

Oscar and the Brave Little Puffin

Calming Activity Pack



By Penelope Willis

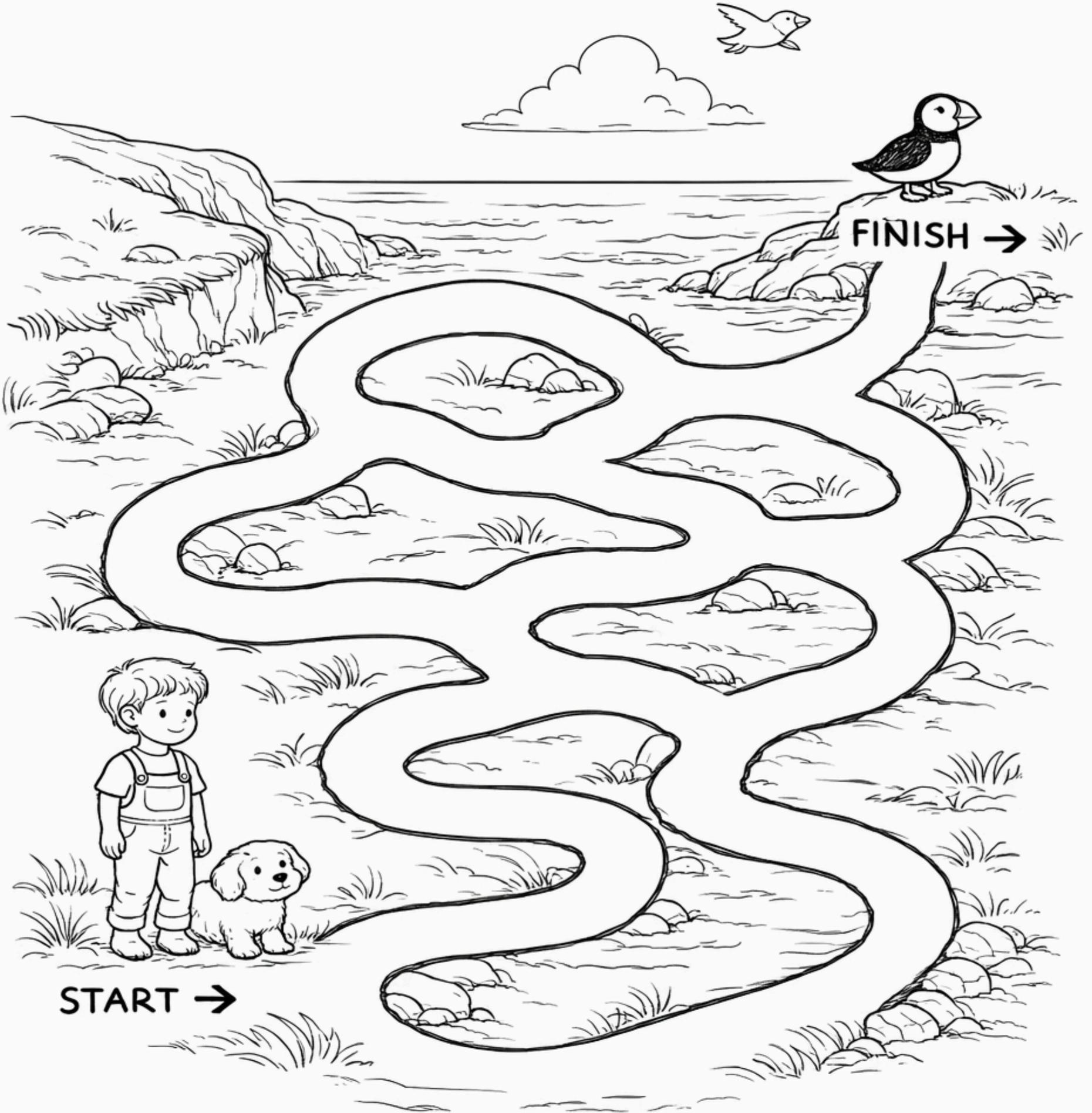


Gentle activities to help little ones explore
bravery, confidence and taking their time.

Calming Stories for Little People
www.booksbypenelopewillis.co.uk

Help Pelby Find His Courage

Can you help Pelby find his way safely to the sea?



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Sometimes I Feel Brave When...



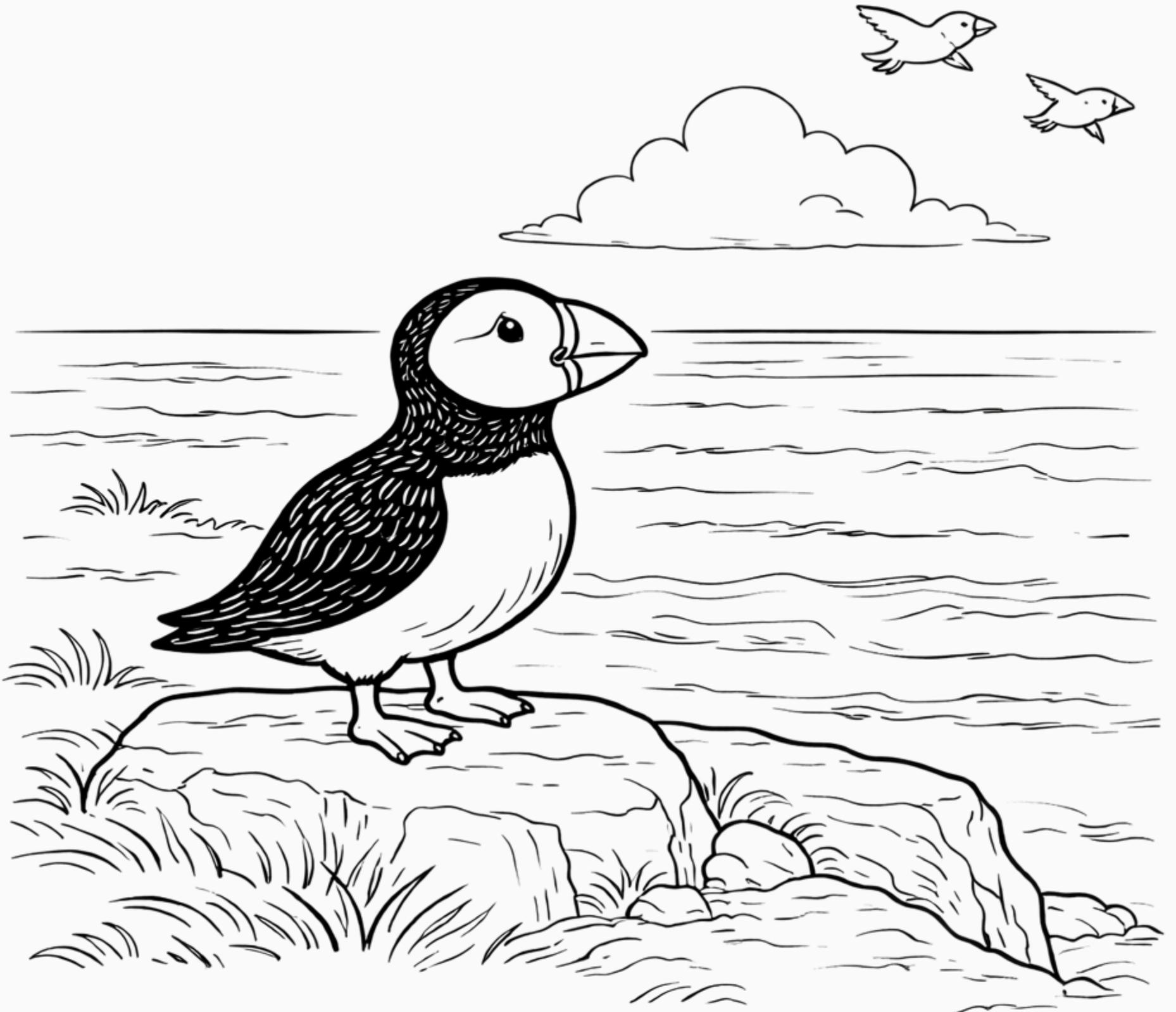
I feel brave when I
.....
.....



Draw something that makes you feel brave.

Pelby Takes His Time

Small steps are still brave steps.



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Can You Spot the Differences?

There are 5 small changes. Look carefully!



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Encouragement Cards

You can
do this.



You are being
so brave.



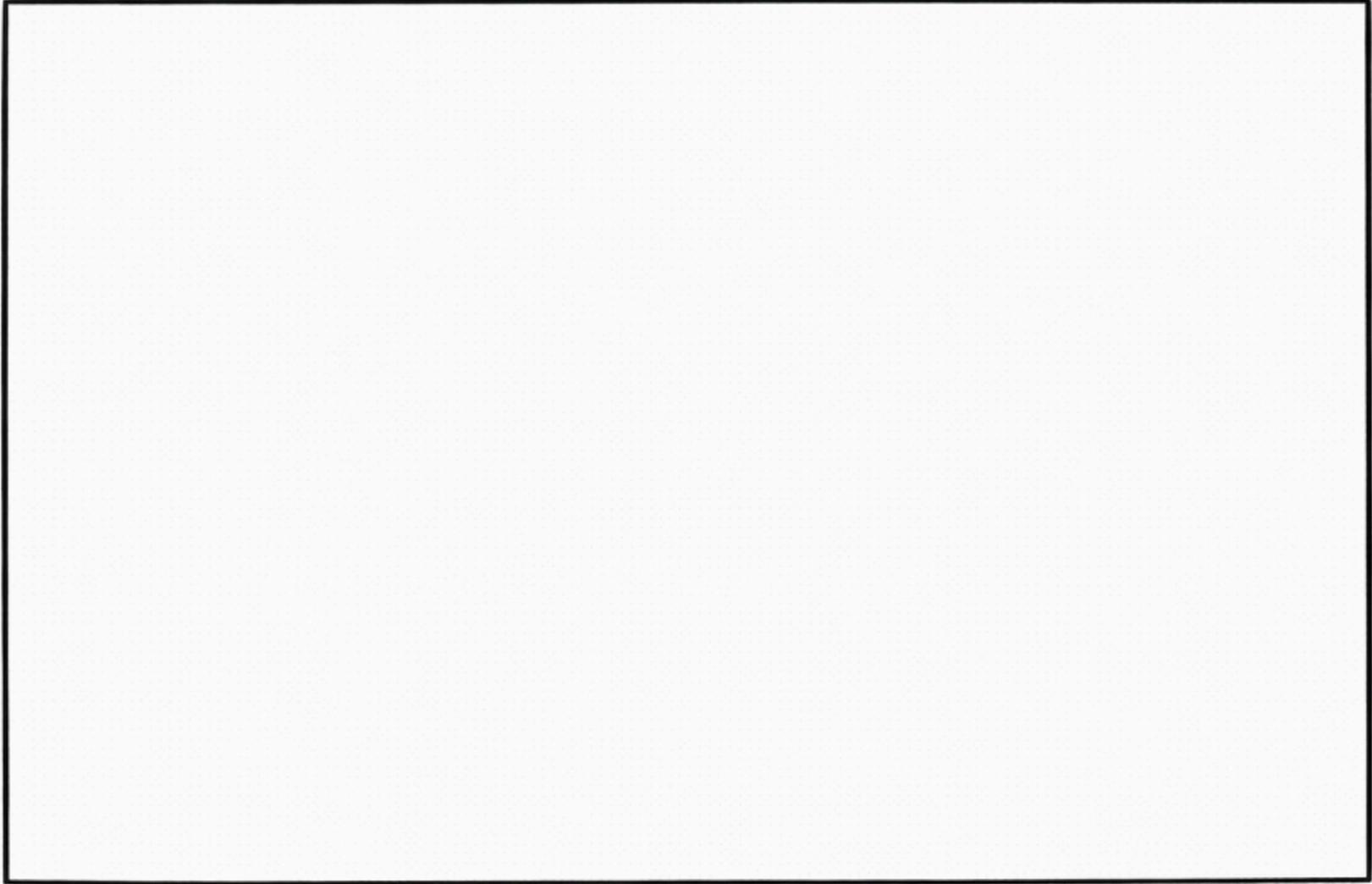
Small steps
count.



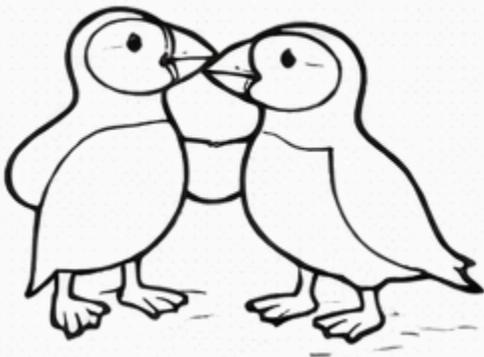
You are loved.



What Helps Pelby Feel Brave?



Circle or draw what helps:



A friend



Taking a deep
breath



Trying again



Someone cheering _____