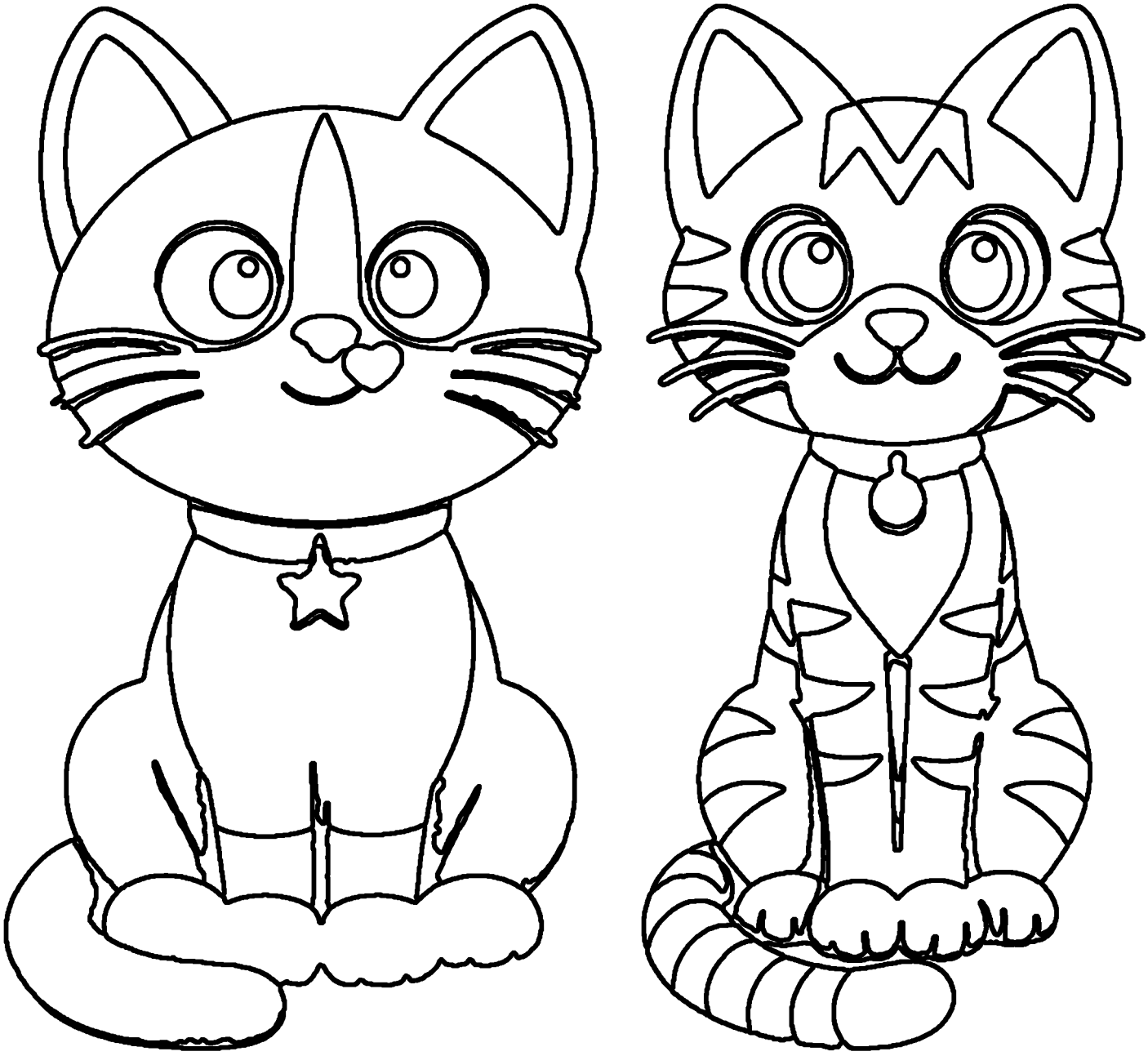
Episode 1: Pippy and the Tall, Tall Stairs

Colour in Pippy and her big brother Carrot.



Big Cat Stretch: Reach long, breathe slow, shake it out.

Little Paws Big Feelings

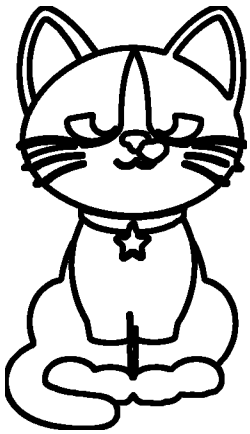
Episode 1: Pippy and the Tall, Tall Stairs

Do the Big Cat Stretch together



1. Reach long

Stretch your arms out in front of you, as far as they go, like Pippy's front paws.



2. Breathe slow

Breathe in slowly through your nose, then let it all the way out.



3. Shake it out

Wiggle and shake your whole body, from your ears to your toes.

Draw something that feels too tall for you.

Big Cat Stretch: Reach long, breathe slow, shake it out.