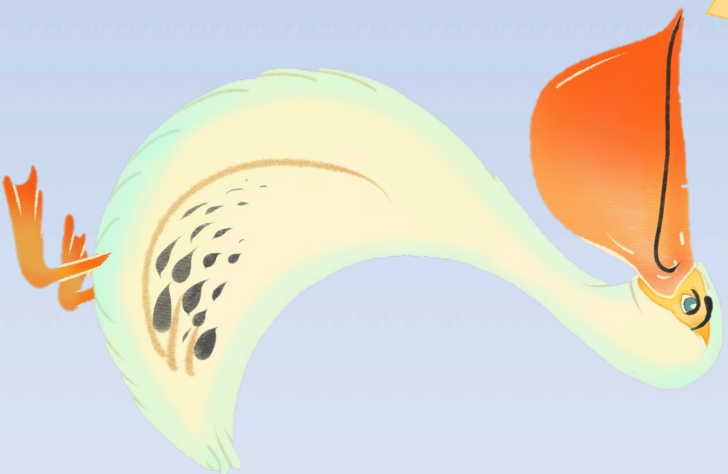
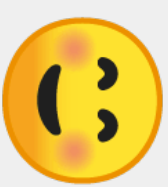


# PELICAN

Hello! My  
name is Peli



Learning to feel good



From Peli can't ...

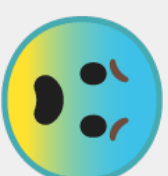


... to Peli can!





Peli was a sad pelican



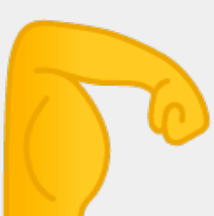
Peli was too scared to fly!



"I can't fly!" said Peli



Hello! My  
name is Tou



Tou the toucan was brave



Tou helped Peli



Tou showed Peli that Peli CAN!





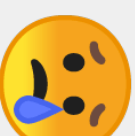
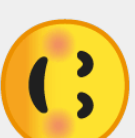
“Remember the 4 I CANS” said Tou

The 4 I CANS ?

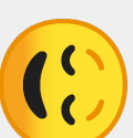
If Tou can do it,  
Peli can!



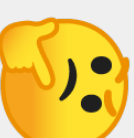
I CAN feel



I CAN relax



I CAN think



I CAN do







I CAN feel



I was scared.



My body was so tense, I couldn't flap my wings!



I CAN relax



Tou taught Peli how to relax by bubble breathing

I CAN think



ooo

"I'm rubbish, I'll never fly"

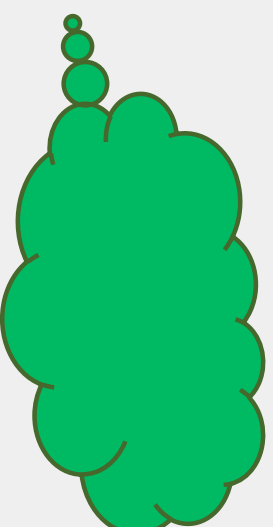


I kept thinking

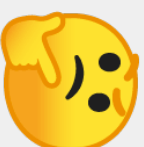


Tou taught me that these are red thoughts

I CAN think



Tou taught me about green thoughts

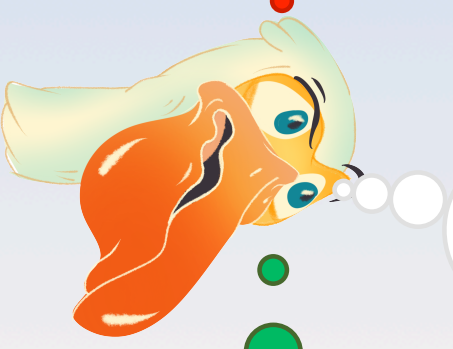




I CAN think



What can I do?



I can give up

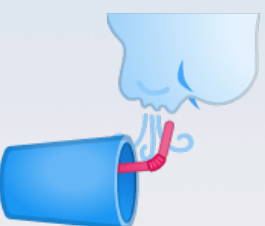


I can relax, and try  
with my friend Tou





I CAN do



So, I practiced bubble breathing and flapping my wings



It was easier with green thoughts!



**Now I CAN  
fly!**



**Remember: If Peli-can and Tou-can**

**Then you can!**



# Flying takes practice



I use the tools Tou taught me every day



I learnt to fly by practicing! Flying is fun now



# PELICAN

Promoting **E**motional Literacy in Children with **A**dditional **N**eeds

Guidance on using the PELICAN story and framework, its resources and activities is at

[www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk)

# PELICAN

Promoting Emotional Literacy in

Children with **Additional Needs**



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Illustrations by:  
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