

The Bears



48 BEAR CARDS OR STICKERS

The absolute classic for talking about feelings with anyone, any age, in any language.



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Who are the cards for?
How do I use them?
How do I order them?

Please turn over ...



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Everyone has feelings and yet it can be very hard to talk about them. Counsellors, social workers, teachers, life coaches, team-builders, family therapists, parents, managers, facilitators—anyone who works with others—knows how important it is for feelings to be expressed and heard.

Simply open a pack of *The Bears* and let these happy, sad, surprised, anxious, cheerful, angry, shy or puzzled characters help children, young people or adults express their feelings.

- Select a Bear for how you are feeling right now
- Select a Bear for how you would like to be feeling
- Select a Bear for how you think your team/family/health/project is going
- Select several Bears and tell a story about something you have experienced

See the booklet for lots more suggestions.



The Bears Cards

ISBN: 9 781 920945 428

48 full-colour, laminated cards,
105 x 150mm, polypropylene box,
60-page booklet

Booklet author: Russell Deal; Illustrator: Ben Wood

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