

Everybody Has an Oops

A kit about embarrassment and being brave.

What's inside

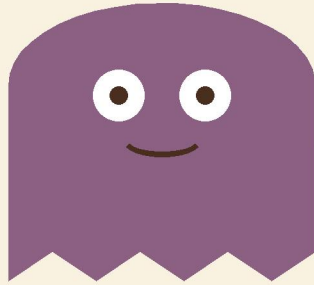
- An 'Everybody Has an Oops' poster
- An 'Everybody's Oops' sharing page
- A Hideaway coloring page
- A 'Hideaway to Cape' feelings page
- A note for grown-ups



I can let them see me.

Everybody Has an Oops

Print me and hang me where big feelings happen.



1

Take a breath.

An oops feels big and hot. A slow breath makes room to be brave.

2

Say “oops!”

Everybody has them — grown-ups too. An oops isn't the end.

3

Let them see you.

Peek out from the Hideaway. Being seen, oops and all, is brave.

I can let them see me.

Everybody's Oops

*An oops doesn't mean something is wrong with YOU. Everybody has them!
Draw or write one in each box.*

Grandma's oops

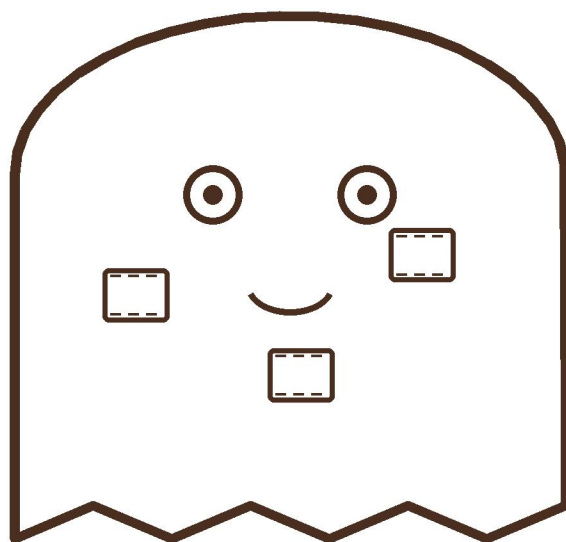
(ask her about one!)

A grown-up's oops

My oops

Colour the Hideaway

Is it a cozy blanket or a brave cape? You decide.



From Hideaway to Cape

The blanket that hides you can become a brave cape.

Draw it hiding you...

...now draw it as a CAPE!

I felt embarrassed when...

The brave thing I can do is...

Everybody has an oops. I can let them see me.



For the grown-ups

the tool: Everybody has an oops

Embarrassment tells a child that being seen after a mistake is dangerous, so they hide. The gentle truth that everybody has an oops — grown-ups included — makes being seen feel safe again. Name it, normalise it, and let them peek back out. The thing that wanted to hide them can become the thing that makes them brave. Share your own oops moments; nothing helps more than seeing that everyone has them.

This kit comes from the picture book

Luella Bean and the Hideaway



Part of the Luella Bean's Imagination series

Find the whole series — [link in bio](#)