glumberkins"

## **Repair Bear**

Oh Grumpy Bear, this wasn't fair. I lost my temper and you were there.

My feelings were so big, you see. My voice got loud, it scared you AND me.

My thoughts were stuck in black and white, I only saw a wrong and right.

> But now I'm calm and I can see there is a better way to be.

I took a breath, your turn now too. In calming down, I have words to share with you.

> l'm sorry my love, l care about you. My big feelings are mine and are not about you.

Let's find a way to come back together, to reconnect and be closer than ever.

Slumberkins supports caregivers, educators, and children in building a foundation of social-emotional wellness. Check out more resources at slumberkins.com

©2021 Slumberkins