

# My Zippy Book 1



name:

class:

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# Who's who?

Zippy



Leela



Tig



Leela and Tig's  
Mum and Dad



Mrs Barder



Mrs Barder's  
dog, Muffin

Tommy



Jack



Sandy



Dilip



Jill



Ali



Finn



Sandy and  
Finn's Mum



Mr Johnson



## What makes me feel happy or sad?

Think of a time you felt happy or sad. Show it with a drawing or writing.

SAMPLE

# What can I do to feel better when I feel sad?

Draw or write your solutions below.



**Golden rules for choosing a helpful solution:**

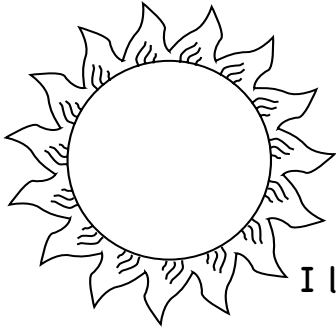


helps me to feel better

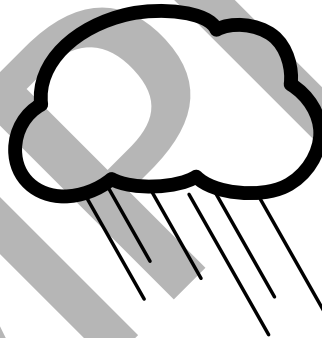


doesn't hurt me or anyone else

Did I like the session?



I liked the session



I did not like the session

How did I feel in the session?



I felt happy



I felt sad

What can I do to feel better when I feel angry?

Draw or write your solutions below.

**Golden rules for choosing a helpful solution:**



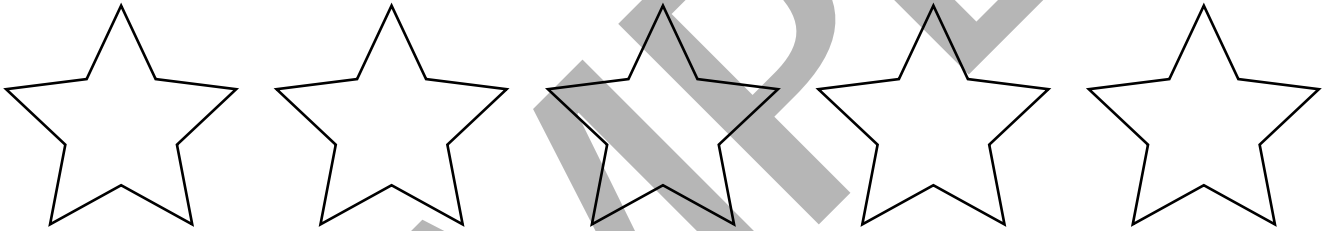
helps me to feel better



doesn't hurt me or anyone else

## Did I like the session?

The more you like the session, the more stars you should colour.



## How did I feel in the session?



I felt good



I felt bad

## What can I do when I feel jealous?

Draw or write about a time when you felt jealous and what you did or could do to feel better.



### Golden rules for choosing a helpful solution:



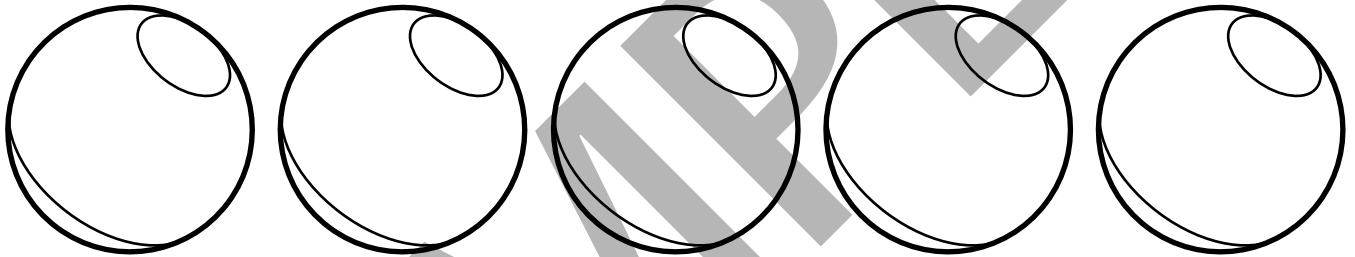
helps me to feel better



doesn't hurt me or anyone else

## Did I like the session?

The more you like the session, the more balls you should colour.



## How did I feel in the session?



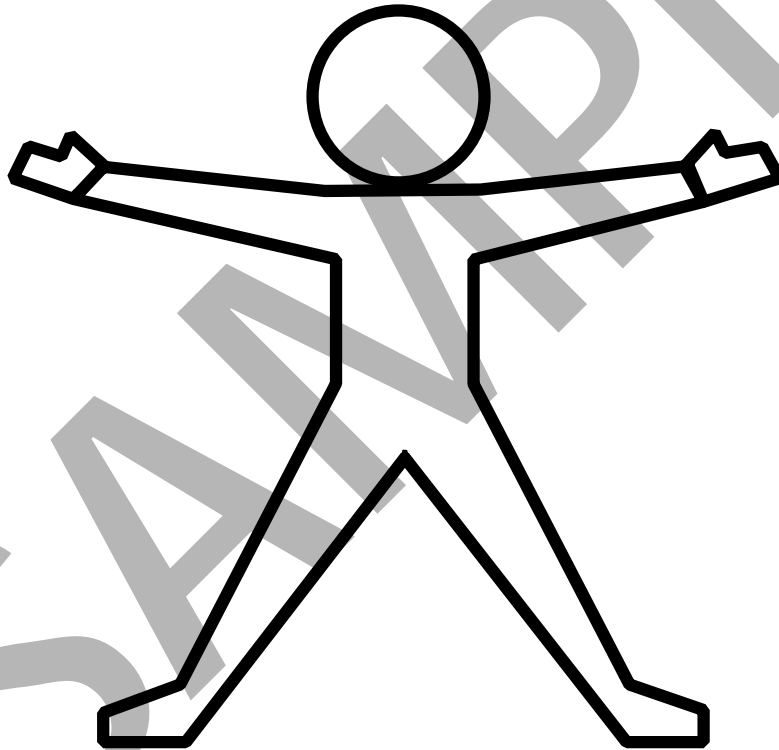
I felt good



I felt bad

What happens in my body when I feel nervous?

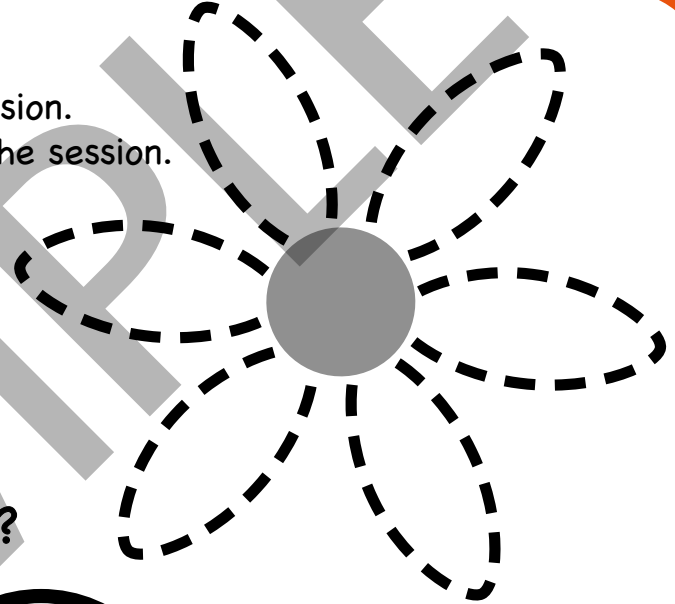
Draw or write what you feel in your body when you are nervous.



## Did I like the session?

Colour all six petals if you liked the session.

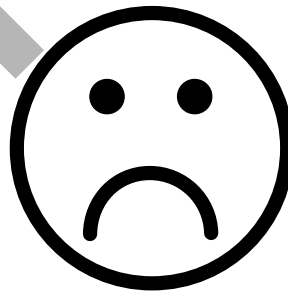
Colour one petal only if you didn't like the session.



## How did I feel in the session?



I felt good

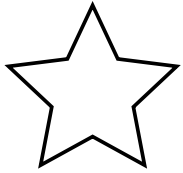


I felt bad



# I can cope better with

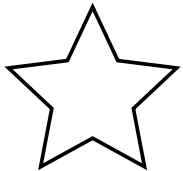
Colour in each star as you complete each module.



**Feelings**



**Talking and listening**



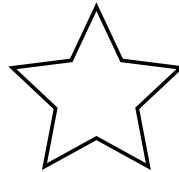
**Friendship**



**Solving problems**



**Change and loss**



**Moving forward**



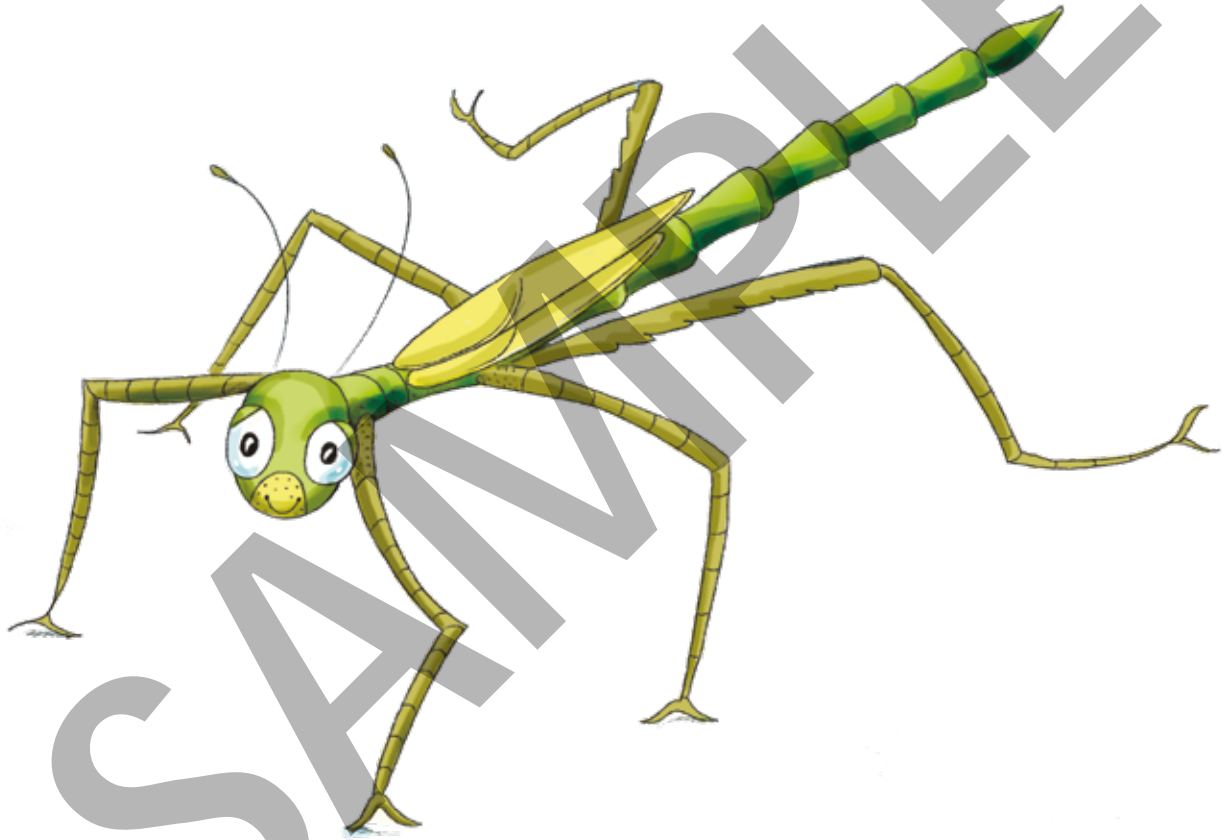
I hope you enjoyed learning about:

- ✓ Feelings
- ✓ Talking and listening
- ✓ Friendship
- ✓ Solving problems
- ✓ Change and loss
- ✓ Moving forward

Keep this book safe and remind yourself of the life skills you have learned.

Bye for now.

Love Zippy





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