

*Buddy Bear
Family KAPAW Cards*





KAPAW CARDS

For all you wonderful families, in your many shapes and sizes, raising your little superheroes. We know what a brilliant yet tough job it can be. This simple set of KAPAW cards contains easy activities and helpful tips to support your child to nurture their wellbeing, while enjoying fun family time together.

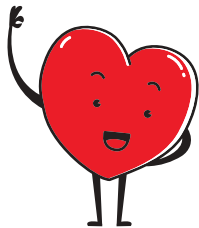
Buddy Bear Friends is powered by kind friends like you. If you would like to find out more, or to donate please visit the website www.buddybearfriends.com

Buddy says, "Have a PAWSOME time together doing some of my favourite fun activities, which will unleash your superhero powers! Be sure to share with me what you get up to on my social media"

@BuddyBearHQ   



*The Greatest Superpower
of all, KINDNESS!*



It's a KIND of magic...

Did you know your body's powerful feelgood chemicals - *endorphins, serotonin, dopamine and oxytocin* are released when you are kind?

The superpowers of these feelgood chemicals include:

- ♥ Making you feel happier and healthier.
- ♥ Acting like Kryptonite to stress, combating the source of many diseases.
- ♥ Protecting your heart and boosting your infection fighting system.
- ♥ Strengthening friendships and trust.

Buddy says, "Doing a kind act ignites a firework of feelgood chemicals that sparks off a magical boost in friendships, happiness and health - pop, fizz, pow!

So do something kind each day, a kind word, a smile, sharing, being helpful, or get together with others to create your kindness mission such as a pop-up kindness café or toys swap/share."

*...sprinkle
that magic
everywhere!*





***Buddy Bear
Barometer***

What weather are you feeling like today?

1. Thinking about the weather can be a helpful way to support children to explore and become more aware of their feelings, because just like there are different types of weather, which come and go naturally, so it is with feelings.
2. Check in regularly with your child by asking what weather they feel like in that moment, and remind them that all feelings are natural and change throughout the day just like the weather.
3. You can encourage them to practice this with siblings or friends too. By asking each other what weather they are feeling, this will help them learn to notice how others feel and nurture their friendships.

Buddy says, "If a feeling is causing upset, we can also take a moment to do some Buddy Bear calming breaths, notice our inner weather and for example, imagine a gentle breeze blowing away clouds or rain and a beautiful rainbow appearing."



No Worries Monster



NO WORRIES MONSTER... Yum Yum!

How to create your very own No Worries Monster:

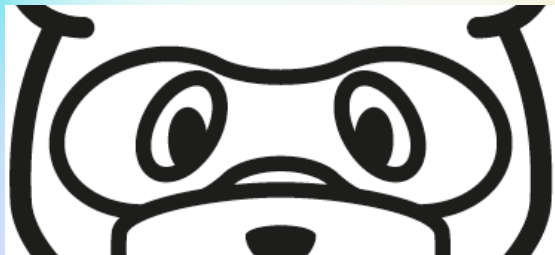
1. Decorate a small box, such as a tissue box - go wild and have fun using your imagination to bring your very own No Worries Monster to life (think magical monsters, unicorns or dragons etc.).
2. Together with your child write or draw their worries onto a piece of paper.
3. Have fun feeding the paper into your No Worries Monster to eat any troubles away. Now give yourselves a well done bear hug and pick a KAPAW card.
4. It is nice to do this regularly, or any time your child chooses as a way of checking in if they have any worries, talking these through and letting them go.

Buddy says, "when we keep our worries inside they can grow bigger, but when we share how we feel, worries get smaller and can often disappear. Make time together to write or draw your worries and feed these to your very own No Worries Monster."



KAPAW CARDS

Cut along the lines over page



Buddy Ball



PLAY BUDDY BALL!

How to make and play Buddy Ball:

1. First of all, you will need a ball and non-smudge pen to write on the ball with.
2. Come up with ideas of questions and actions to spark kindness, fun and friendship. Write these on the ball, making sure to cover the whole ball with the prompts e.g. 'what is the last kind thing you did? If giggles were a colour what would it be? If you were a sweetie what would you be and why?
3. Take turns throwing, rolling or passing the ball. When you catch it, look under your thumb, read aloud and respond to what is written there.

Buddy says, "you will love playing catch this way, spreading the greatest superpower of all, KINDNESS. Without even knowing it you will be learning key skills for playing nicely, like sharing, taking turns, eye contact and listening."





*Buddy Bear
Breathing*

PAWS FOR A BREATHER...

How to do Buddy Bear Breathing:

1. Have your child sit or lie down in a way that feels comfortable, hugging their teddy or soft toy buddy into their tummy and close their eyes.
2. Talk your child through taking a nice deep breath in through their nose (like smelling a flower) and then breathing out through their mouth (like blowing a bubble). Have them notice their tummy rising and falling as their breath goes in and out, repeat this several times, then...
3. To gently bring them back, have them wiggle their fingers and toes, open their eyes and give themselves a bear hug.

Buddy says, "placing your attention on your breath can help you feel calm and relaxed, it can also help you to focus and learn more easily. I love to do this before bed to help me have a good night's sleep."





Puppet Play

NO STRINGS ATTACHED...

How to make your very own puppets:

1. Find an old sock that's long enough to cover your arm. Then get creative decorating your puppet, for example using wool for hair, buttons for eyes, etc .
(For creative ideas check out www.Pinterest.co.uk)
2. Have fun creating your puppet and role playing to act out different scenarios and for storytelling.
3. When a child is able to act through a puppet, talking and sharing isn't so scary, so have fun with puppet play and open up a whole new world of communication.

Buddy says, "puppet-play encourages your imagination and creativity while boosting your confidence and emotional development. You can also use puppets to talk through problems together."





Thinking Thankful!

THE SUPERPOWER OF THINKING THANKFUL!

Being thankful is proven to reduce anxiety and boosts happiness and wellbeing.

- ★ Children copy what they see. If they hear you being thankful for everyday things, like feeling healthy, the food you have, your home, and your friends, they will begin to be thankful for those same things and more.
- ★ During a meal, or at bedtime, each sharing what you are thankful for, is a super practice. Challenge yourselves to think of something new each time. Simply notice what you are thankful for that day, think about why and how it makes you feel, then be thankful.
- ★ Send a wee thank you note to someone and make their day!

Buddy says, "I like to fill a jar or picture on the wall with little notes each day of something I'm thankful for. Then watch it grow throughout the year. It's great fun to read through all the notes from time to time, to remember all the good times and things."



Grizzly Bear



PAWS the GRIZZLIES...

- P** Pause, take a breath and count backwards down 5, 4, 3, 2, 1... if you can move somewhere quiet.
- A** Accept all feelings are natural, we all get angry and frustrated and children are no different, give them a moment to release these feelings.
- W** "What's up?" Explore what's causing the grizzlies and depending on their age decide together what to do next.
- S** Soothe, suggestions: Earth the emotional energy, stand like a tree and imagine roots going down into the earth, breath the energy out into the ground / Roar e.g. Shout or sing / Imagine blowing the grizzlies into a balloon, with each breath the balloon inflates and when all the grizzlies are released, the balloon floats away/ Move, like animals do, shake off the grizzlies, go for a run or dance.

Buddy says, "Notice the times and triggers that wake the grizzlies. Then in a quiet moment come up with ways to avoid poking the sleeping grizzlies, and to send them off safely when they appear."



Night Night Time



zzz

*Owl always
love you*

NIGHT NIGHT TIME zzz...

Making a good night's sleep a priority for all the family and creating a routine for each of you to wind down before bed can support a happy family.

- Ideas include: Depending on your children's age(s) come together to create a plan that everyone inputs and agrees to / allow for 10 to 15mins routine (longer if including bath time) / agree time to come off all devices / be consistent with bedtime / allow some choice e.g. over which story to read / chat through a 'low' and a 'high' of the day / pick a favourite family music track or lullaby / give gentle strokes down upper arm to sooth and settle / snuggles with favourite teddy / say 3 things we're thankful for that day / create a mantra e.g. I'm happy, healthy & loved.

Buddy says "Creating a soothing night time routine of calming activities takes the stress out of bedtime, supports happy, healthy habits for all the family, and creates cherished memories of comforting lullabies and bedtime stories."



Wakey Wakey Rise 'n' Shine



Wakey Wakey Rise 'n' Shine!

Three things to do together to help ensure a bright and sparkly day ahead:

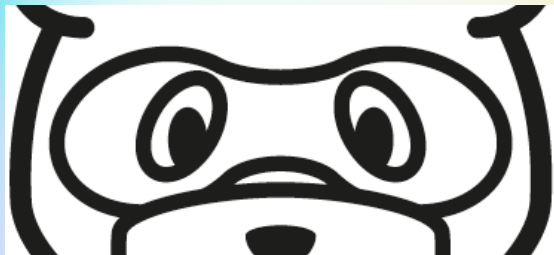
1. Start your day with the 'Buddy Bear Boogie', simply pick your favourite upbeat track and wake your body up by shaking each part beginning with your hands, then arms, feet then legs etc. until your boogying around the room!
2. Cut up the 'Pawsome' cards and pop in a bowl, simply pick a card each morning and drop that message into your head and heart to feel the magic.
3. Create a Buddy Button by pressing your thumb gently into your child's palm while telling them you love them, or giving a bear hug. Activate this each morning, and your child can press their palm at any time in the day to activate those feelings.

Buddy says Thoughts become our actions and feelings. So as part of their morning routine superheroes choose positive and kind thoughts to ensure they have the best day, eg. I am loved, I am kind, I am happy, I enjoy learning"



PAWSOME CARDS

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FAMILY SUPERPOWERS SHIELD

Trust

Creativity



 *Love*

Kindness

Adventure



Respect

FAMILY SUPERPOWERS SHIELD

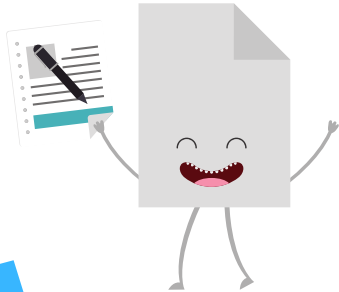
How to create your own family superpowers shield:

1. Believe it or not children like order and structure, agreeing your family values together creates a map for how to live, make choices and gives a sense of belonging.
2. Chat all together and come up with different words to describe what is important to your family life, then by a process of comparison whittle these down to the top 5 or 6 values and discuss what each value means in terms of how we behave.
3. Get creative, draw and decorate your Family Superpower Shield. Then display it somewhere prominent and use it regularly in family life!

Buddy says, "values are the superpowers that strengthen your family bond and help family life run smoothly. They define how you want to live your family life and behave in different situations."



KAPAW CONTRACT





KAPAW CONTRACT



E.g. What is one kind thing you could do or say for each other?



E.g. Come up with 3 actions you could take to be a better friend and commit to these. Or work together to do an act of kindness for someone in need.



E.g. What is your favourite game, talk about how to get the best out of the game then play it together... or create and play Buddy Ball together.



E.g. Ask each other how you feel, listen to the other person and discuss what you could each do to help the situation or to be a better friend.



E.g. Come up with one thing you can do to support the other person's wellbeing and one thing to look after your own, and commit to do these.

Sign:

This can be used to help resolve any disagreements. Select which of the KAPAW powers, can help you to work through the issues. Then talk through these, identify and agree what you can each do to be better buddies. Then sign to commit to this and follow-up later.

BEST BUDDY

www.buddybearfriends.com / @BuddyBearHQ

This is your very own 'Best Buddy' to cut out and take with you wherever you go. Have fun including your 'Best Buddy' in your activities, and remember to share what you've been up to on my social media @BuddyBearHQ.

