

# MY BUDDY BEAR

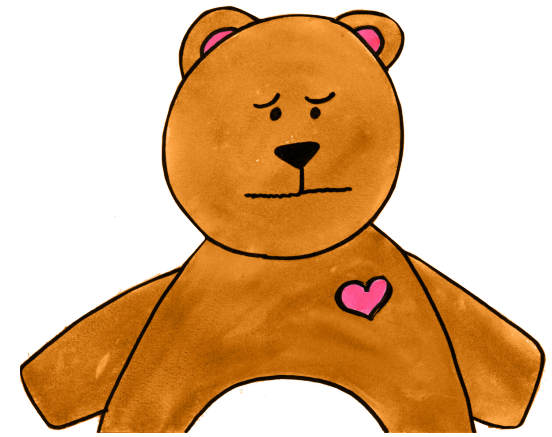
# WORK BOOK

Draw, Color, Write and Read



Written and Illustrated by Wendy Boyer

- Read *Belly Breathing with Buddy Bear*.
- Discuss the different emotions Katie and Buddy Bear had and the corresponding facial expressions that went with each emotion.
- Have student/child write first and last name on cover of workbook.
- Have adult point and read page 1.
- Have student/child point and read page 1.
- Have student/child write first name.
- Have student/child draw and complete picture of themselves and Buddy Bear and color.
- Have adult point and read page 2.
- Have student point and read page 2.
- Discuss emotion and brainstorm things that have happened that have caused you to feel that emotion.
- Assist student/child with writing and finishing sentence.
- Have adult point and read completed page 2.
- Have student/child point and read completed page 2.
- Have student/child draw facial expressions that represent that emotion and color.
- Repeat same routine for each page.
- Complete workbook depending on age and ability of child. Young children may complete one page a day, while older children may complete workbook in one sitting.
- Allow this to be a time to listen, share and discuss feelings. Remember, however you feel is okay. It is your feelings.

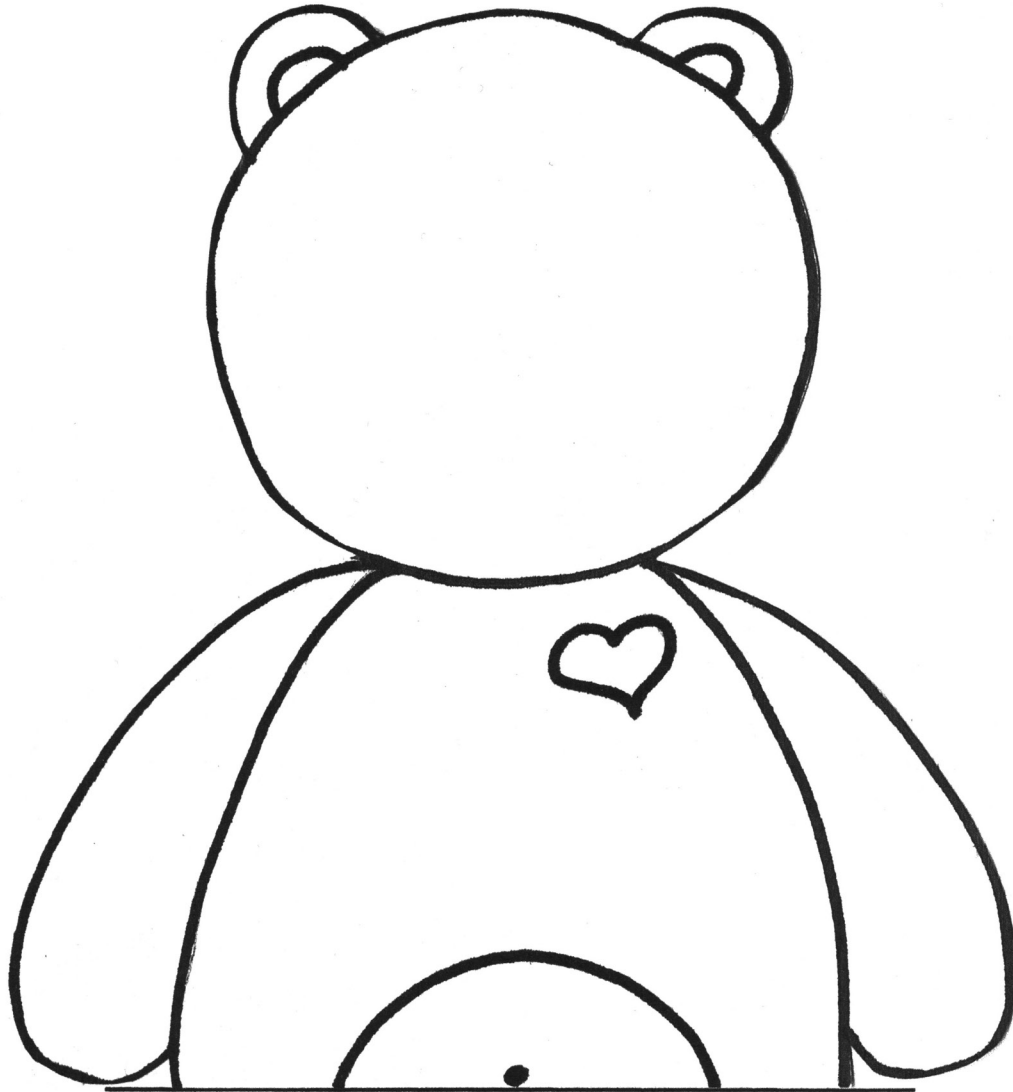


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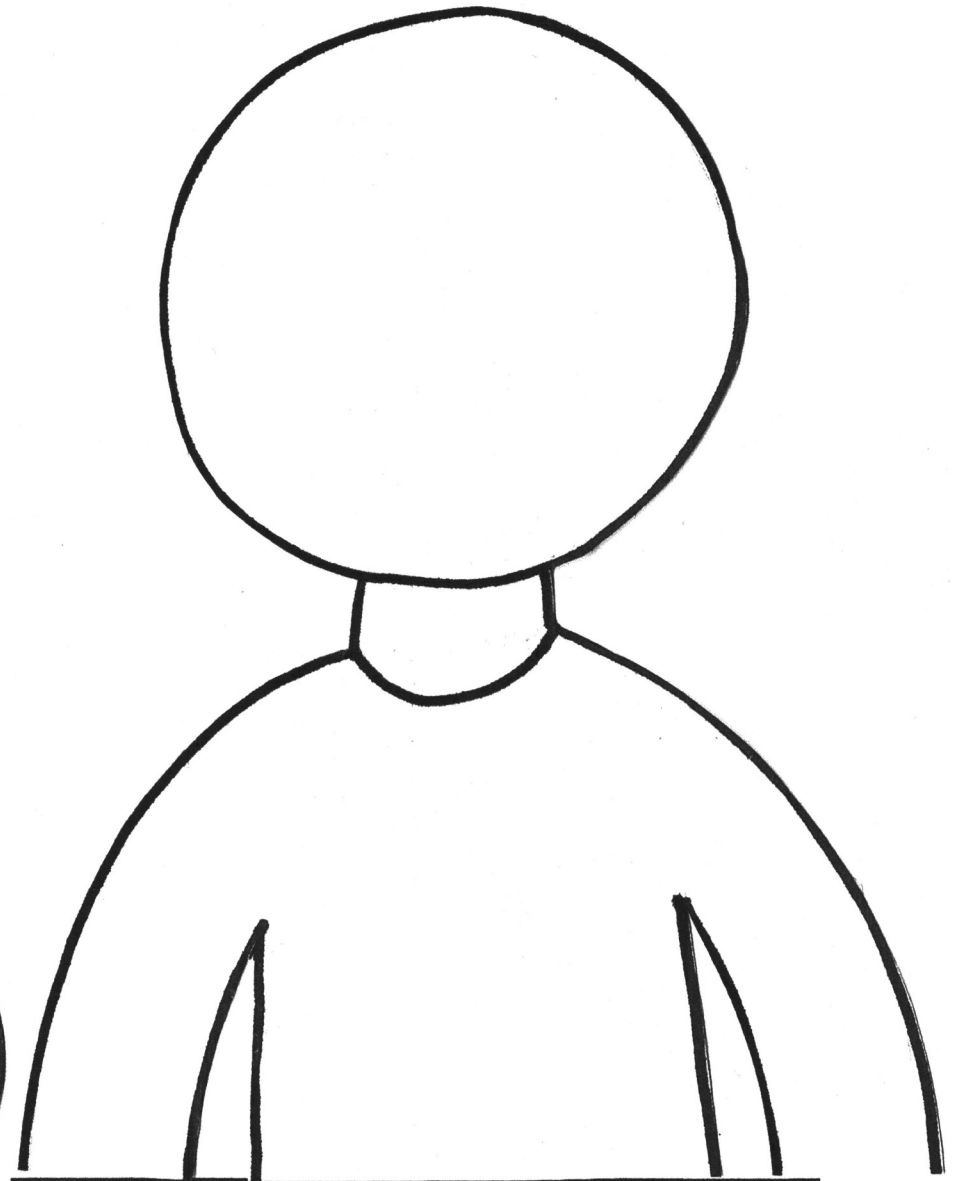
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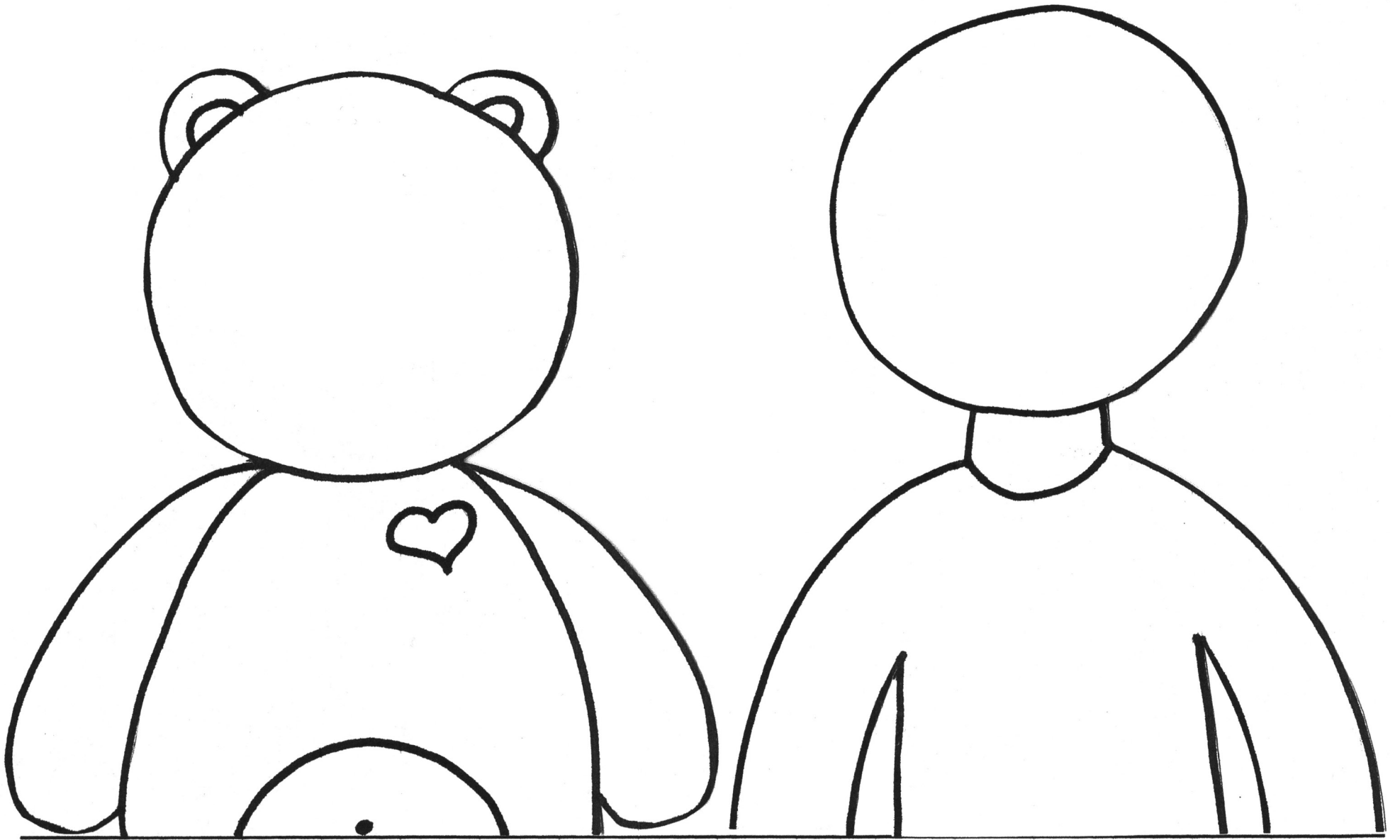
BY: \_\_\_\_\_



Hi! My name is Buddy Bear.

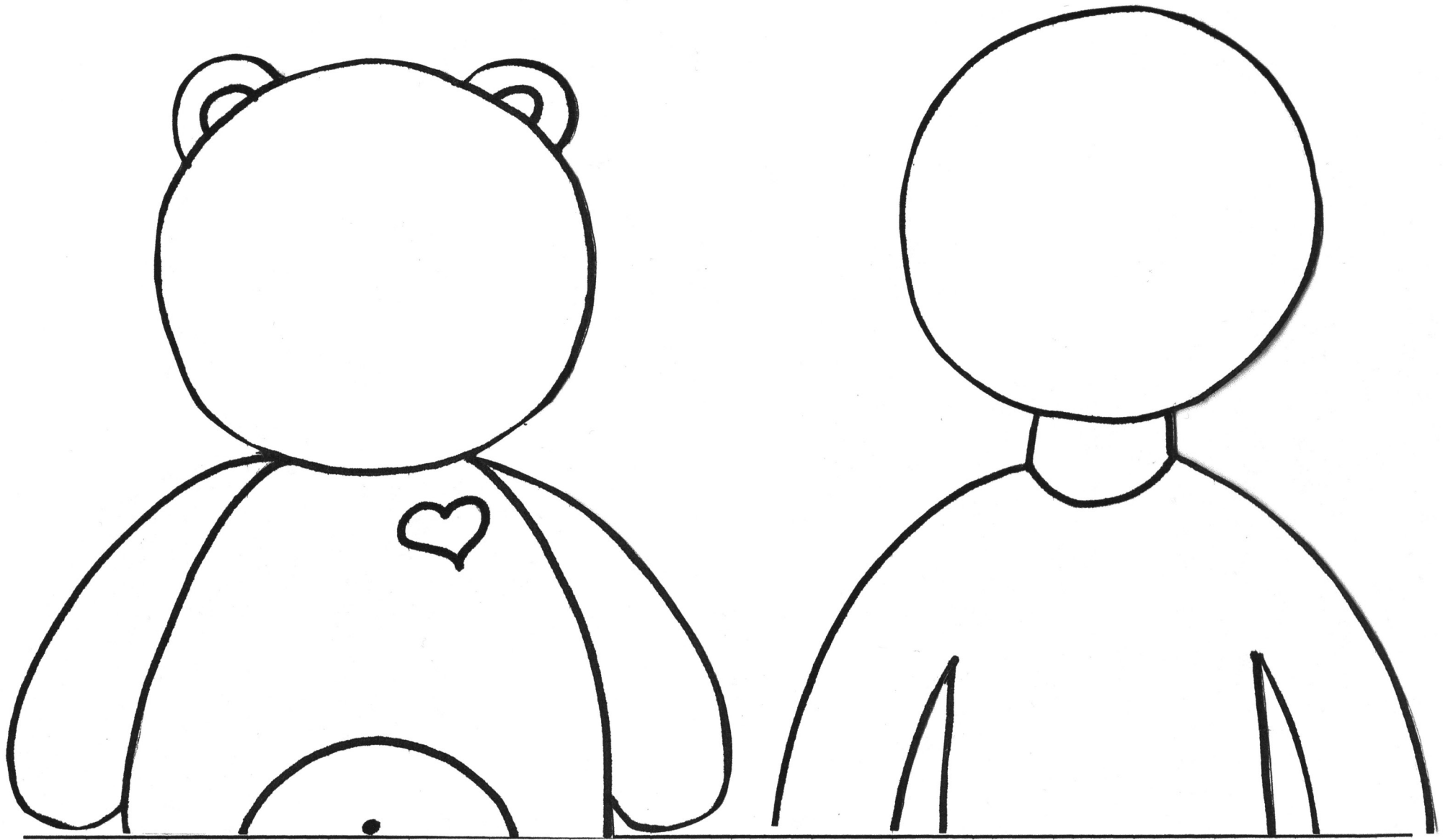


Hi! My name is \_\_\_\_\_.



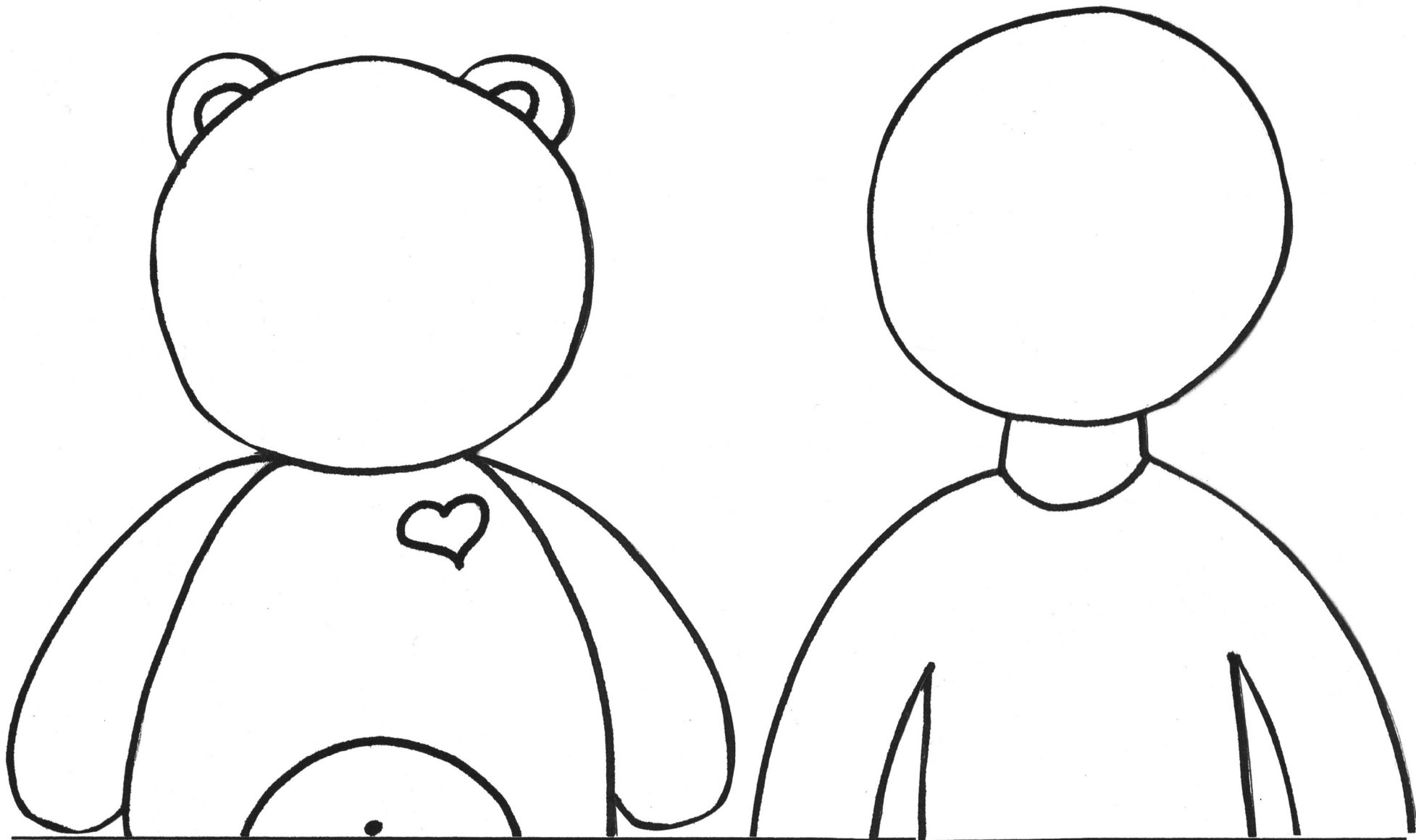
Sometimes me and my Buddy Bear feel angry. I feel angry when \_\_\_\_\_

\_\_\_\_\_.



Sometimes me and my Buddy Bear feel sad. I feel sad when \_\_\_\_\_

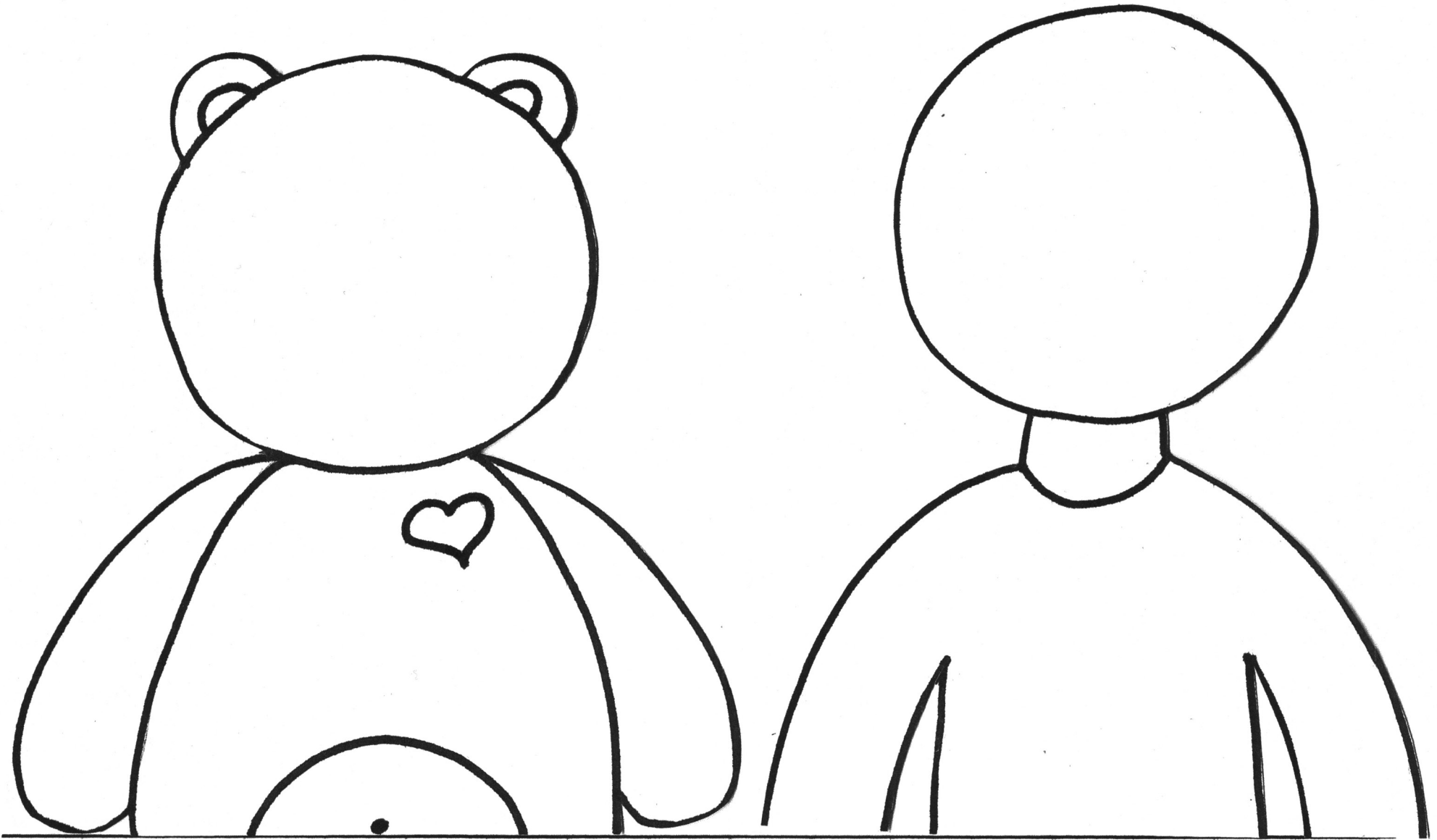
\_\_\_\_\_.



Sometimes me and my Buddy Bear feel worried. I feel worried when \_\_\_\_\_

\_\_\_\_\_.

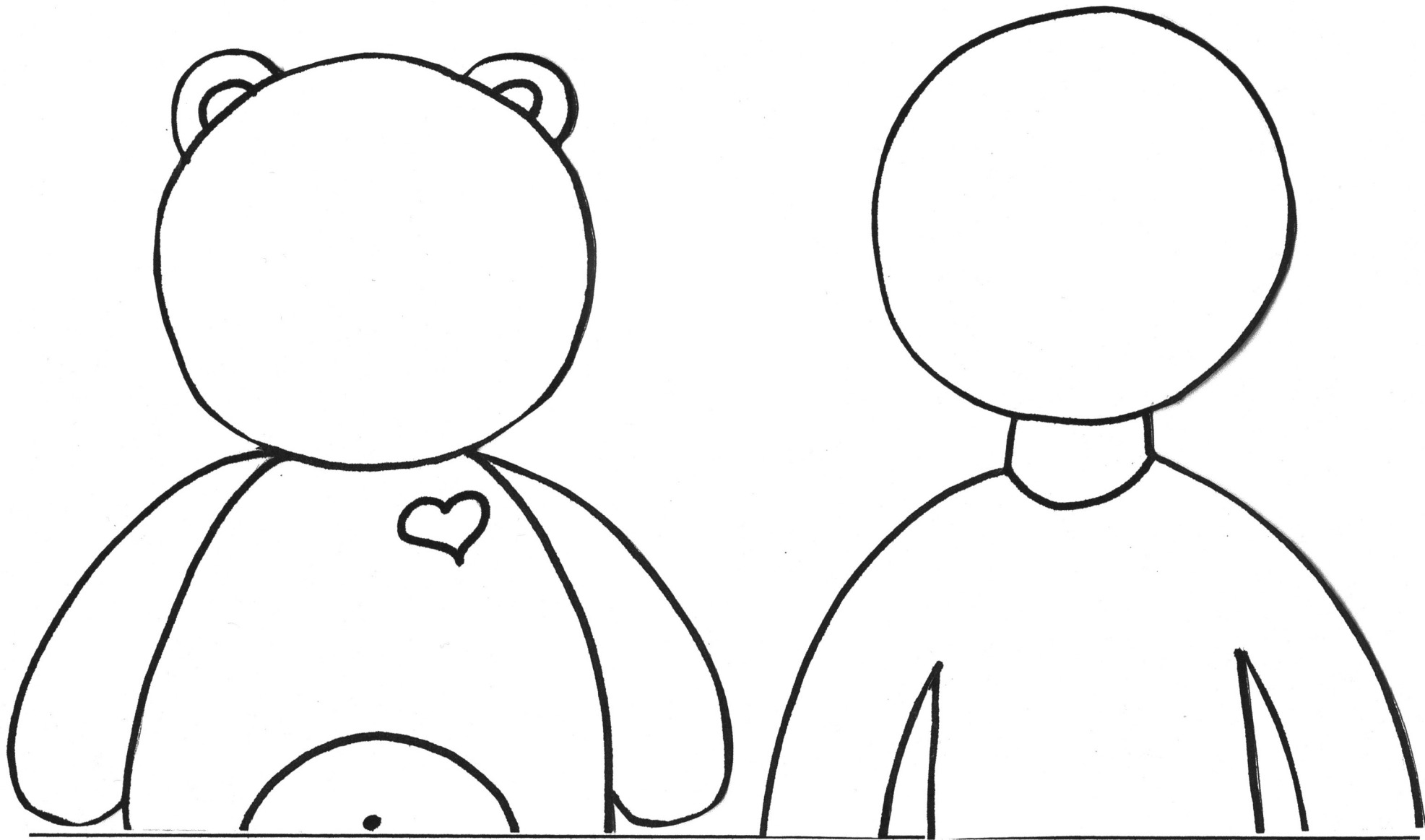




Sometimes me and my Buddy Bear feel scared. I feel scared when \_\_\_\_\_

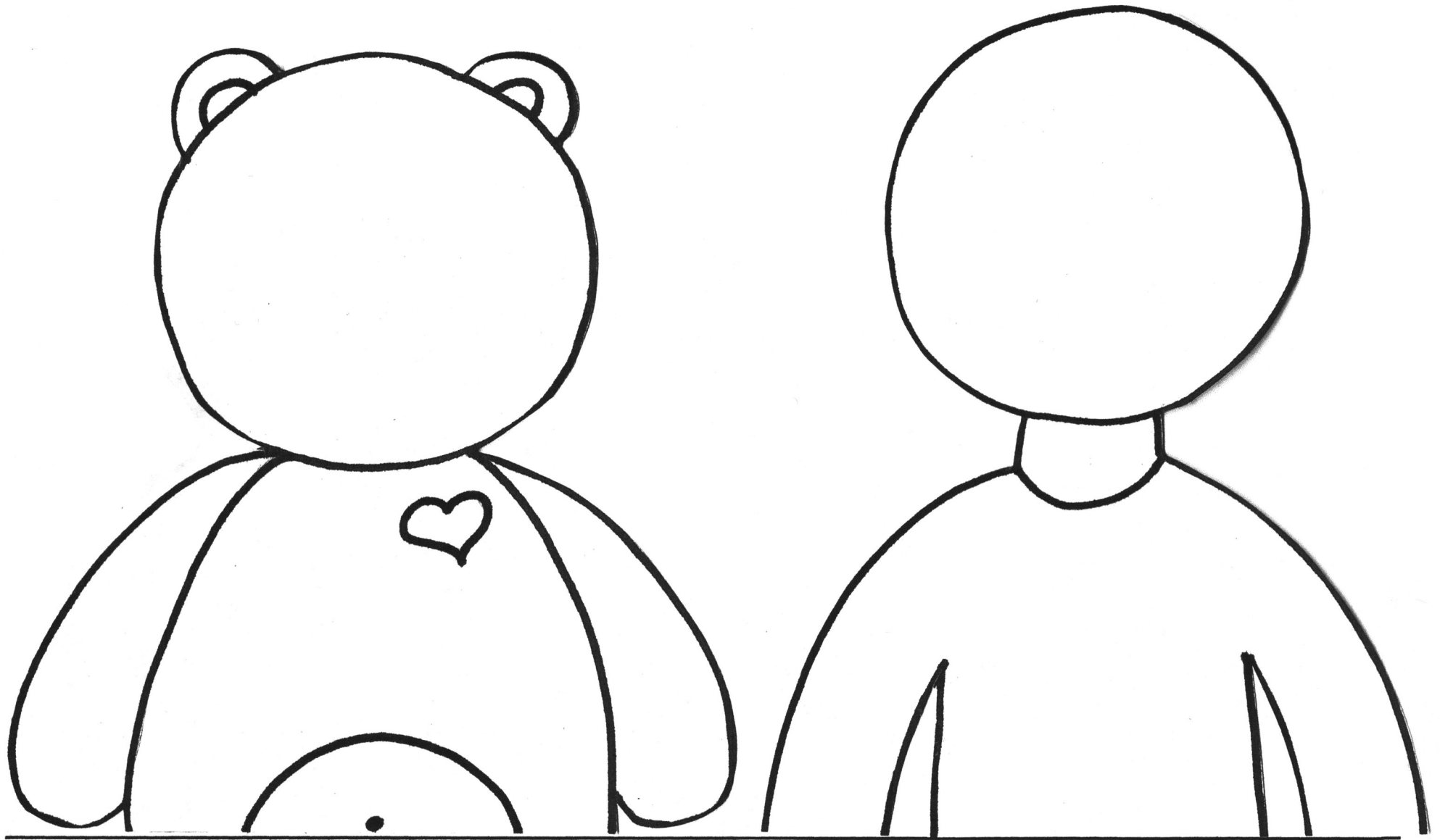
\_\_\_\_\_.





Sometimes me and my Buddy Bear feel happy. I feel happy when \_\_\_\_\_

\_\_\_\_\_.



Sometimes me and my Buddy Bear feel calm. I feel calm when \_\_\_\_\_

\_\_\_\_\_.