

My Five-Day Countdown

Pip had five days to wait for her turn. The waiting was bigger than the thing.
Got a big turn coming? Cross off one tally mark each day.

My big turn is: _____

It happens on: _____

Cross one off each day: |||||



MY WOBBLE TODAY (circle one)

WHAT HELPED

MON

small

medium

BIG

TUE

small

medium

BIG

WED

small

medium

BIG

THU

small

medium

BIG

FRI

small

medium

BIG

Where do I feel it?

- ☐ tummy (like a marble)
- ☐ hot face
- ☐ cold hands
- ☐ counting fingers
- ☐ somewhere else: _____

What do I count?

Pip counted 41 ceiling tiles. Counting is a fine thing to do with a wobble.

THE NIGHT BEFORE

No more practising. Make toast, sit close, and breathe slow.

