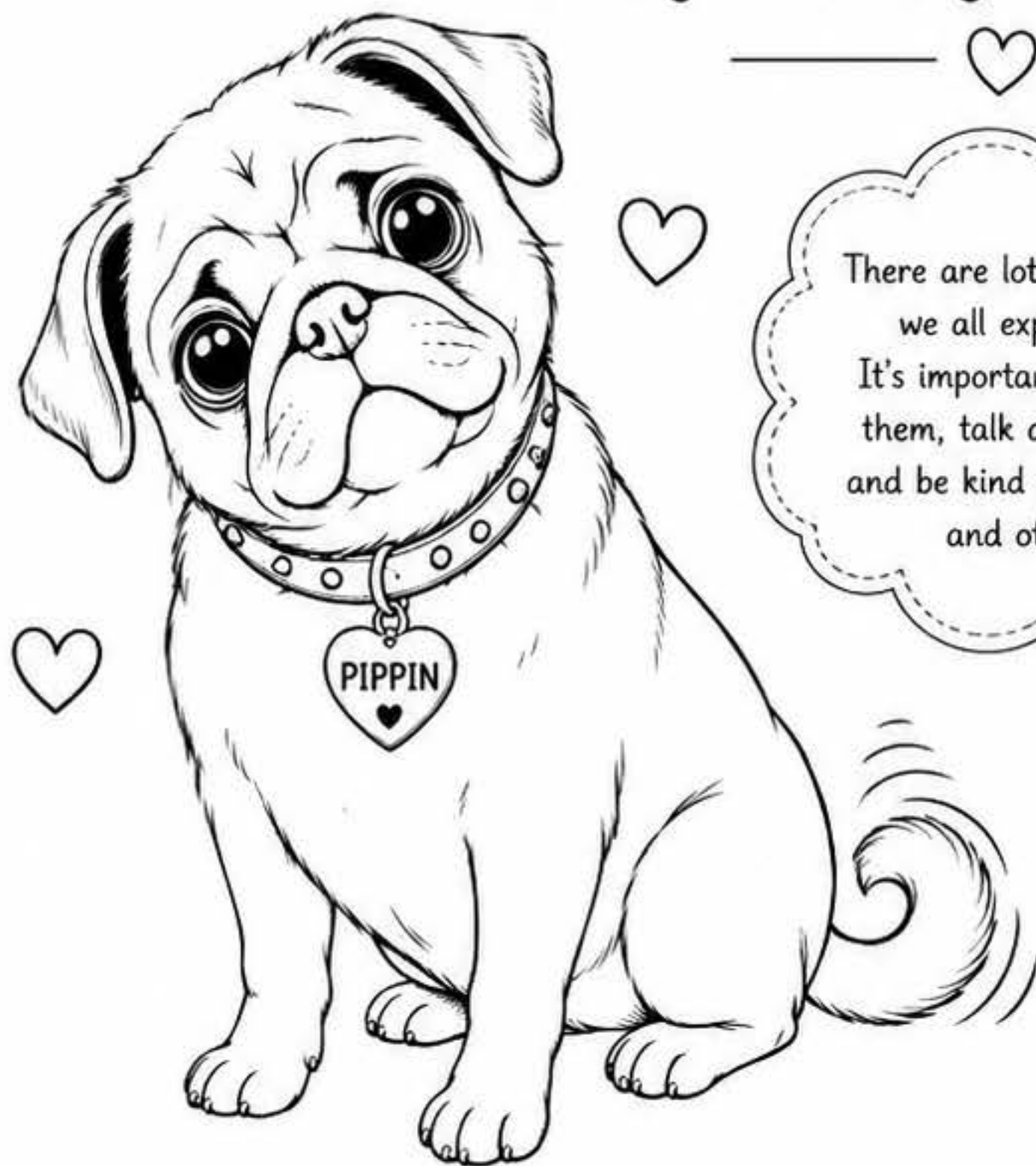


♥ How are you feeling today? ♥

Pippin's tail shows how he feels.
Feelings can change – and that's okay.



There are lots of feelings
we all experience.
It's important to notice
them, talk about them
and be kind to ourselves
and others.

Pippin's Tail Guide



Wagging fast
I'm excited!



Wagging gently
I'm happy
and calm.



Relaxed
I'm feeling
okay.

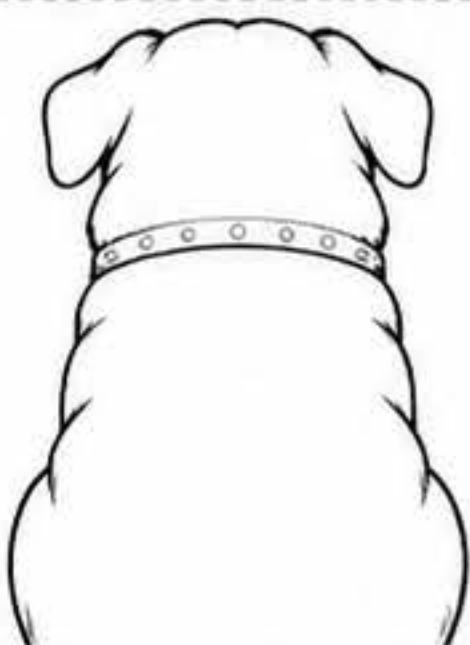


Tail down
I'm worried or
not feeling
my best.



Tail tucked
I'm scared or
need some
extra comfort.

♥ How are you feeling right now? Draw Pippin's tail to match how you feel.



I feel...

♥ What helps you when you don't feel your best? Draw or write your ideas.



Every story matters.
Every family is unique.
Every child deserves
to know they belong.



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SUPPORTING CHILDREN, FAMILIES AND CAREGIVERS

TO FEEL SAFE, UNDERSTOOD, AND CONNECTED

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