

The bear

I am good!

Sit down and relax, with your feet flat on the floor, or just lie down comfortably. Loosely close your eyes and become very, very still.

You are walking through the forest. The birds in the trees are singing and the sun sends rays of light between the tree leaves. Above your head, you hear a soft sound, and then you see a squirrel running along the branches. You can follow him with your eyes, until the end of its tail disappears between the leaves. Then, all you hear is the rustle...

Slowly, you continue walking, you smell the scent of the forest and you notice the toadstools under the tree. The sun is shining right on them, it's a magical view. Mosquitos are flying in the light rays, it's just like they're dancing.

When you walk on, you notice the path is climbing. You're climbing a mountain and the ground is becoming more and more rocky. You're tired from walking and you can feel it is getting colder.

Suddenly, your attention is caught by an opening in the mountain. You stop for a moment to look at it, but you are so curious that you start walking towards it. You feel tingles of excitement running through your body. You forget the pain in your legs and you no longer feel tired from all that walking. You stand in front of that hole and you wonder if you dare to crawl into the mountain... You look around, you see no one, all you hear is the leaves rustling. It's exciting, but you also want to know what's inside that mountain, so you crawl into that opening... You look around in surprise. You are inside a warm and safe den! There are green leaves and soft moss on the floor. How delightful, here you can rest!

A big, friendly bear is lying on that bed of leaves and moss. The bear invites you to come and lie down beside her. Her voice is soft, her look is kind. You are not afraid at all! You walk over to the bear and you lower your knees. 'Go and lie down comfortably,' the bear says, 'and give all your troubles to me, I will protect you.' She carefully wraps a paw around you. Feel how the warmth and softness of this bear touches your body...

Think which worries – small or big - you want to give to the bear. This friendly, soft bear wants to look after your worries, so that you can rest and think about all the beautiful things you have experienced today.

The bear asks you to remember when you felt proud of yourself, today, and why. Perhaps you have made something beautiful, or you have helped someone.

The bear softly whispers in your ear: 'You are good the way you are.'

**Conclusion for children that start the day:** Feel how the bear gently strokes your cheek. Greet the bear, and thank her for looking after your worries for you. You will notice that your worries feel lighter now... Take a deep breath in, hold it, and breathe out again. Gently wriggle your toes and fingers, move your arms and legs, and stretch. Slowly open your eyes and think of the bear. Then say to yourself: 'I am good.' Have a nice day!

**Conclusion for children that go to bed:** Feel the softness and warmth of the bear. Go to sleep and have a wonderful, deep sleep together with the bear, and wake up in the morning completely relaxed and full of love. You will find that your worries feel a lot lighter! Think of the bear and tell yourself a few times: 'I am good.'

**Activity:** What does your lovely bear look like? Colour your bear in the colours that suit her. Also, draw the warm bed you have been lying on together in the safe den.