

POEM COMPANION

Zip Your Lips

A self-control & self-regulation activity sheet for grades K–3

**FROM THE POEM**

"When you're bursting with a thought,
But it's not the time you ought—
Take a breath, and here's a tip:
It's time to zip your lips!"

Read the full poem in **Good Tidings** by Kikipd — available at goodtidingsbooks.com

● Think About It

Talk with a partner, then write or share your answers.

- ☐ What does the poem mean when it says "zip your lips"? Is it about never talking, or about choosing the right moment?
- ☐ Name one feeling from the poem that can make it hard to stay quiet (bursting excitement, anger, wanting to share a secret).
- ☐ The poem says "it's not forever, just for now." Why is that an important reminder?

● Zip It or Speak It?

Sort each scenario below into the column where it belongs. Some might belong in both — talk about why!

ZIP YOUR LIPS**SPEAK UP**

● Scenario Cards

Cut out these cards and sort them into "Zip Your Lips" or "Speak Up" from page 1. There's no single right answer for every card — use it to spark discussion!

Your teacher is giving directions for a test.

You see a classmate get hurt on the playground.

A friend tells you a secret and says "don't tell."

You're SO excited to share your weekend news — right in the middle of story time.

Someone is being unkind to another student.

You're angry and want to yell at your sibling.

A friend wants you to copy their answers.

You have a great idea during quiet reading time.

You don't understand the homework instructions.

cut along the dashed lines

MY OWN ZIP-IT MOMENT

Write about a time you had to "zip your lips" and wait for the right moment to speak. How did it feel? What happened when you finally shared?

My Zip-It Pledge

I promise to take a breath before I speak, to listen when others are talking, and to remember that a little silence can be a gift. It's not forever—just for now!

SIGNATURE

FOR TEACHERS & PARENTS

Use this sheet after reading "Zip Your Lips" aloud from Good Tidings. It pairs well with impulse-control routines, morning meeting discussions, or a calm-down corner. For more free printables and poem-based lesson guides, visit goodtidingsbooks.com.