

Bear sat beneath the rainbow.




‘I am sad,’ Bear said to the rainbow.  
‘Winter is coming and the sun will  
soon disappear behind the clouds.  
I shall be cold.’

Bear closed his eyes and the rainbow filled  
him to the brim with all of his yellow.



Bear no longer felt sad.




Bear closed his eyes  
and the rainbow filled him to  
the brim with all of his green.

Bear no longer felt lonely.



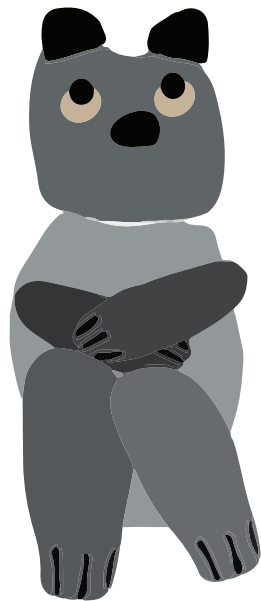


Bear sat beneath the rainbow.



‘I am afraid,’ Bear said to the rainbow.  
‘Winter is coming. Soon blue days will turn  
to nights that are long and I will be scared.’

Bear sat beneath the...



... but the rainbow had disappeared.



A stylized yellow face with black eyes and a thin black line for a mouth. The background is a bright yellow with abstract, darker yellow shapes. The text is centered below the mouth.

Bear no longer felt sad.

# Bear's Toolkit

Children need to learn to identify their feelings, recognise the thinking that accompanies these and have tools to manage the emotion. Using these calming tools helps distance them from tricky feelings.

It is okay to have all sorts of feelings and remember that these tools will help us navigate through the tricky ones.

Helping your child to recognise the feelings that come from their thoughts is an important step in self-regulation. Use Bear's language to model this: 'I feel sad when...'

Use the colours of the rainbow to help your child to link their feelings with a visual.

*'What has made you sad ... What colour will we make this?'*

*'What has made you happy ... What colour will we make this?'*

