

HOW ARE YOU FEELING TODAY BABY BEAR?

Exploring Big
Feelings After
Living in a
Stormy Home

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Dear Child,

This story about Baby Bear is for you and for all the children who have had difficult things happening at home with the grown-ups they live with.

Baby Bear has some big feelings about the fighting and shouting between the grown-up bears, and needs some help to get these feelings out.

I hope this story will help you to find names for the big feelings you might have too, so that, like Baby Bear, you can have more 'sunshiny', good feelings and less 'rainy, stormy' ones.

With love from,

Jane



Once upon a time there were two Big Bears and a Baby Bear.
They all lived together in a house in the woods.

