Kai's
One Small Step
Journal

One brave thing. One joyful thing.
And sharing the wobbly bits with someone or something.



This journal belongs to:

YELLOW PINEAPPLES

Welcome

This is your journal. There's no right way to do it — and no way to do it wrong.

Each day, you write — or draw — three small things: something brave, something that made you happy, and (only if you want) any big feelings you'd like to share.

Brave can be tiny. Getting up on a hard day is brave. Saying one word to someone is brave.

Miss a day? Kai does too. Just start again on the next page — you never go back, and there are no day numbers to catch you out.

At the bottom of every day there's a Yellow Pineapple Moment — time with someone or something you love and trust, where you feel warm and happy just being together. Kai's is Kip. And his pineapple, of course. And his people, and his friends in the garden.



One brave thing. One joyful thing. And sharing the wobbly bits with someone or something. Kip taught me that. — Kai

You're not on your own

Being near someone kind — a friend, a grown-up you trust, a neighbour, even a pet who's always pleased to see you, or Kai and Kip right here — is one of the best feelings there is.

Even one person is enough. And if it doesn't feel like that yet, that's okay. Like Kai, you can find your people one small step at a time.

Who feels safe to you? A person, an animal, a place — even a made-up friend counts.



Kai didn't find his people in a day — he found them one road at a time. And he never walked a single one alone.

When a worry feels too big

Some worries are too big to carry on your own — and you were never meant to.

Tell a grown-up you trust: someone at home, a teacher, or a carer. Saying it out loud is how the scariest things start to get smaller.

If there isn't a grown-up nearby who feels safe, you can always talk to someone who is trained to help and kind to listen.

Visit yellowpineapples.com/help — there's a list of free helplines for lots of different countries, and a grown-up can help you find the right one.

The scariest things get smaller the moment you say them out loud. —
Kip

A note for the grown-up

Thank you for sharing this with your child. It's built to be gentle. This page is where duty of care lives — please read it once before your child begins.

What this journal is

A gentle daily companion for everyday worries. It helps a child name how they feel, find one small brave step and one bit of joy, and learn that sharing makes a worry lighter. It builds the habit of steadiness — not the habit of worrying.

What it isn't

It is not therapy, and it is not a treatment or a test for an anxiety disorder. If a child's worry is stopping them eating, sleeping or going to school, lasts for weeks, or if they ever say they want to hurt themselves, please don't rely on a journal — speak to your GP or a professional.

Their book — and staying safe (privacy vs safety)

This is the child's own private book — let them know you won't use it to check up on them. But please don't promise it's a total secret. If a child writes or tells you something that makes you worried for their safety, take it seriously and get help. A child should never be left believing that a frightening secret has to stay hidden.

If a child tells you something worrying

Believe them. Stay calm. Don't promise to keep it secret. Thank them for telling you — and if it's about their safety, contact the right people: your GP, the school's safeguarding lead, or a helpline below.

Where to get help

United Kingdom: Childline — 0800 1111 (free, 24/7, for children). YoungMinds Parents Helpline — for worried grown-ups. Or your GP. Wherever you are in the world, your doctor or your child's school can point you to trusted local support. There's more at yellowpineapples.com/help.

If some days are blank

That's completely fine — good, even. A blank day usually means a calm day. There's nothing to catch up and no such thing as behind.



Today is



Kai says:

Hello — I'm Kai. I get big feelings too. Lots of them, some days. So we'll do this together, you and me with Kip's help, just one small thing at a time.

1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"You have all the time in the world, little one. It is not speed that counts. It is that you kept your promise to keep going."

Today is

Kai says:

Here's a thing I do when the worry gets loud: one big yawn, all the way out. It sounds too simple to work. It works, you'll notice lots of dogs yawn when they get a bit anxious.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"When something is too big to look at, don't look at all of it. Look at the very next small thing. Do that one."

Today is

Kai says:

I didn’t cross the whole world in a day. I just walked to the end of one road, then the next. That’s all you have to do too — the next bit.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“Joy is not a reward you earn after the hard part. It is the fuel that gets you through it.”

Today is



Kai says:

Did you find something happy in the day today? Even a tiny one — a song, a snack, a warm patch of floor? Hold onto it. That's what I do and it usually involves Kip or Pineapples.

1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Worry only ever talks about you, and it always tells you you're alone. It is always, always wrong."

Today is

Kai says:

When my head gets loud, I tell someone or something the scary bits out loud. Every single time, they get a bit smaller.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Brave is not the absence of worry. Brave is doing the next small thing while the worry is still there."

Today is

Kai says:

I see you. You are safe. Someone said that to me once when I needed it most, so now I'm saying it to you.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Where do you think strength comes from? Inside. It is rather clever, really — you were carrying it the whole time."

Today is

Kai says:

On the days everything feels too big, I go and find Kip. Or a sunny spot. Or my pineapple. One of the three always helps.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“No brave dog goes alone. Not one. Not ever.”

Week 1 — Well done!

You did it — a whole week of brave days. Not perfect days. Brave ones. Mr. Pickles says that calls for marmite on toast. (That's a Kai-and-Kip thing.)



Things I loved this week

Things I love to do: reading, games, music, sport, dancing, lying in the flowers… (add your own!)



Kip says

“This week you took real steps — not perfect ones, real ones. That’s the kind that count. Wag about it.”

Today is

Kai says:

When a feeling gets really big, I don't fight it. I just say, quietly, 'okay, you're big today' — and I keep going anyway. You can too.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Commitment is a small thing done again, and again, and again. Do that, and you can do hard things."

Today is

Kai says:

When everything's too much, I have a really big stretch, just like my owner does sometimes when she goes into funny shapes in the morning – I think she calls it Downward Dog!! But just a big stretch from your head to your tail and your paws to your paws.. Give it a go.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Make it small. Then make it smaller. Make it so tiny you can't think of a reason to say no — then do that tiny thing."

Today is

Kai says:

On my scariest day I didn't feel brave at all. I just did one small thing, then another. Turns out that was being brave the whole time.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"A dog cannot run on courage alone. Find one good thing today, and let it fuel you."

Today is

Kai says:

One of my favourite things is lying in the flowers doing absolutely nothing. Doing nothing on purpose is allowed. It's one of the best things there is.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Say the worried part out loud, all the way to the end. A worry said out loud is half the size of a worry kept in."

Today is

Kai says:

Your someone doesn't have to be a grown-up. It can be a friend, a teacher, a pet, a favourite toy. Mine was a wise dog and a yellow pineapple. Whoever or whatever listens it all still counts.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"You can be worried and brave at the very same moment. Most brave dogs are."

Today is

Kai says:

You are gentle. You are funny. You are loved. You are kind. On the days you can't feel that, I'll hold onto it for you.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Big things are done the way a long walk is done — one paw in front of the other, never all at once."

Today is

Kai says:

Sometimes the bravest thing I do all day is eat my breakfast when my tummy feels funny. If you did a small brave thing like that today, it counts.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Surround yourself with the ones who are kind to you. It is, I find, the best way to travel."

Week 2 — Well done!

Another week. Look back at your pages — every one is a small step you actually took. That's how big things get done.



Things I loved this week

Things I love to do: reading, games, music, sport, dancing, lying in the flowers… (add your own!)



Kip says

“Time for a proper celebration: name one thing from this week you’re glad you did, even a small brave one.”

Today is

Kai says:

I still get scared. I want you to know that, so you never think it's just you. Kip told me that once. It still helps.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Look up at the stars sometimes. See how big everything is next to us. It has a way of making the thing you're worried about the right size again."

Today is



Kai says:

If my head is racing, I find one thing I can see and one thing I can hear, and just those for a minute. It brings me back, as long as my names not hector and the thing I see is not a squirrel!

1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"A mountain is only ever climbed one step at a time. There is no other way up, and there never has been."

Today is

Kai says:

You don’t have to do it well. You just have to do it small. I’ve done a lot of important things badly and scared. They still counted.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“Do not save your happiness for later. Spend a little of it now.”

Today is

Kai says:

Find a bit of warmth today and just sit in it — sun, a blanket, a hug, a toy that feels nice to hold. Warmth is a real thing that helps.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"You do not have to carry a worry on your own. That is not brave — it is just heavy."

Today is

Kai says:

If you can't say the worry to a person yet, tell it to something — a dog or other pet, a teddy, a yellow pineapple. Saying it out loud is the part that helps.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Worry likes to arrive early, before anything has even happened, and tell you how it will all go wrong. It does not actually know. It only guesses."

Today is

Kai says:

You don’t have to be the biggest or the bravest or the best. You just have to be you, having a go. That has always been enough.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“The strength is already in you. Being brave is just the day you finally go looking for it.”

Today is

Kai says:

Some days the bravest thing I do is just get up. If that's all you've got today, that counts. I promise you it counts.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Strong dogs still ask for help. That is part of how they got strong."

Week 3 — Well done!

Three weeks! Hector would like you to know he's very proud, and also that he nearly caught a squirrel. He didn't. You did the real thing.



Things I loved this week

Things I love to do: reading, games, music, sport, dancing, lying in the flowers… (add your own!)



Kip says

“Do something today just because it’s fun. No reason needed. Fun is the reason.”

Today is



Kai says:

It’s okay not to be okay today. You don’t have to perform happy for anyone. I never could, and the ones who love me never minded.

1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“Slow is still forward. A dog walking slowly is a great deal closer than a dog standing still.”

Today is

Kai says:

When I can’t be brave standing up, I go and lie somewhere soft first. Brave is easier once your body feels safe.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“You do not have to know the whole path. You only have to know the next step. The one after it will show itself when you arrive.”

Today is

Kai says:

I nearly stopped so many times. The only reason I didn't is that I only ever looked at the next step, never the whole way. You can borrow that.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"A song, a smell, a warm patch of floor — collect one small joy a day, the way a clever dog buries a bone. You'll be glad of it."

Today is



Kai says:

I like to get my nose in the wind. Fresh air is a small magic. Go and get some, even for a minute. What can you smell on the wind?

1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"The someone you tell need not be a person. A dog will do. So will a toy. A yellow pineapple has heard braver secrets than you'd think."

Today is

Kai says:

You can always tell me the scared bits, even the ones too big to say to anyone else. I've had scary secrets too. I would never think less of you for one.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Courage is a decision, not a feeling. You can make it while your knees are knocking."

Today is

Kai says:

Somebody was kind to me when I was frightened, and it changed everything. You matter that much to someone too. You do.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“A worry shared is a worry halved; a joy shared is a joy doubled. Rather good value, sharing.”

Today is



Kai says:

When I get the zoomies, I just let them happen. Some feelings want to run about for a bit before they settle. That's allowed too.

1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"The ones who care for you can carry the end of the load you cannot reach. Let them."

Week 4 — Well done!

You're still here. That's the bit most dogs don't manage. Wag about it. Properly. Whole-body.



Things I loved this week

Things I love to do: reading, games, music, sport, dancing, lying in the flowers… (add your own!)



Kip says

“Go outside if you can — wind in your fur, sky over your head. It resets everything.”

Today is

Kai says:

Some days we all want to hide from everyone, I was like that all the time to begin with. If that's you today, I completely understand. Come out when you're ready. There's no rush.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Nothing stays the same size forever. The thing that feels enormous tonight is very often smaller by morning."

Today is

Kai says:

Sometimes I lie down and bend my paw into and under my chest, just to feel it going up and down. It reminds me I'm still here, and still okay. It's nice.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"No one ever made a journey shorter by pretending it was close. Measure it honestly — then take the first small step anyway."

Today is

Kai says:

Don’t wait until you feel ready. I never felt ready. I just started, small, and the ready caught up later.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“Worry is loud, but it is not the only thing in the room. Look for the good thing. It is quieter, and it is usually there.”

Today is

Kai says:

Did something make you smile today, even a little? That little smile is fuel. Kip taught me that, and he's right about most things.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Telling someone or something the scared bits is a brave thing too. Some days it is the very bravest thing you will do."

Today is

Kai says:

You know what's actually brave? Saying 'I'm worried' out loud to someone you trust. That's one of the bravest things I ever did. But it has to be someone you trust, that's why I'm here if you want me to listen



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"The brave dog and the frightened dog are very often the same dog. That is the whole secret."

Today is

Kai says:

You probably did more today than any worry wanted you to. That's a win, even if nobody saw it but us.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"You are stronger than the worry. It is simply louder than you — and loud is not the same as strong."

Today is

Kai says:

However today went, you're still here, and so am I. That's enough for one day. Rest now.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Ask for the help before you are drowning, not after. In my experience this is not weakness. This is good sense."

Week 5 — Well done!

Five weeks. Notice anything getting a tiny bit easier? That's not luck — that's you, building you, one small step at a time.



Things I loved this week

Things I love to do: reading, games, music, sport, dancing, lying in the flowers… (add your own!)



Kip says

“Wag so hard your whole body moves. Some days that’s the wisest thing a dog can do.”

Today is

Kai says:

If you got it wrong today, that's okay. I get things wrong all the time. It's how I learn where the edges are.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Compare yourself to the dog you were yesterday, never to the dog beside you. Yours is the only race that counts."

Today is

Kai says:

When a worry won't leave, I don't tell it to go. I just do the next small thing with it sitting beside me. It gets bored eventually.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Big things are not done in big leaps. They are done by small steps that simply refused to stop."

Today is

Kai says:

One small step today. That's the whole job — not the staircase, just the step in front of your foot.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"A hard day with one good moment in it is not a hard day. It is a mixed one. Go and find the good moment."

Today is

Kai says:

It’s okay to have fun even when things are hard. Fun isn’t for after the worry goes. It’s for now. It’s for during.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“A worry kept secret grows in the dark. Bring it into the light and say it — it shrinks the moment it is seen.”

Today is



Kai says:

You don’t have to explain it perfectly. ‘I just feel wobbly today’ is a whole sentence. It’s enough. Say that.

1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“Being brave once does not use it all up. It is not a biscuit. There is always more for tomorrow.”

Today is

Kai says:

You are braver than you think, and more loved than the worry lets you feel. Both are true right now.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Even the wisest old dog has wobbly days. It is not a competition, and there are no prizes for pretending otherwise."

Today is

Kai says:

I keep my yellow pineapple close when I'm not sure about things. Everyone's allowed a something that helps them feel steadier. What's yours?



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"One small step is never wasted, even if it is the only one you manage all day. It counts. It always counts."

Week 6 — Well done!

Look how far you've come. The dog in the box could never have imagined this. Neither could I, once.



Things I loved this week

Things I love to do: reading, games, music, sport, dancing, lying in the flowers… (add your own!)



Kip says

“Find your favourite person, pet, or place this week and spend a little time there. That’s not wasted time — that’s the point of the road.”

Today is

Kai says:

Kip says small steps, and Kip's nearly always right — but between you and me, a good roll in the grass helps too.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Kindness to yourself on a hard day is not soft. It is how the wise ones last the distance."

Today is

Kai says:

When my thoughts get too loud, I put my paws in the grass, or on the cool floor. Feeling the ground helps me remember I'm safe. I'm lucky I can do that with 4 legs!



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"When your head says 'I can't do all of this', it is quite right. Nobody can. So don't. Do the one piece in front of you."

Today is

Kai says:

Look how far you've come — one small step, then another, all the way to here. That's exactly how I did the impossible once. You're doing it too.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Rest is not laziness. Even a working dog lies down in the sun. That is how he keeps working."

Today is



Kai says:

Save yourself one nice thing for the end of today — something small to look forward to. I always travel better with a treat waiting, especially cucumber on a hot day.

1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“There is no worry so silly it can’t be said, and none so big it can’t be shared. Both kinds get smaller out loud.”

Today is

Kai says:

The scared bits feel too big to say — right up until you say them. Then they're just words, and words are much easier to carry.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Frightened is a feeling. Brave is a thing you do. You are always allowed to do the thing while the feeling is still here."

Today is

Kai says:

You don’t have to fill me in every day. Miss as many as you like — just come back whenever you want. This isn’t a test, and there’s no such thing as falling behind.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

“You have done hard things before. You are still here, which means you got through all of them. Every single one.”

Today is

Kai says:

You can rest halfway. Resting isn't stopping. I rested loads, and I still got where I was going.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"If today is too much, shrink it. What is the next ten minutes? Just do those."

Week 7 — Well done!

Nearly there. Whatever this week held, you met it. Now find a sunny patch and lie in it. Doctor Kip's orders.



Things I loved this week

Things I love to do: reading, games, music, sport, dancing, lying in the flowers… (add your own!)



Kip says

“You made it through another week of big feelings. That deserves a treat. What’s yours going to be?”

Today is

Kai says:

If nothing worried you today — Wags to you! You don't have to find something to write. A calm day is a win all by itself. Just enjoy it with me.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Keep your promise to yourself — even a small one, even on a grey day. That is where all the strength is kept."

Today is

Kai says:

When I don't know what to do, I do one kind thing — for someone else, or for me. It's a good way to start moving again. I protected my yellow pineapple this morning from a sheep.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Every big, scary thing is only a stack of small, ordinary things. Take the top one off the pile."

Today is



Kai says:

If today felt too big, don't look at all of it. Just the very next small thing. That's the trick that got me down that very long road once.

1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Notice one thing that is good right now, even a tiny one. Noticing it is how you keep it."

Today is

Kai says:

Laughing is allowed even on a day with big feelings. Especially on that kind of day, actually. If something's funny, let it be.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"When the head gets loud, do not argue with it. Just tell someone or something what it is saying. Said out loud, it loses most of its bark."

Today is

Kai says:

If the words won't come, you can draw the worry, or point at it. That still counts as telling. Any way out is a good way.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"The bravest thing is often the quietest — no one claps, and you do it anyway."

Today is



Kai says:

Some days the honest answer is 'I felt alright today.' That's one of my favourite answers. Say that, then go and play.

1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Rest when you need to. I have never once seen a tired dog think clearly — and I have watched a great many dogs."

Today is

Kai says:

Whatever you did or didn't manage today, I'm glad you're here. That part never depends on the kind of day you had.



1. Something brave I did today

Write it or draw it — this space is yours.

2. Something that made me happy

3. If you have some big feelings today…

anxious, worried, maybe even scared — you can use this moment to share it. Out loud, to someone or something you know you can trust. Or write it here — maybe draw a shape, or choose a colour for how it felt. That's all brave. (Nothing like that today? Brilliant — that's a brave day too.)

My Yellow Pineapple Moment

someone — or something — you love and trust, where you feel warm and happy just being together

Mine today was:



Kip's Wisdom

"Not every day carries a worry — thank goodness. On the good days you owe this page nothing at all. Go and be a dog."

Week 8 — Well done!

You finished — a whole journal of brave, joyful, honest days. You were frightened sometimes and brave anyway. That's the whole secret. I always knew you could. — Kai



Things I loved this week

Things I love to do: reading, games, music, sport, dancing, lying in the flowers… (add your own!)



Kip says

“Rest properly this week. Even the bravest dogs sleep in the sun. That’s how they stay brave.”

The adventure continues

You got to the end — and look what you did along the way.

Every brave thing, every joyful thing, every scared bit you were brave enough to say out loud: that was all you.

Kip's three small things are yours now, for the rest of your life: break it down, find the joy, and share the wobbly bits with someone or something.

Keep going. One small step at a time. We'll be right here.



You were frightened sometimes — and brave anyway. That's the whole secret. — Kai