

My One-Step-at-a-Time Plan

An activity from Poppy and her Tangled Threads by Robin Ashlin

Poppy's head is full of cloud castles — but buttons go in the wrong holes and laces tie themselves in knots. Big things don't get done all at once. They get done one small step at a time.

- 1 Pick one thing that feels tangled. Doing up a coat, packing your bag, riding a bike, writing your name neatly. Write it in the box.

- 2 Now break it into five small steps. Small enough that the first one feels easy — that's the whole trick.

1

2

3

4

5

- 3 Practise step one on its own until your body knows it. Then add step two. Tangled threads still make the most wonderful bows — they just take a little longer to tie.

COLOUR IN A BOW EACH TIME YOU PRACTISE

"Some minds come with tangles. That's where the bows come from." — Poppy