**Think, feel, do bear (Rose 2012)**

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**Notes:**

A useful activity when children are struggling with feelings, emotions and how they should respond. It provides them with a visual clue as a reminder of what they can do to help themselves.Particularly good activity if the child loves soft toys. Reinforce the messages as you are making the bear.

**Guidance: -**

1. If time allows you can make a bear from scratch but alternatively you can adapt an existing soft toy, either one you take with you or one the child provides one. Involved the child/young person in making the decisions: what soft toy, colour felt in needed to represent the ‘brain’ and the ‘heart’.
2. Using felt ask the child to cut out a shape to represent the brain ‘thinking’, round, teardrop, whatever the child wants. Attach this to the soft toys forehead.
3. Cut out a heart shape to represent ‘feeling’ and attach this to the chest area of the soft toy.
4. Then attach Velcro to the hands area, this represents ‘doing’.

**Talk to the child about the teddy and how it could help them:**

**Think (brain)** – What are they thinking about, this could be a worry, anxiety, fear etc.

**Feel (heart)**– Try and help them understand how it makes them feel within their body, do they have a sore tummy, sore head, hot, cold etc.

**Do (Velcro)** – What can they do to help themselves, could they talk to, foster carer, social worker, family support worker or teacher.



* **Write the important comments the child says on the wallpaper.**
* **Take photos, print them, and stick them into the child’s life story book.**
* **End with a game to reconnect**

**Resources:**

* Wallpaper
* A variety of pens
* Portable printer
* Life Story book
* Soft toy
* Fabric glue
* Felt (two colours)
* Velcro