

# Help Bear Feel Better Activity

## Materials:

Large stuffed bear  
Washcloth  
Tea pot  
2 Cups or mugs  
Fresh herbs or flowers  
Cardstock

Scissors  
Hole punch  
glue  
Animal pictures from magazines  
String or yarn  
*Bear Feels Sick* by Karma Wilson

## Objective:

The children will learn empathy skills as they practice taking care of someone else.

## Before the Children get there:

Cut out each of the animals. Glue them to a half sheet of cardstock, one animal per sheet. Laminating them is recommended but not vital. Punch two holes at the top of the cardstock. Tie a length of yarn or string from one hole to the other leaving plenty of room to hang on a child's neck. These will become the children's animal signs.

## Lead-in:

Ask the children what adults do when they are sick. Do they go to the doctor? Does Mommy rock you, does Daddy give you medicine?

## Directions:

1. Show the cover of the book, *Bear Feels Sick*, and ask the children what they think the book is about
2. Give each participant one animal sign. Tell each child that they are a badger, a hare, or a mouse, etc. Tell the children that when you read the book, each one of the animals has something to do. When you read, the child will be doing the action (see list below).
3. Have the children sit in a circle with the stuffed bear in the middle.
4. As you read have each child/animal friend come up to the bear to do their action.
  - Mouse: feels Bear's head, squeezes him tight, whispers in his ear
  - Badger: gets water
  - Gopher: cooks broth
  - Mole: pats Bear w/ cool cloth
  - Hare: gives drink from cup
  - Wren, Owl, Raven: get herbs
5. At the part of the story where Bear feels better, make the stuffed bear dance.
6. Adapt this activity if you have a large group.

## Wrap-up:

Ask the children what Bear's friends did to help him get better. Ask them what they would do if they were Bear's doctor, Mommy, or Daddy. Ask the children to put their animal friend signs next to the stuffed bear and give them a high-five as they do. Tell them they did a great job helping Bear feel better!

**Extension:** Call your local health department and ask them for a GloGerm® kit to aid in teaching good hand washing (good for adults too!)