



Honey Bear

Resource Guide

Honey Bear's stories help children appreciate and recognize gifts that are all around. The storylines and positive affirmations help children learn and practice gratitude, mindfulness, and connecting with others and nature.

Key Themes

Gratitude

Taking notice and being thankful for the things, people, and connections we have

Connection

Feelings of love and affection for people, places and things we care about

Mindfulness

Slowing down and paying attention with all of our senses, to what is happening right now

Respect

Feeling deep admiration for someone or something because of their qualities

Sharing

Giving, receiving, using, or enjoying with others

Discussion Questions

What is something you feel thankful for?

My comfy bed, my parents, my teachers, my yummy lunch, etc..

What special place, community, or person do you feel connected to?

My school, my parent, my stuffed animal, etc.

Activity

Draw a picture or write a thank you card for someone that you feel grateful for. How does it make you feel in your heart and mind to share your gratitude with someone? How do you think it will make that person feel to receive your message?

Affirmation

I am grateful for the gifts all around.