

# My Feelings Bear

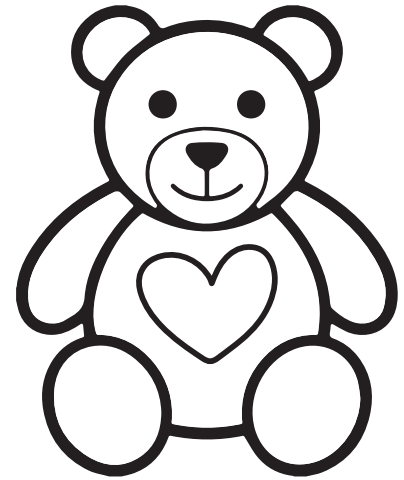
This is a simple therapeutic activity for you to use with your FS & KS1 pupils, to help them talk or write about their feelings as they adjust to being back at school.

Perhaps do this activity right at the beginning of the day, and then repeat again at the end. This will help you track your pupils emotional response to the school day, identify issues and track well-being.

## Reception Y1 - Colour your bear (pgs 2-5)

Colour in your own teddy bear to keep with you in class - talk about how your teddy bear is feeling today, share your bear's thoughts in class.

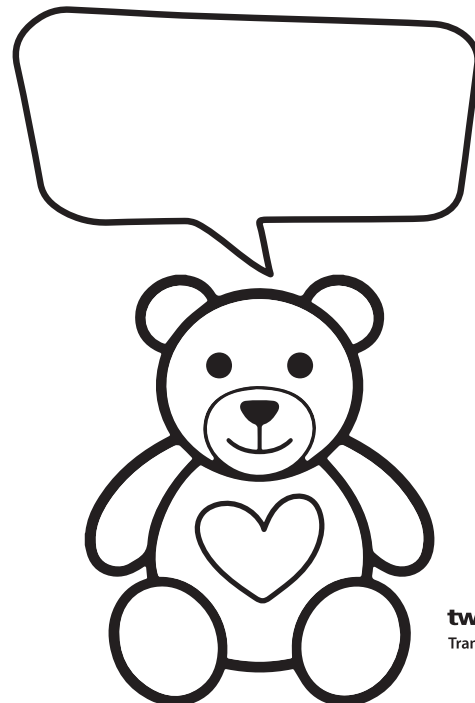
Colour in a different bear each day. How do the colours change throughout the week? Ask why those colours were used. Does it reflect bear's mood?



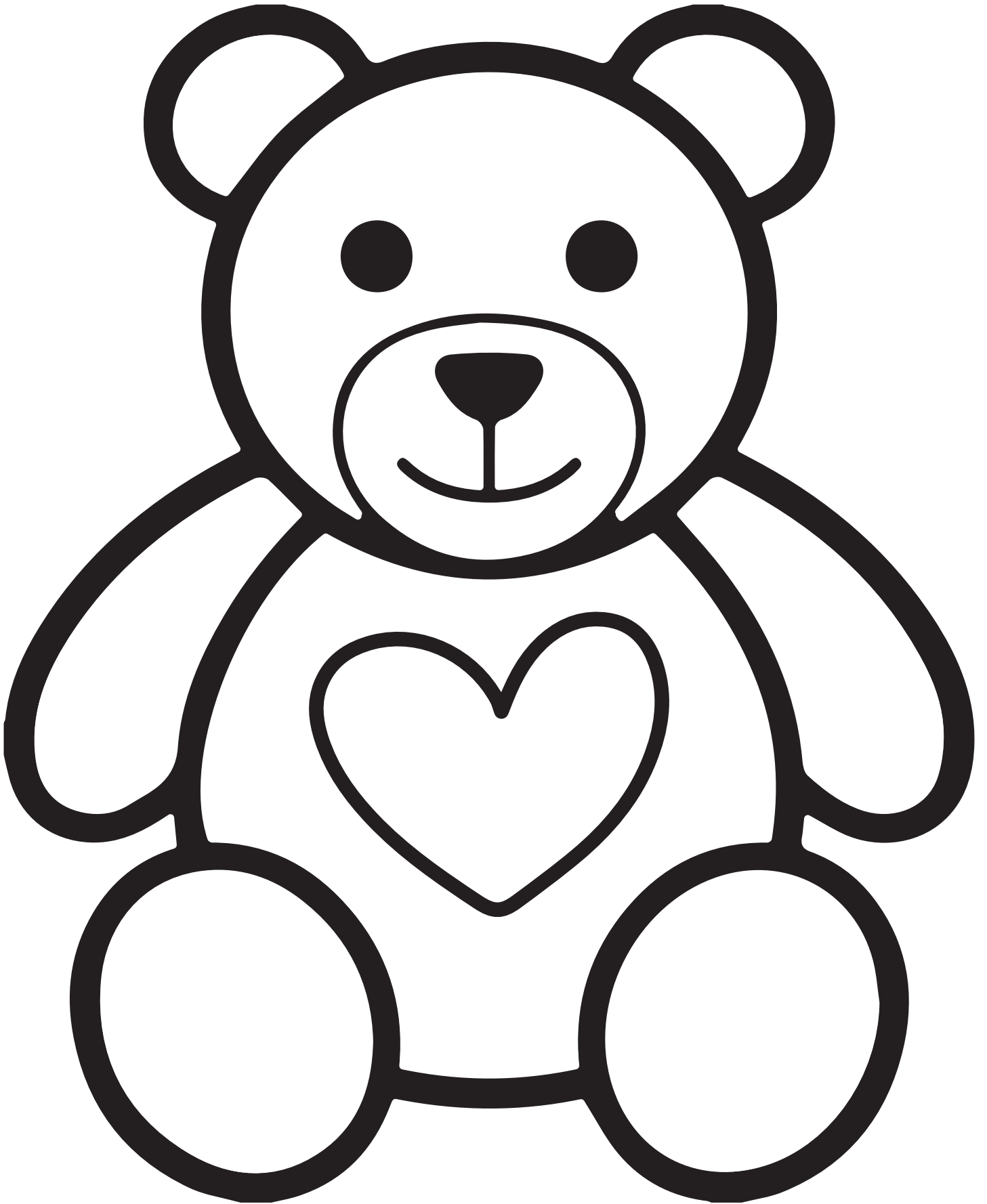
## Y1 /Y2 - What is your bear thinking today? (pgs 6-7)

Write about how your bear is feeling today, and colour him or her in. Or use the speech bubble to write bear's thoughts. Share this with your group/class. Talk about your bear's feelings with your teacher.

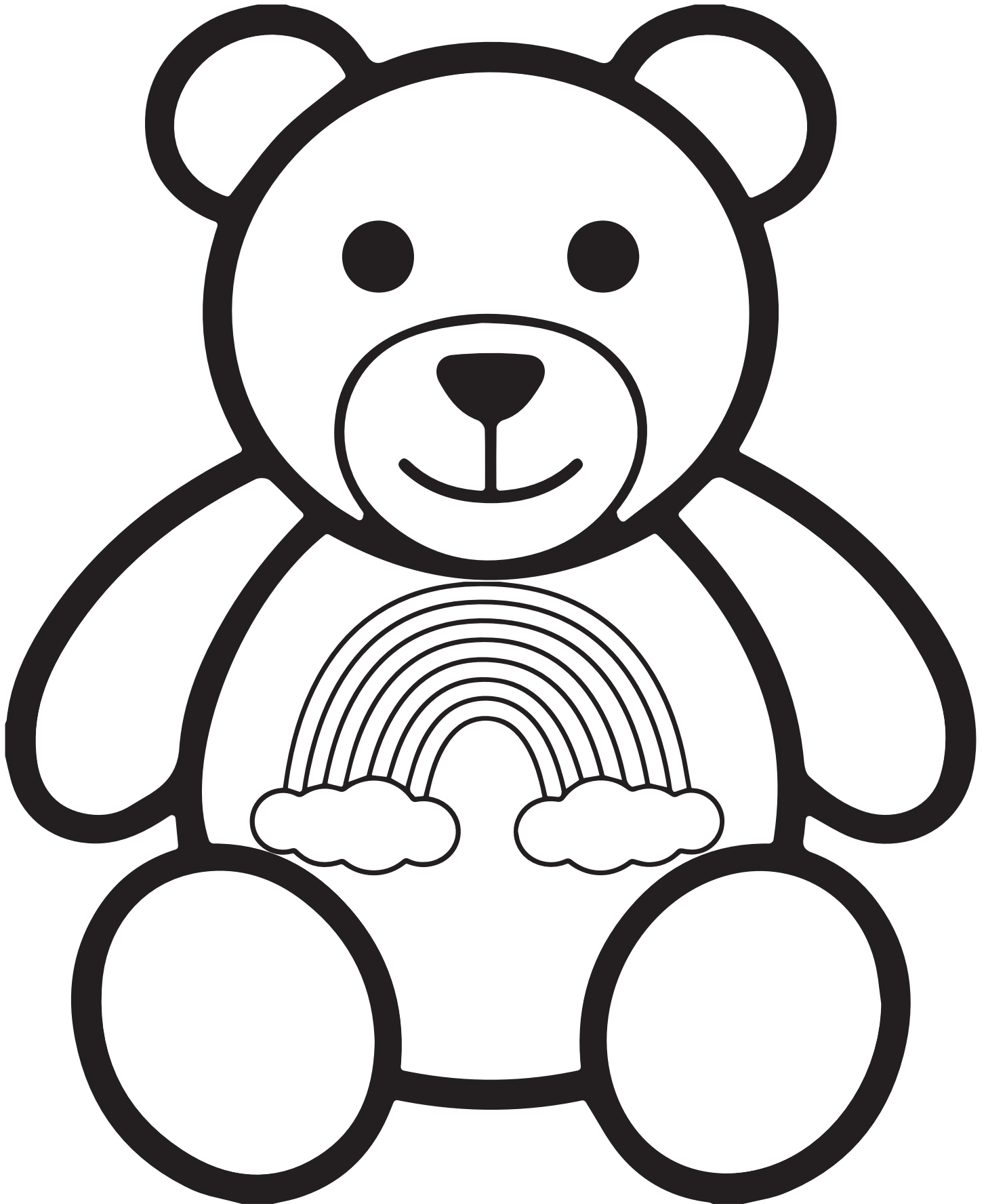
**We are friends**  
**We are safe**  
**We can talk**  
**We listen to one another**



Colour in your own teddy bear to keep with you in class

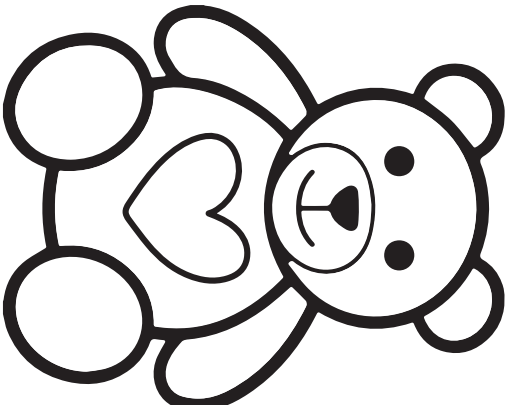


Colour in your own teddy bear to keep with you in class

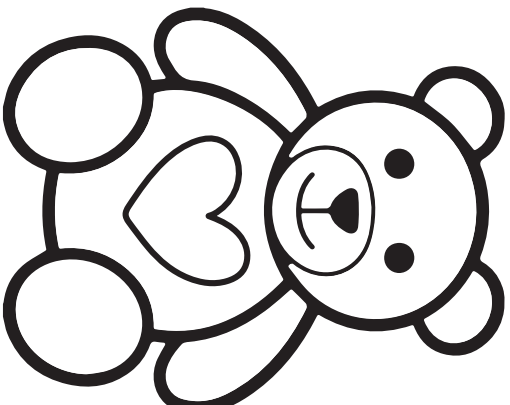


How does my bear feel today?

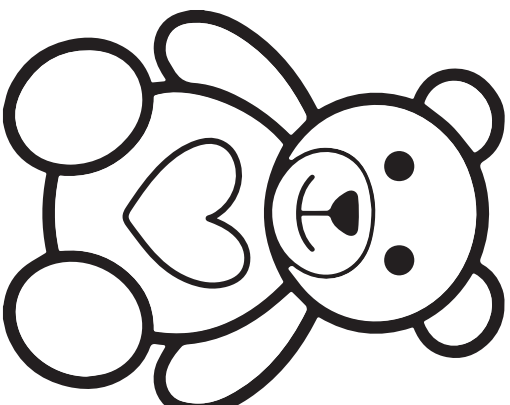
Name .....



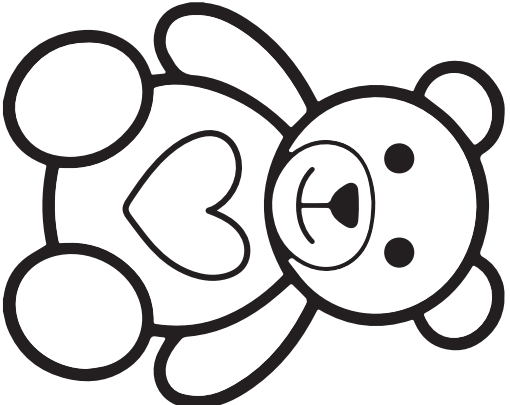
Monday



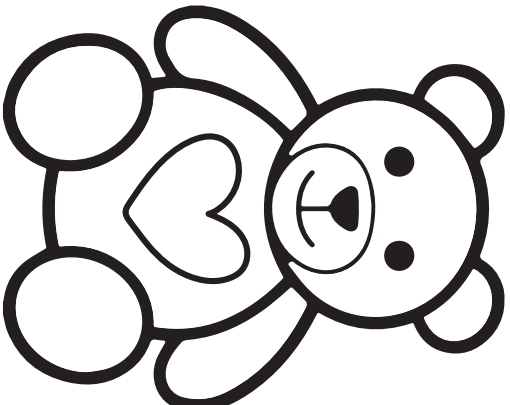
Tuesday



Wednesday



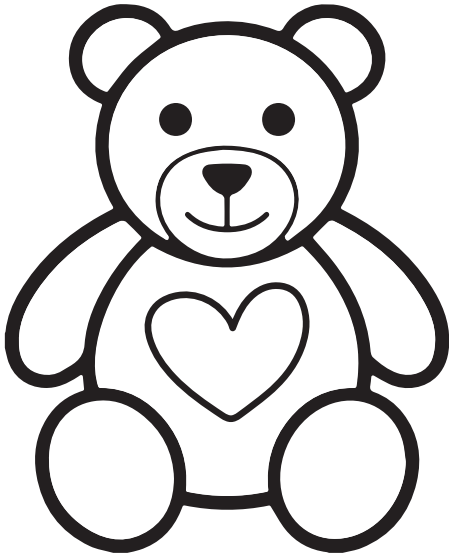
Thursday



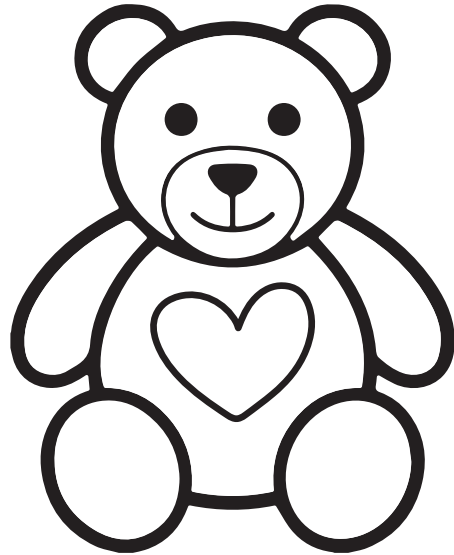
Friday

# How does my bear feel today?

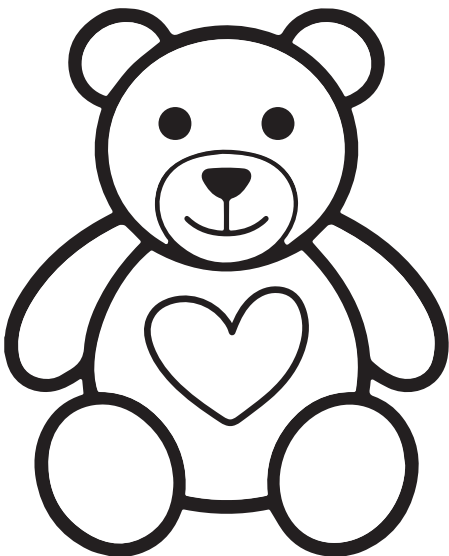
Name .....



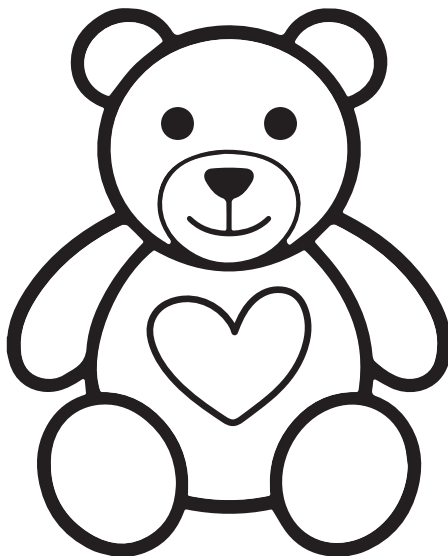
Monday



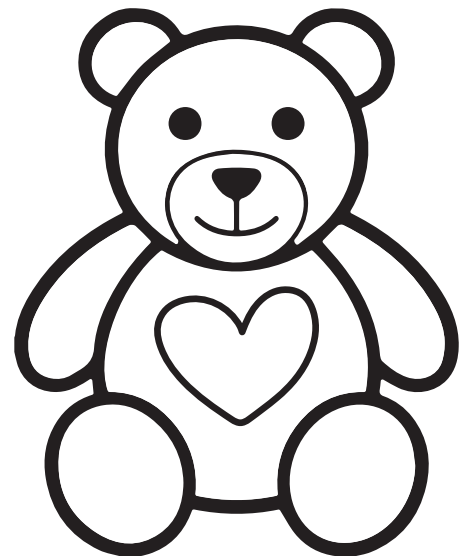
Tuesday



Wednesday



Thursday



Friday

What does your bear want to talk about today?



What is your bear thinking today?

