



Buddy Bears



Each child at Flagg Nursery School will receive their own Buddy Bear.

The 'Buddy Bears' will come home with your child, please also send them in to nursery with them. This which will help the children explore their thoughts and feelings and support with transition into their next phase of learning when they go to primary school in September. The bears will hopefully be able to accompany the children into their new schools.

Teddy bears and other soft toys are a proven way to help children with emotional resilience and well-being. They help them to talk about their feelings, they may say how 'the bear' is feeling about school, rather than themselves. By using a 'Buddy Bear' children can explore new and difficult feelings, whilst not needing to own them themselves.

Resilience is being able to 'bounce back' from a problem, it means being able to keep going in the face of challenge and failure, being able to recover from a problem and feel strong. Resilient children are confident children.

Children could:

- give the bear a name
 - make the bear a home, a bed, a scarf or a badge
 - read a story to the bear
 - tell him/her what to expect at big school,
 - take him/her on a teddy bears picnic.
 - talk to the bear and share fun things, as well as any worries they may have
- Talk about different emotions; what makes them happy, sad, worried, cross, or angry?
What helps them feel better? e.g. talking to someone, cuddles, deep breathing, counting to 5 or 10, talking, taking deep breaths, asking for help, going to a safe calm place to calm down, listening to music, creating a piece of art, blowing bubbles, blowing dandelions, blowing a garden windmill. We can use lots of different strategies to help to change our feelings.
 - Talk about what their Buddy likes and dislikes - food, colours, songs, activities, stories etc.
 - Make a worry stone for their Bear. This will help them or their bear to feel less worried when they hold it. The worry stone can also help grown-ups to understand that when children need someone to talk to, they can give the worry stone to a grown up to show they want to talk.

Flagg Nursery School

