

My Bear Book



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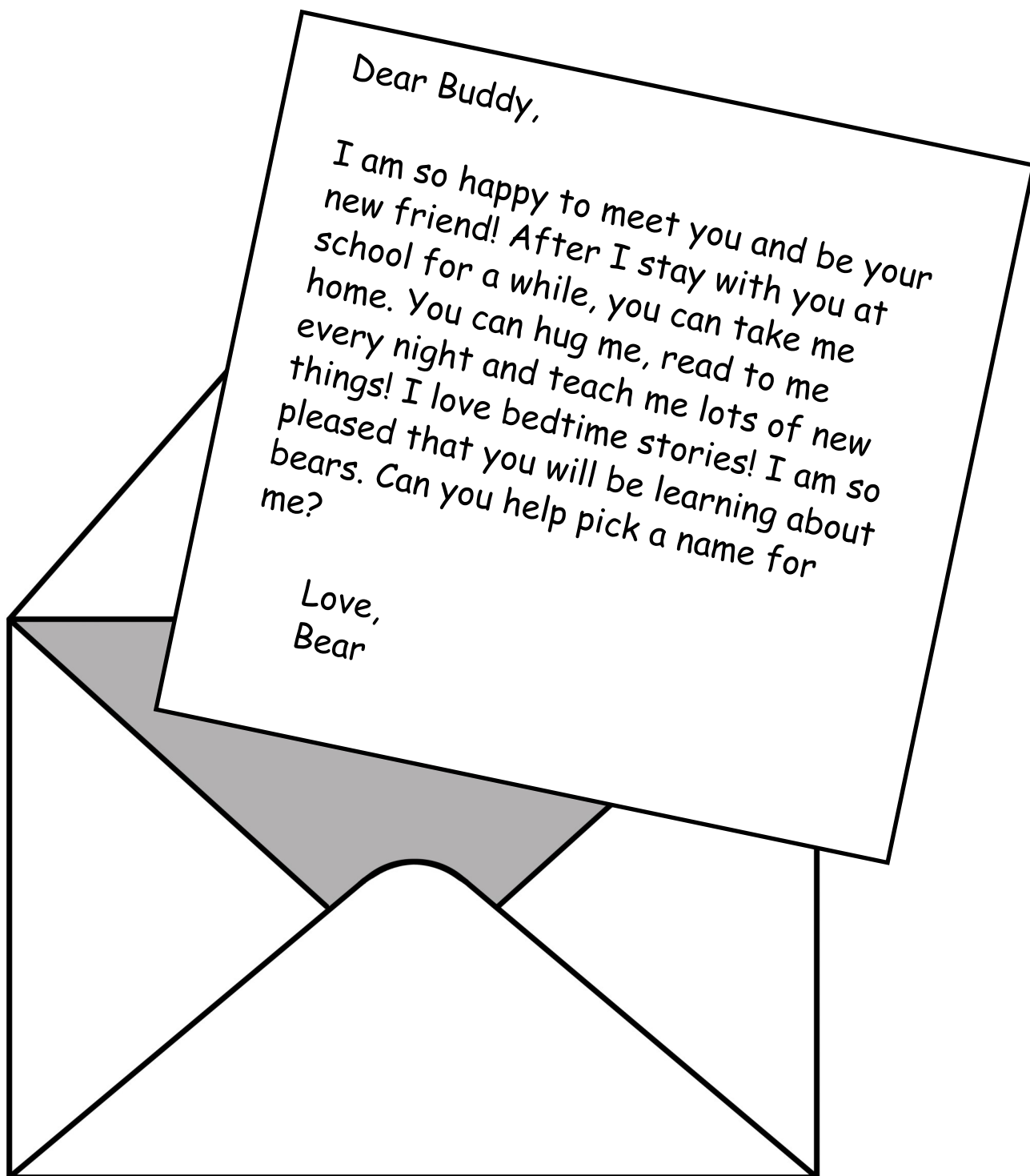
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My Bear Book

Chapter 1: My Bear, My Buddy and Me





Today I'm bringing you two gifts. The first gift is this activity book. We are going to work on it together. The second gift is a teddy bear. Your new teddy bear wrote you a letter and I am going to read it to you:



Dear Buddy,

I am so happy to meet you and be your new friend! After I stay with you at school for a while, you can take me home. You can hug me, read to me every night and teach me lots of new things! I love bedtime stories! I am so pleased that you will be learning about bears. Can you help pick a name for me?

Love,
Bear



Before you take your new friend home we need to make a bear promise. Raise your right hand and repeat after me:

I promise,



To take care of my bear,

To read to my bear,

And to give my bear lots of hugs!

Great job! I know you are going to take great care of your new friend. What is your bears name?

I love that name! Your bear will love you forever, no matter what. Bears also love lots of hugs, especially when you are sad. Let's give your bear some bear hugs right now!



My Buddy Family

Names:

Big Buddy:

Little Buddy:

Buddy Pictures		
Favourite animal		
Language spoken at home		
Favourite food		
Favourite color		

I enjoyed meeting you today and learning more about you.

Here are some ways of saying 'good-bye' in different languages. Is your language included in these greetings? If not, let's add it!

Hóyòwèlh (Huy)
(Coast Salish First Nations)

Au Revoir
(French)

Ciao
(Italian)

Adios
(Spanish)



Hen Gap Lai
(Vietnamese)

Joigin
(Cantonese)

Shalom
(Hebrew)

Dosvidania
(Russian)

Bedrood
(Farsi)

Bis Später
(German)

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Instructions:

Read the rhyme below with your buddy. When you read 'big bear hug' wrap your arms around yourself and softly say 'tap, tap, tap' as you hug and pat yourself. After you read the word "in", take a big, bear breath in with your buddy while counting to 3 on your fingers. After reading the word "out," breathe out loudly while counting to 3 on your fingers.

My Bear Breathing

Bears in the forest feel safe and calm,
When they play, sleep and eat all day long.

Berries for breakfast, and soft grass for a rug
I feel safe and cozy after a big bear hug!

Tap, Tap, Tap.

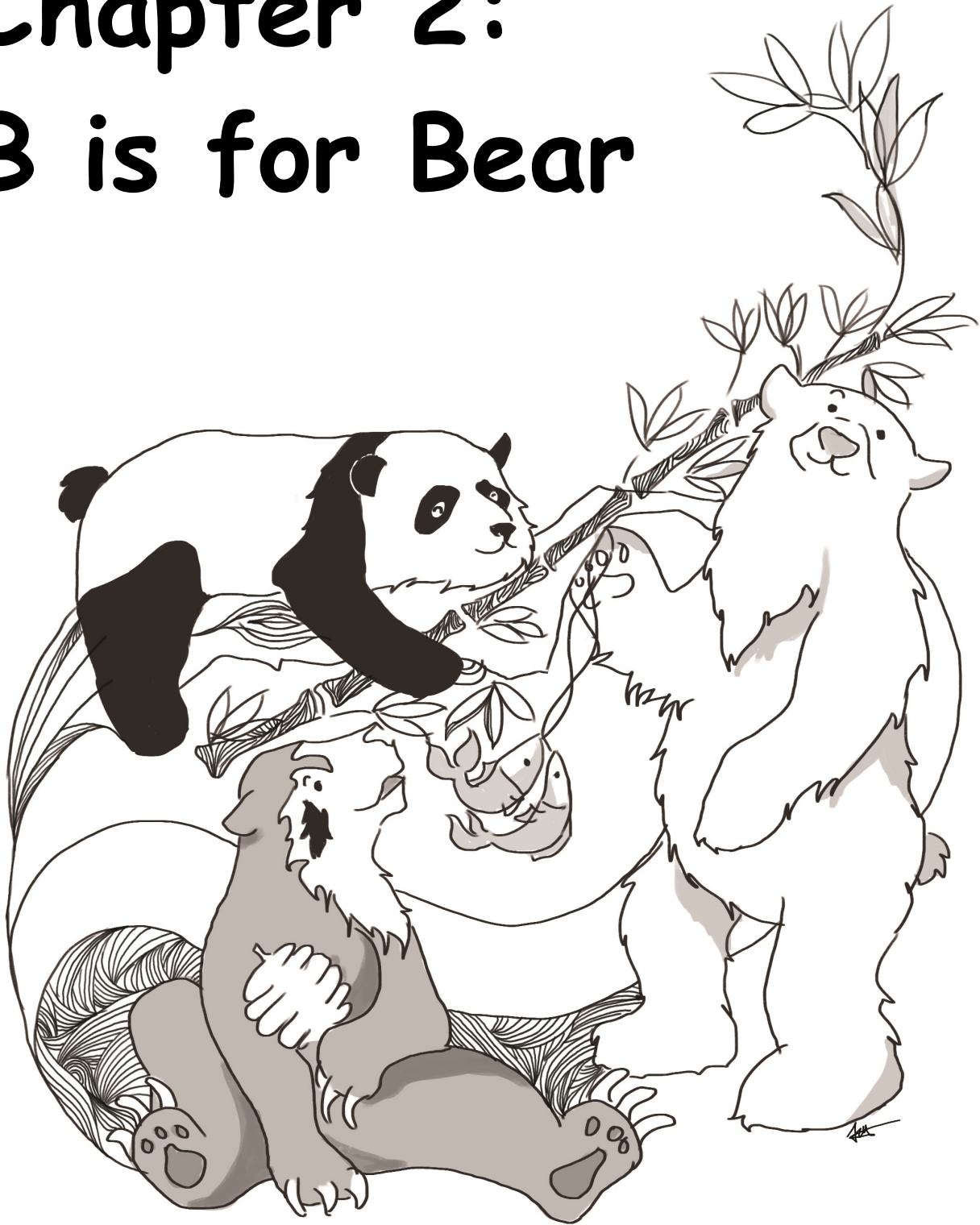
Bears breathe in: 1, 2, 3.

Bears breathe out: 1, 2, 3.

Calmly and slowly through their snout.

Chapter 2:

B is for Bear



I have bear friends that live all over the world.
There are 8 different types of bears.

Let's meet them all!

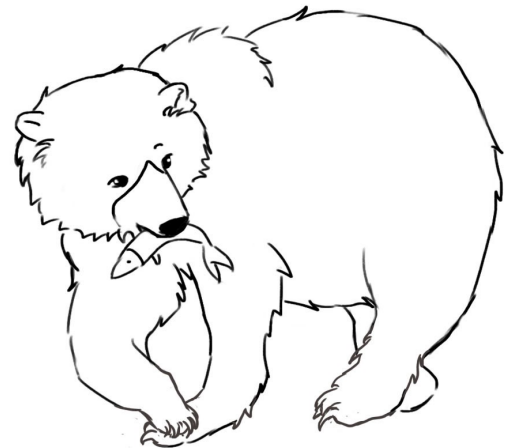


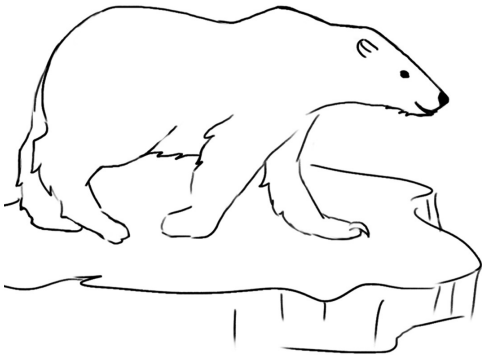
I am Blake and I am a black bear. I live here, in the forests of British Columbia, but you can find my relatives all over Canada, the United States of America, and Mexico. My fur is black, but other black bears can be brown, cinnamon colored or even white!

White black bears are also known as Spirit Bears. Spirit Bears are important in Indigenous cultures. Spirit Bears can only be found in the rain forests of British Columbia.

My name is Denise and I am a brown bear. You may know me as a grizzly bear. We are one of the largest types of bears. Brown bears have a hump of muscle between their shoulders. This is how you can tell a brown bear and a black bear apart.

I live in the forests of the Rocky Mountains, but you can find other grizzly bears in Alaska, Asia and in Europe. Brown bears are the most common type of bear in the world!





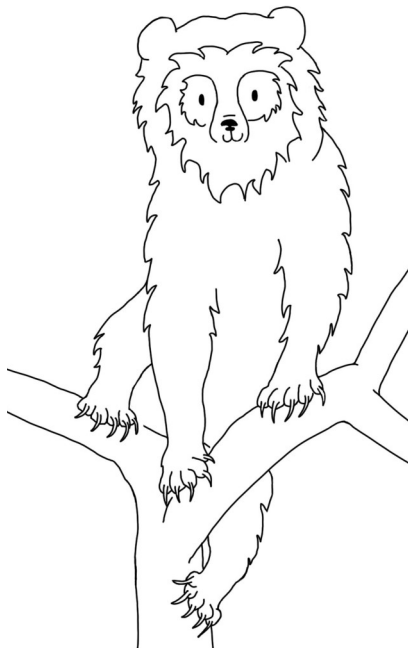
I'm Polly the polar bear. I live with my cubs in the North Pole. We love playing in the snow and swimming in the cold water. We have special paws and sharp claws to help us walk around on ice. Polar bears are also the largest type of bear. Most polar bears live in Canada but some live in Greenland, Norway, or Russia.

My name is Patches and I am a giant panda bear. My family and I live high in the mountains of China. Panda bears are easy to recognize because we have black patches around our eyes and we have black ears, arms and legs. Panda bears only eat bamboo. We have special wrist bones that act like a thumb to help us hold bamboo. Panda bears only live in China.



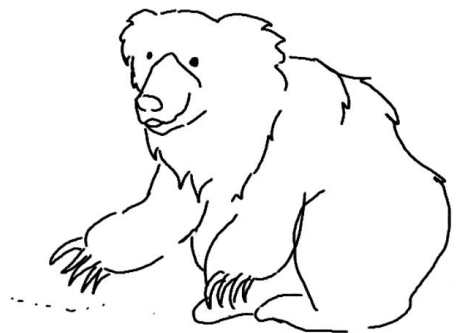
My name is Moe and I am a moon bear. Moon bears are also called the Asiatic black bear. I live in Japan but I have family all over Asia and in Russia. We are called moon bears because we have a crescent moon shape on our chest. I have big round ears, so I am great at listening. Moon bears like to walk on their hind legs. I can walk upright for half a kilometer!

I'm Sunny, the sun bear. I live in the forests of Southeast Asia. Sun bears are the smallest type of bear. We are called sun bears because we have a bright yellow patch of fur on our chest that looks like the rising sun. My family and I live deep in the forest. We have long tongues so that we can reach hiding bugs and eat honey from bee hives.



My name is Speckles, but my friends call me Specs. I am a spectacled bear. Spectacles is a fancy name for glasses. We get that name because we look like we are wearing glasses. Our fur is black and with white patches around our eyes. We are one of the types of bears found in South America. where it is nice and warm.

Hello kids! I'm Slinky the sloth bear. I live near the Himalayan Mountains in India. Unlike most bears, we like to spend time with other sloth bears. We also carry our babies around on our backs. You can always hear us coming from a long ways a way because we are very noisy. We suck bugs out of trees like a vacuum.



Now you have met all of my bear friends! Just like people, bears come from different parts of the world. Each type of bear is special in their own way, and we all like to do different things.

If you could be any type of bear, which type of bear would you be?



Big Buddy:

Little Buddy:

Chapter 3: Bear Celebrates



Everyone loves to eat, and so do bears! Bears love food so much that they will eat just about anything! Their favourite foods are fruit, bugs, honey, plants and other animals.



Illustration by Evelyn Kirkaldy

Some bears eat during the day, like black bears, brown bears, polar bears and panda bears. They like to eat when the sun is out and it is nice and warm.

Some bears eat at night, like moon bears, sun bears, spectacled bears and sloth bears. It is hot outside during the day where they live, so they are awake at night when it is cool instead. What do you eat when it is hot out? What do you eat when it is cold out?

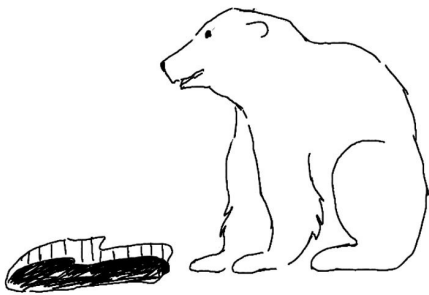
Let's read on to see what the different bears like to eat!



Blake the black bear is hungry after sleeping all winter long. He's looking for ants, berries, fish and honey. And he even eats grasses and roots, isn't that funny?!

Black bears like Blake have sharp claws to dig for roots. Practice digging like Blake! Did you know we eat roots, too? Vegetables like carrots are actually roots!

Denise the strong brown bear is queen of the Western woods. She is an expert at catching salmon and eating thousands of blueberries! Brown bears eat, and eat, and eat because they are so BIG! Can you eat thousands of blueberries?



Polar bears, like Polly, wait on top of the ice for a seal to pop up for a breath of air and then she quickly catches one for lunch! Patient Polly must wait for a long time for a seal to come up from underwater. Polar bears are an important part of the Arctic!

Patches the panda bear was munching on bamboo. Crunching and chewing so that each day she grew!

Panda bears only eat bamboo, so guess where they live? Why, in a bamboo forest, of course! Can you make chewing noises like a Patches?



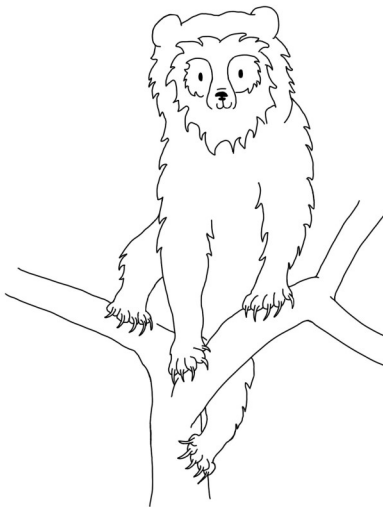


Moon bears like Moe spend half of their time climbing in trees. They are also really good at standing and walking around on their hind legs. They are able to stand and reach all the yummy berries, nuts and insects high up in the trees.

Sun bears love to eat termites and honey. They have a long tongue to lick honey from bee hives. They also use that tongue to like up bugs. Look out for that long tongue when you give them a hug! Let's pretend to be Sunny sun bear and lick up some bugs and honey.



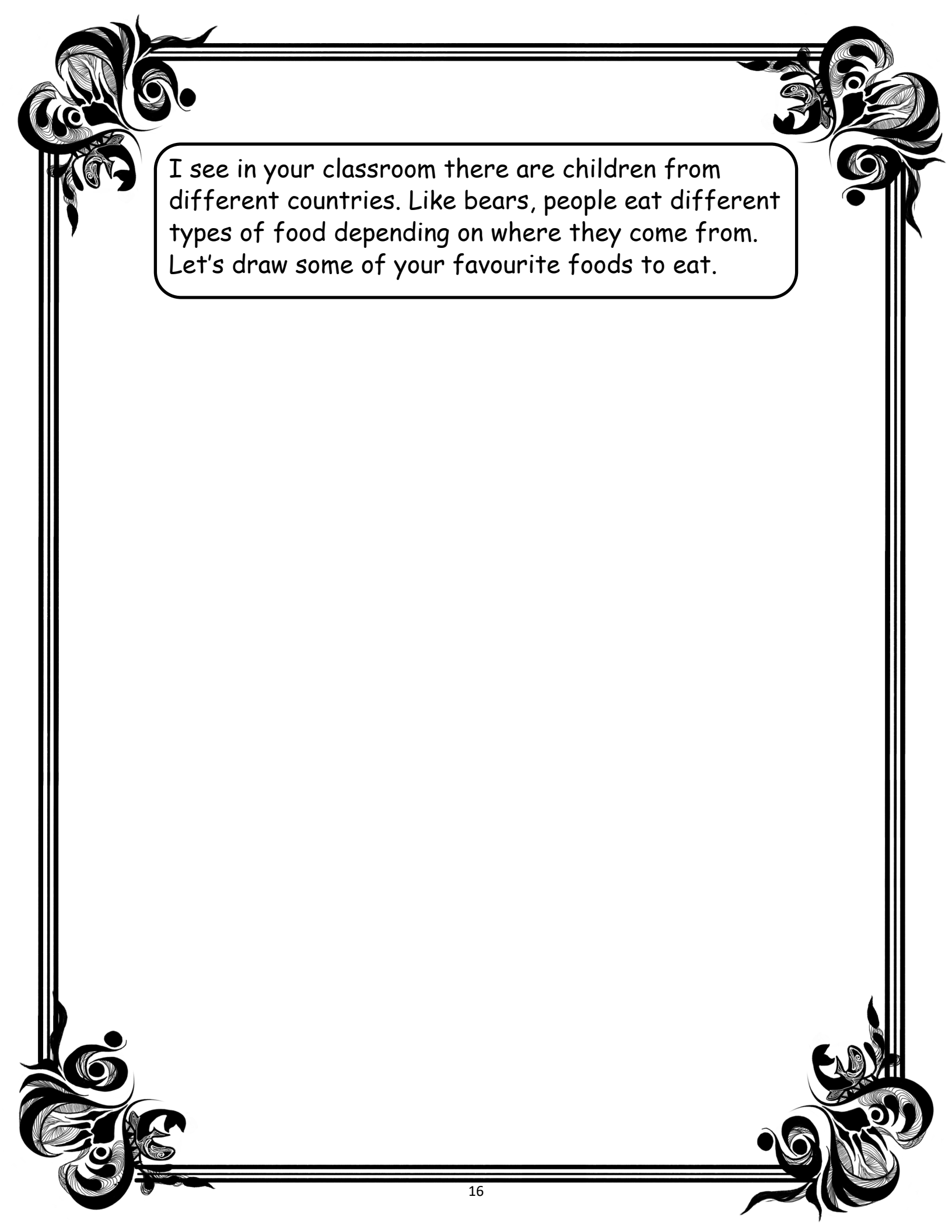
Did you know spectacled bears build nests in the trees to eat their food in?



If you look up in the trees, for branches shaped like a bed. You might see a plate full of bugs and berries. And you might see Specs' big bear head!

Sloth bears like Slinky love to eat termites and ants. They can sniff them out with their special noses and have long claws to dig them up! Let's make sniffing noises like Slinky. What kinds of foods do you like to smell?





I see in your classroom there are children from different countries. Like bears, people eat different types of food depending on where they come from. Let's draw some of your favourite foods to eat.

Chapter 4:

Bear Bedtime



All bears love to sleep! There are 8 different types of bears and bedtime is different for each type.

Black bears and grizzly bears, like Blake and Denise, take long naps that last all winter. This is called hibernation. It is hard to find food in the winter, so these bears sleep instead. Bears hibernate in dens. Dens can be small caves, hollow trees, or a nest on a ground.

In autumn, Blake and Denise eat lots of food. This is to help them get big and fat before their long sleep. This helps them sleep through the winter so they don't have to wake up to eat.



Illustration by Evelyn Kirkaldy

Did you know that mother bears will give birth to their cubs while they are hibernating? A mother bears usually has two to three cubs. Her cubs stay in the den with their mother until spring.

New cubs weigh 500 grams. That's the same as half a loaf of bread!

In places that get really hot, bears sleep during the day. Then they come out to play and hunt at night when it's cool. In places that are warm, bears don't need to hibernate in the winter.



Spectacled bears, sloth bears, and moon bears like to sleep high in the tree tops. This keeps them safe while they sleep. Black bears and grizzly bears like to sleep in hollow trees and caves. Polar bears dig dens in deep snow. Their thick fur helps keep them nice and warm.



Sometimes if I am excited, or if I have had a bad day, I find it hard to go to sleep. Getting a good night's sleep is important so that I am not tired the day. These are the things I do when I am having trouble falling asleep.

1. I try taking 5 deep bear breaths. Big deep breaths help me relax. Do you remember how to do bear breathing? Let's practice together!

Bears in the forest feel safe and calm,
When they play, sleep and eat all day long.

Berries for breakfast, and soft grass for a rug,
I feel safe and cozy after a big bear hug!
Tap, Tap, Tap.

Bears breathe in: 1, 2, 3.

Bears breathe out: 1, 2, 3.

Calmly and slowly through their snout.

2. I take out one of my favourite books and look at the pictures, or I will make up a story to tell my teddy bear.
3. I make sure I cuddle my teddy close, and before you know it I am fast asleep!

Sunny is having a hard time falling asleep. What helps you go to sleep? Let's draw some things that would help you get to bed.



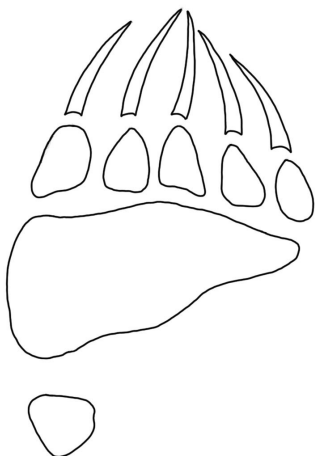
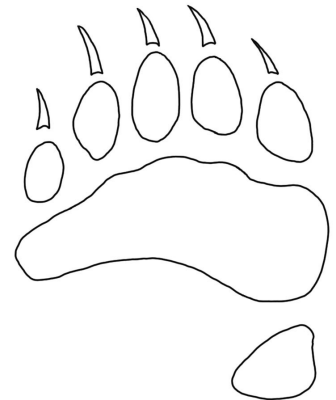
Chapter 5: Special Bear





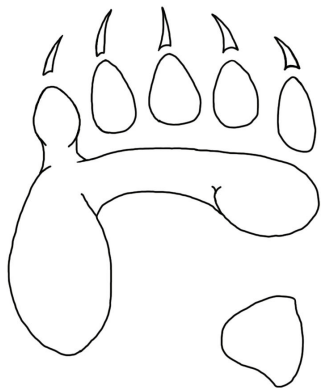
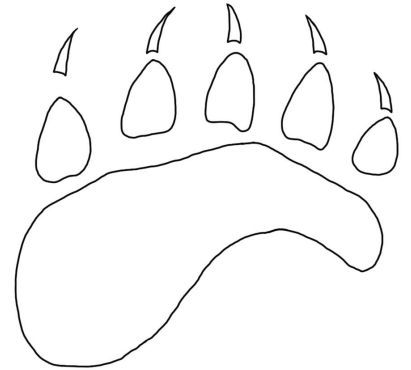
Just like humans, each type of bear has something that makes them special. The shape of a bear's paw helps them be good at different things. This is one way that makes each bear special.

Black bears, like Blake, are also great at climbing trees. They have sharp, curved claws that cling to tree bark. This helps Blake quickly get up a tree. Blake's claws also help him catch fish. He is an excellent fisher-bear!



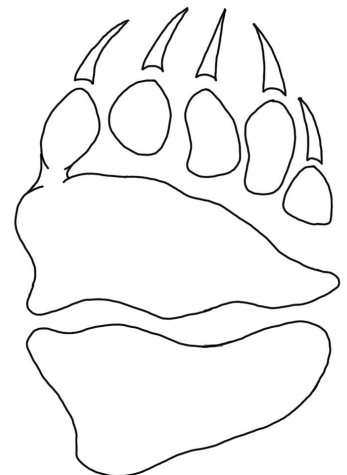
Brown bears, like Denise, have claws that are too long to climb trees. Instead, these long claws help her dig up insects and roots. Denise also has a hump of muscle on her back. This means that she is very strong and can move big rocks.

Polar bears, like Polly, are the biggest bears in the world. They also have the biggest bear paws. Polly's paws are webbed to help her swim underwater. Also, she has tiny suction cups on her paws to stop her from slipping on ice.



Panda bears, like Patches, have an extra claw on their paw to help tear bamboo stalks. Patches has large teeth perfect for chewing bamboo. Patches loves bamboo so much that she sits around and chews it all day!

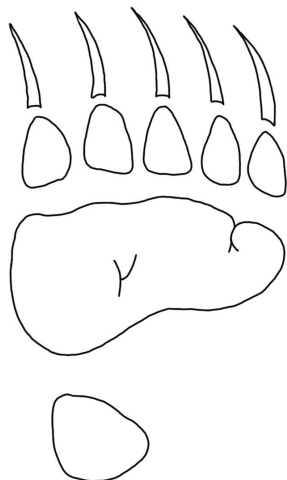
Moon bears, like Moe, have short and strong claws. His claws are perfect for climbing trees. Moe's big paws also make him good at swimming. He can also walk on his hind legs.







Sun bears, like Sunny, have very long tongues. Their long tongues are perfect for licking insects from logs and honey out of beehives. Sunny has big paws and long claws too. These help her climb in the tree tops.

Spectacled bears, like Specs, have long sharp claws. Specs' claws help her dig up insects from the ground. Her claws are also really great for climbing. She can climb around on rocks and also in trees.





Sloth bears, like Slinky, can dig for insects with their long claws too. Slinky's claws also help him break into logs to find yummy bugs. When Slinky finds bugs he sucks them up and makes a loud slurping sound.



Like bears, you also have things that make you special. Let's trace a picture of both of your hands. There is one page for the Little Buddy and one page for the Big Buddy. In each finger write a word that describes you. Sometimes it is tough to think of things that make us special. Here are some ideas to help you out:

**Smart Kind Funny Silly Fun Serious Quiet Fast
Curious Brave Honest Playful Creative Loving
Patient Generous Thoughtful Friendly Helpful**

Little Buddy:

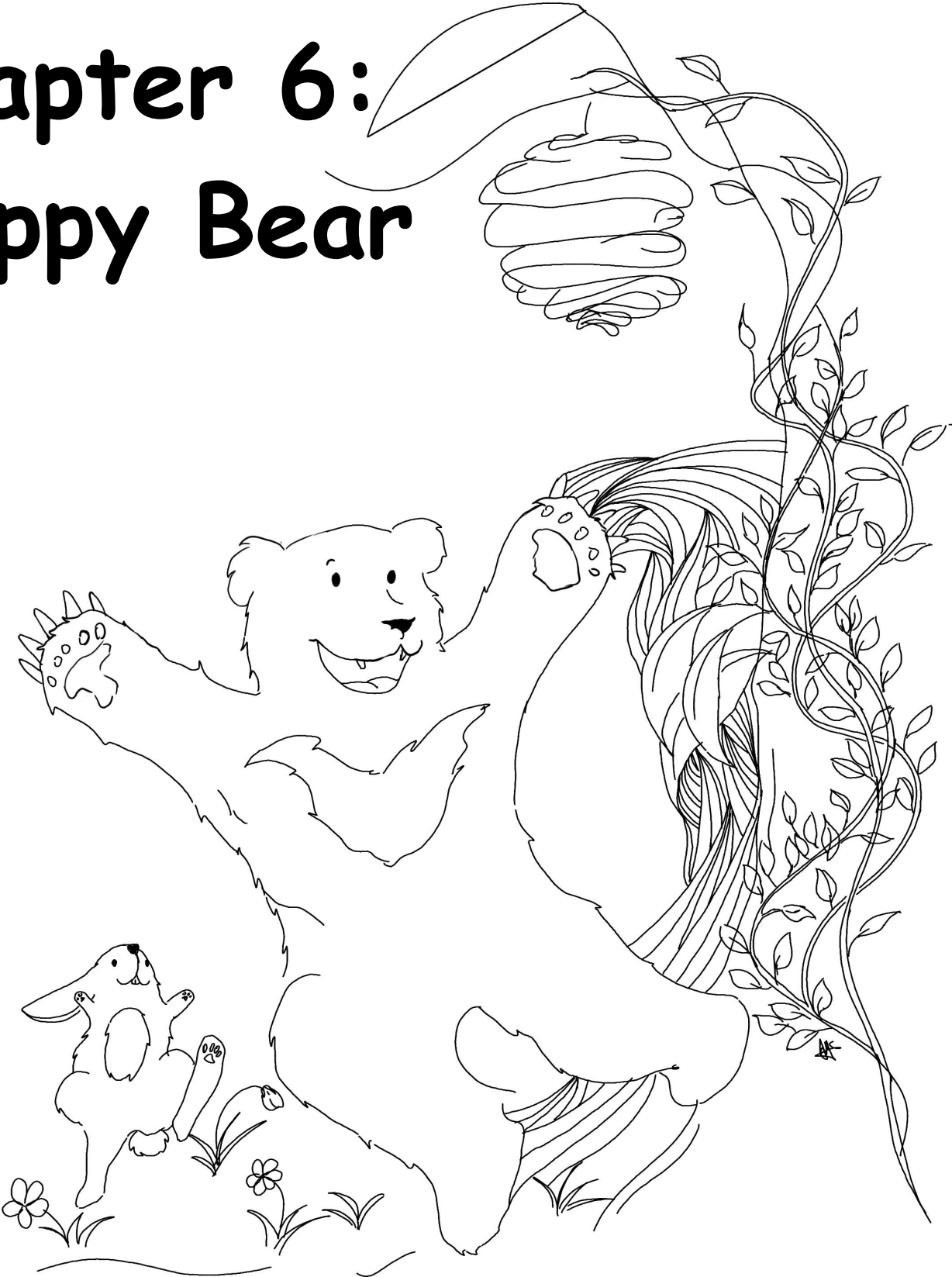


In each finger write a word that describes you.
Sometimes it is tough to think of things that make us
special. Here are some ideas to help you out:

Smart Kind Funny Silly Fun Serious Quiet Fast
Curious Brave Honest Playful Creative Loving
Patient Generous Thoughtful Friendly Helpful

Big Buddy:

Chapter 6: Happy Bear



Like you and I, all bears do things that make them happy. Like people, different bears have fun in different ways.

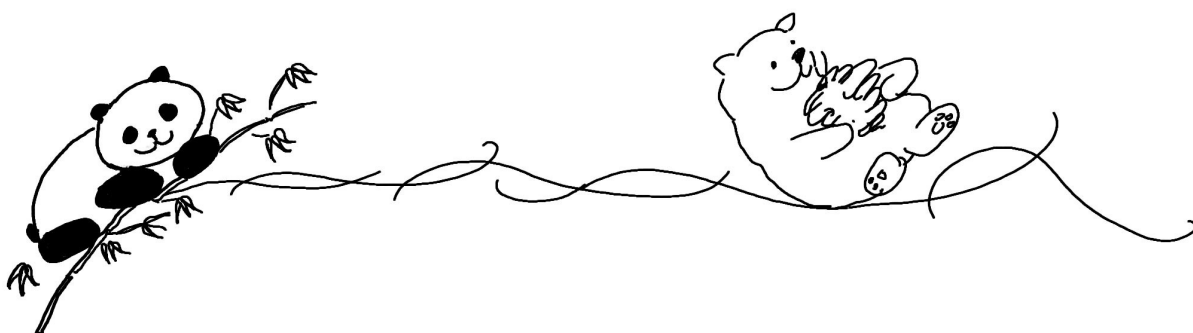
Black bears like Blake love to play with each other,
But they are careful not to hurt their brother.

Brown bears like Denise splash in puddles,
She also loves giving lots of bear cuddles.

Polly the polar bear loves to play in snow,
She plays even when the cold winds blow.

Patches the Panda is happy eating bamboo,
And all you can hear is chew, chew, chew.

Moe the moon bear loves to play on his own,
But that's okay, he just likes to be alone.



Sunny, sun bear likes to sit and eat honey,
He loves eating honey when it's sunny.

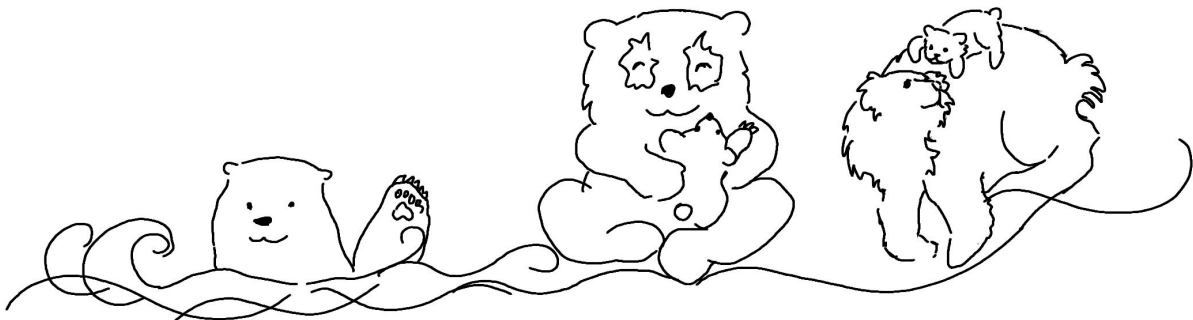
Spectacled bears like Specs love to climb trees,
Up there is where they always feel free.

Slinky the sloth bear loves to make noise,
Grunting and snorting are the sounds he enjoys.

All these bears have fun in different ways,
What is your favourite game to play?

Big Buddy: _____

Little Buddy: _____



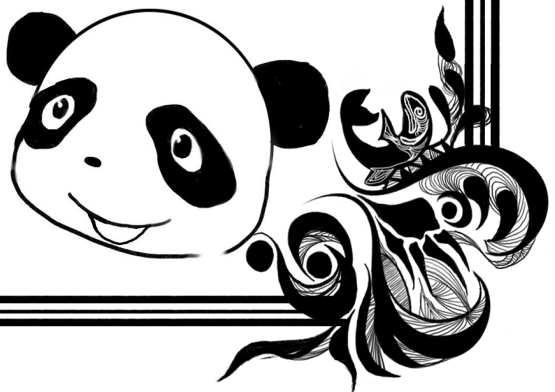


Patches is having a bad day. We all have days where we feel sad or angry. Sometimes it helps to share how we feel with someone else. Someone like a teacher, a friend, or our parents. It's okay to be upset, but there are always reasons to be happy!

What are some things that make you happy?

Little Buddy:

Big Buddy:



Chapter 7: Earth Bear



Together we have learned a lot about bears. We have learned what different bears eat, how they sleep, and what makes them happy. We also learned about where different types of bears live.



Illustration by Evelyn Kirkaldy

Did you know that in British Columbia we have a National Park called the *Great Bear Rainforest*? The park helps protect bears and makes sure they have a safe place to live. The *Great Bear Rainforest* is also the only place where you can find the *Spirit Bear*. A *Spirit bear* is a rare white black bear, and is an important symbol in many Indigenous cultures.

Bears are a special animal to many Indigenous cultures. In some cultures, the bear is seen as a leader of animals. This is because they are wise and powerful. Other cultures believe that bears are protectors, teachers, or healers. Many Indigenous cultures around the world have stories about the bear's abilities.

To many Indigenous cultures, bears are known as the Medicine Bear. It is thought that bears have a connection with the Earth. They eat certain plants to keep away pests. They eat other plants to help when they are sick. By watching bears, many people around the world have learned how to treat and cure illnesses.



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In some Indigenous cultures the bear is known as a Spirit Animal. There are many different Spirit Animals and each has it's own strengths. Let's use your birthday to find out what your Spirit Animal is!

Bear

August 22 to September 21

Hardworking, thoughtful

Wolf

February 19 to March 20

Gentle, helpful

Raven

September 22 to October 22

Friendly, forgiving

Hawk

March 21 to April 19

Strong, powerful

Snake

October 23 to November 22

Determined, mysterious

Beaver

April 20 to May 20

Careful, dedicated

Owl

November 23 to December 21

Kind-hearted, cheerful

Elk

May 21 to June 20

Cooperative, kind

Goose

December 22 to January 19

Honest, easygoing

Woodpecker

June 21 to July 21

Supportive, protective

Otter

January 20 to February 18

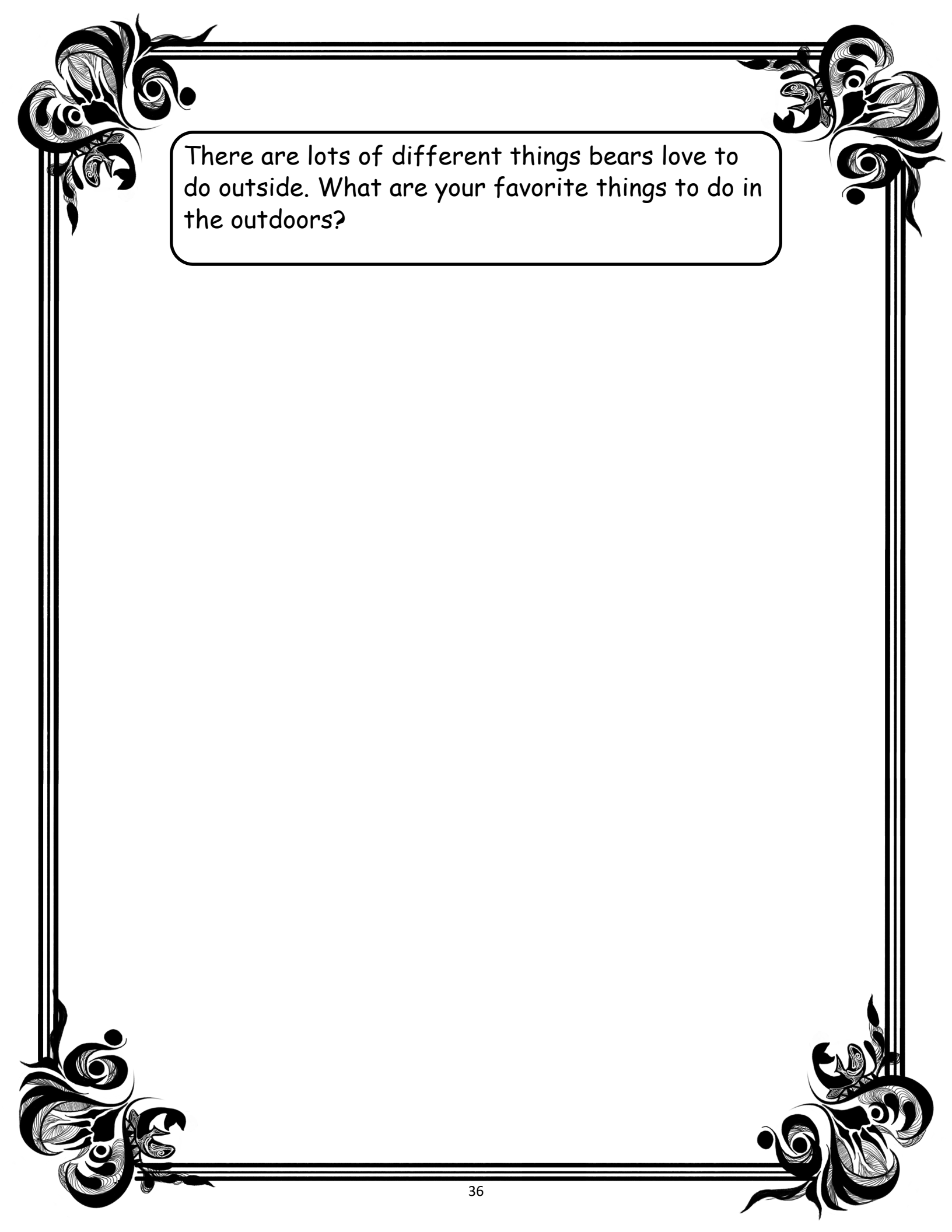
Energetic, friendly

Salmon

July 22 to August 21

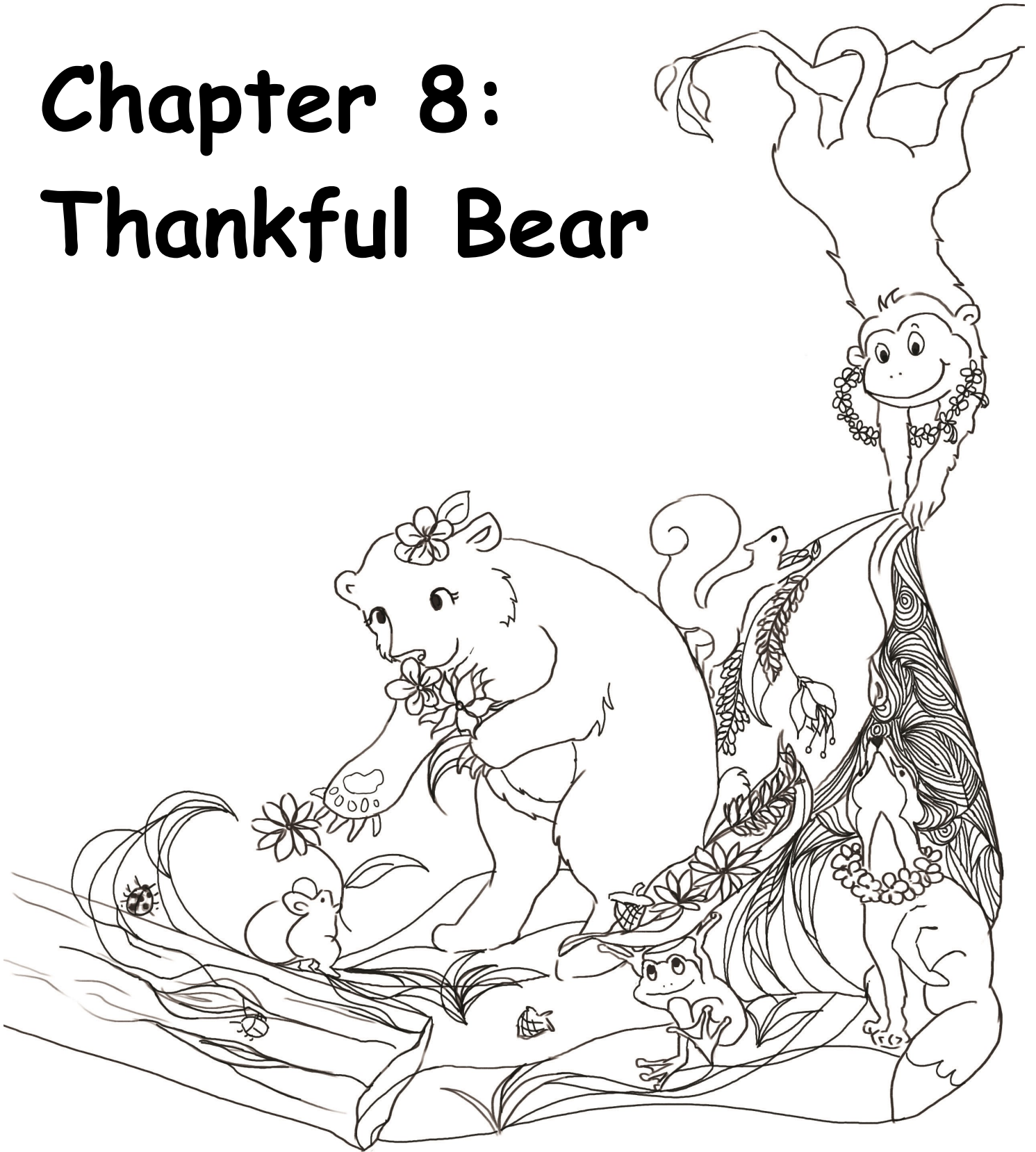
Proud, full of energy

Adapted from: Bear-ology: Fascinating Bear Facts, Tales & Trivia, by S. Dolson, 2010, Page: 140. Copyright 2009 by Sylvia Dolson.



There are lots of different things bears love to do outside. What are your favorite things to do in the outdoors?

Chapter 8: Thankful Bear



Today is our last session. We have learned so much together! I have had fun reading and learning about bears with you.

We learned that bears, like Polly the polar bear, live in the Arctic. Also, that bears like Patches the panda bear, have special teeth and extra claws for eating bamboo. What are some other things you have learned about bears?



Illustration by Evelyn Kirkaldy

I'm grateful for the time we got to spend together as Big Buddy and Little Buddy. Let's think about what made our visits special

What was your favourite book we read together?

Big Buddy: _____

Little Buddy: _____

Which bear was your favourite bear?

Big Buddy: _____


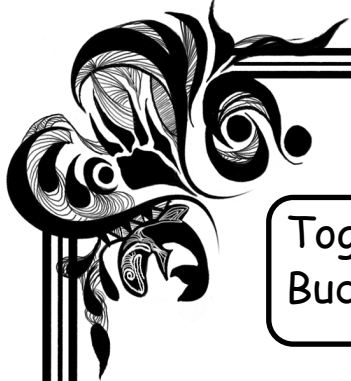
Little Buddy: _____

What was your favorite part of our visits?

Big Buddy: _____

Little Buddy: _____

Together, we learned that bears live all over the world. They are all special and are part of a big bear family.



Together, draw a picture of Big Buddy and Little Buddy. Don't forget to include your bear friends!!



This book belongs to:

(Little Buddy)

Completed with:

(Big Buddy)

Colour the letters that are in both buddies' names.

A B C D E F G H I
J K L M N O P Q
R S T U V W X Y Z

