

One, Two, Three, Jump!



Peppy Pals

Natalie Linder



About the book

Peppy Pals is a series of award-winning mobile games, books and movies about the five animal friends Sammy the horse, Reggy the dog, Gabby the rabbit, Izzy the owl and Kelly the cat, each of whom have unique personalities.

The book-series focuses on friendship, emotions, teamwork, and appreciating one another's differences. Peppy Pals is a great conversation starter for adults and children. Remember, all emotions are allowed and worthwhile.



The plot

Reggy, Gabby and Kelly are participating in a jumping competition, but it doesn't turn out quite as they had expected. Not everyone enjoys competing and the friends learn to comfort and encourage one another in the face of setbacks. This book is about managing anxiety before a competition, as well as helping out and being resilient.



Tip

Look at the front cover together. What is happening in the picture? What emotions do the friends show? What do you think will happen on the next page? At the end of the book you will find "Questions to discuss" that you can use as conversation starters. Try to go through the scenario in the Peppy Pals' app and assign words to the different emotions that the friends show. This will make learning both more fun and more interactive!

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Text: Natalie Linder

Pictures: Giuseppe Lacapra & Peter Wilhelmsson



Reggy, Kelly, and Gabby are all in high spirits because today there is a diving competition down by the water.

“Look! The crabs seem to be holding up three signs,” says Gabby, and immediately starts to feel nervous.



Reggy looks at Gabby, who looks worried.
“I can go first!” exclaims Reggy, walking confidently
towards the diving board.

Reggy’s stomach flutters with excitement.
“Come on! You can do it!” cry Gabby and Kelly.



Reggy grows braver with support from the friends and decides to jump.

“That wasn’t so bad,” thinks Reggy, coming out of the water with a smile.

“Did you see that? I did it!” Reggy exclaims proudly. Kelly and Gabby are impressed and praise Reggy for the brave jump.





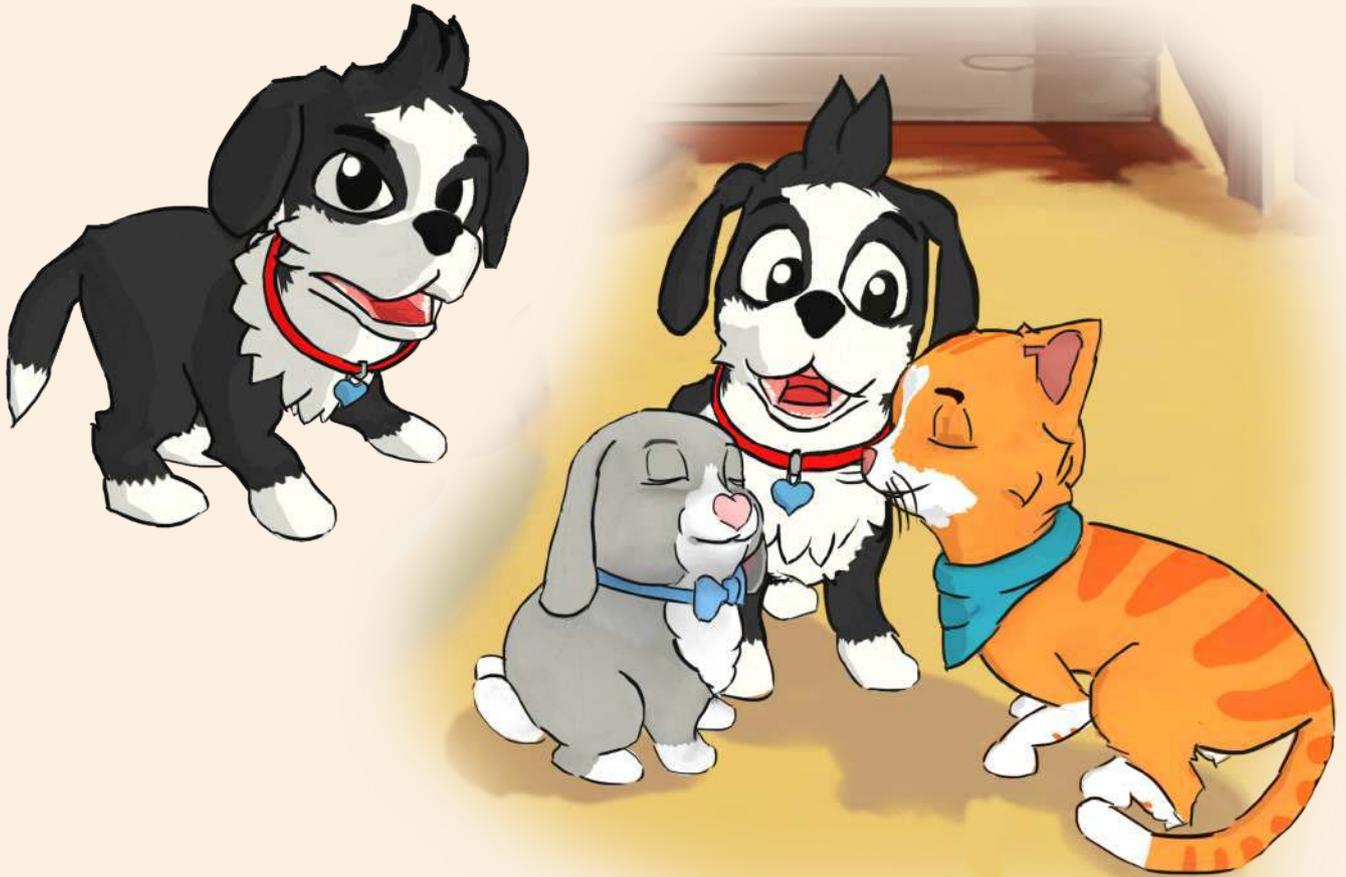
The friends look over at the crabs, curious about Reggy's score.

"A red sign means it was a bad jump and a green sign means it was a good one," whispers Kelly as they wait for the score.



The first crab holds up a green sign. The second crab shows a red sign, and then so does the third...

“But you were so good!” says Kelly, looking at Reggy, surprised.



Reggy feels disappointed and barks in anger. Kelly and Gabby try to calm Reggy down with a big hug.

“The most important thing is that you did your best and dared to jump,” says Gabby, feeling a little braver after seeing Reggy jump.



“Maybe the crabs want us to jump high? I can show you how,” offers Gabby, beginning to move towards the diving board.



“Let’s all try to jump together!” says Reggy, feeling much better.

Gabby realizes it is not as scary to jump when you do it together with a friend.

“One, two, three jump!” shouts Kelly, and on three Reggy and Gabby jump as high as they can.





This time the crabs hold up two green signs and one red sign.

“Better than last time, but still one red sign. What are we doing wrong?” Gabby wonders.



“Maybe you have to be flexible and do more tricks,” suggests Kelly.

“I’m good at that! Come on, let’s all try together!”



Now that everyone is together, the three friends are not as nervous as they go to the diving board.

They smile at each other and shout, “one, two, three, JUMP!” and with a big splash they all land in the water.



They look over at the crabs with excitement.

“Yay, three green signs!” exclaim the friends.



For the grand finale, they soar out of the water.
“It’s the whale!” exclaims Gabby.

Thanks to Reggy’s courage, Gabby’s skill, and Kelly’s flexibility, they completed the diving competition together. Reggy realizes that it takes practice to get better at something and that we can always learn from others. *It was a good thing that we didn’t give up on the first try,* thinks Reggy.

When you are feeling ready to give up, what can make you keep trying?



Questions to discuss

- ♥ Gabby looks worried about the jumping competition. How do you think someone looks when they are worried and nervous? What usually worries you
- ♥ Do you think adults are worried about the same things as children?
- ♥ Reggy receives criticism from the crabs. How do you think that makes Reggy feel?
- ♥ When have you given criticism to others?
- ♥ Talk about what to do or say after criticism.
- ♥ Describe how it feels when you have done something hard or challenging. Do you feel like you want to do it again? Why/why not?
- ♥ How does it feel when you have been worried and still dared to do what you were worried about?
- ♥ Not everyone likes to compete. Why do you think this is?
- ♥ When did you last compete? How does winning or losing feel?
- ♥ What can you do or say if you do not want to compete?

Visit us at peppypals.com



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The author, Erik Wonnevi, is a game designer and the writer of the animal friends series. Psychologist Bodil Wennberg, one of the pioneers of Emotional Intelligence (EQ) in Sweden, has written the discussion questions accompanying the books.



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