How Big Are Your Worries, Little Bear?

Little Bear is a worrier.

He worries about everything! But with Mama Bear’s help, he soon learns his worries are not so big after all.

Through this engaging and beautifully illustrated story, children will learn that everyday worries and fears can be overcome. It just takes a willingness to share with a helpful listener, and an understanding that making mistakes is how we learn.

What were some of the things that Bear was worried about?

How did Bears body feel when he was worried?

What helped Bears worries get smaller?

Do you ever worry about the things Bear was worried about? Are there other things that make you worry?

How does your body feel when you’re worried? Does your tummy hurt like Bears? Does your heart race or your head hurt?
Try these fun activities at home

**Drawing Your Worries**

Encourage your child to draw a picture of their worries and tell you about their drawing.

**Know “Trusted Adults”**

Identify who your child’s “trusted adults” are, so they know who they can talk to about their worries.

**Feelings Check-In**

Add feelings check-ins to your daily routine. Each morning and afternoon, ask your child how they feel. Validate their feelings and practice coping strategies, when needed. Remember, all feelings are okay, and big feelings are easier to handle when we talk about them.