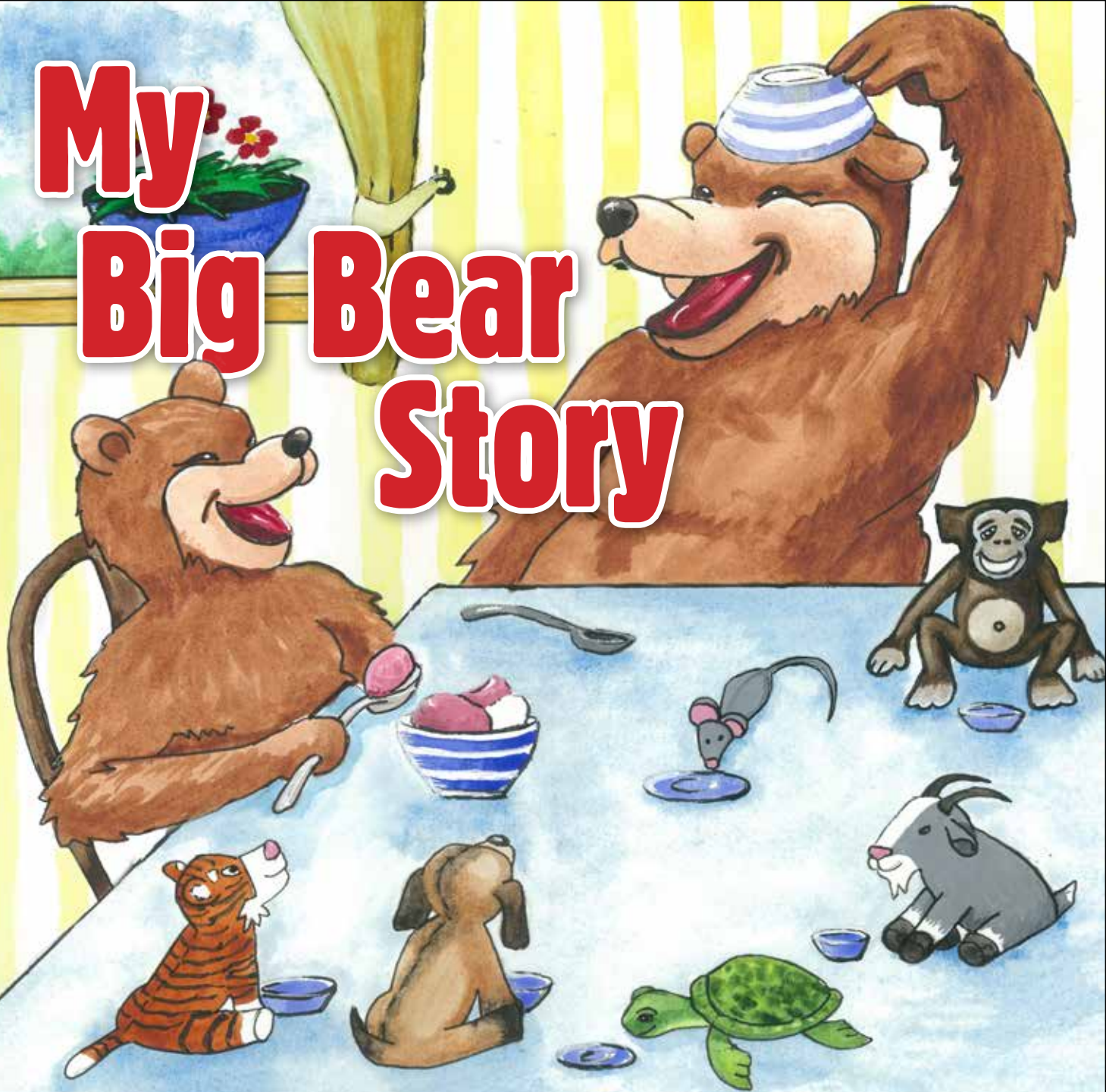


# My Big Bear Story



Written by Cherie Curtis

Illustrations by Jacqui Read

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Illustrations by Jacqui Read  
Produced by Creative Regions Ltd

Published by Creative Regions Ltd  
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***Dedicated to all children everywhere.***

***We all deserve to be Happy Bears.***



Sometimes, I am the happiest bear in the world.

I play with Big Bear in our back yard.  
We play games. We eat ice-cream.

We lie stretched out on the grass and search for  
cat and dog clouds in the sky.

We laugh and have fun.

Sometimes, I think Big Bear will always be  
there for me.





But sometimes Big Bear changes.

Sometimes,

Big Bear glares.

Big Bear snaps.

Big Bear snarls.

Big Bear becomes... Scary Bear.



Scary Bear is different to Big Bear.  
Scary Bear does things that Big Bear would never do.

Sometimes, Scary Bear growls bad words  
or throws dishes at the wall  
or punches the door.

Scary Bear does things that make me scared.

When Big Bear changes, I change too.





Sometimes, when I think about Scary Bear,  
I feel like a frightened little mouse.

My heart beats faster and my hands feel damp.  
Butterflies swirl inside my tummy.

I scamper to my room and hide under the bed.  
I am no longer Happy Bear.



Sometimes, when I think about Scary Bear,  
I feel like an angry tiger.

My heart thumps and my head throbs.  
Fiery lava burns inside my tummy  
and bubbles up inside me.

I stamp my feet and roar out loud.  
I am no longer Happy Bear.







Sometimes, when I think about Scary Bear,  
I feel like a sad puppy.

A lump hurts my throat and I cannot talk.  
My tummy aches and I try not to cry.

I don't want to laugh and I don't want to play.  
I am no longer Happy Bear.



Sometimes, when I think about Scary Bear,  
I feel like a tired old turtle.

My arms and legs are heavy and slow.  
It's hard to think and harder to walk.

I hide inside my big warm shell  
and wish I could stay there forever.

I am no longer Happy Bear.







Sometimes, when I think about Scary Bear,  
I feel like a squiggly monkey.

My face flushes hot as I giggle and laugh.  
My stomach fizzes like a soft drink.

I scatter my pencils and run around,  
then climb the chair and hang upside down.

I am no longer Happy Bear.



Sometimes, when I think about Scary Bear,  
I feel like a guilty goat.

My chest is tight and I struggle to breathe.  
My body aches and my head throbs.

I clutch my tummy and I feel sick.  
I clench my fists and slip away.

I am no longer Happy Bear.



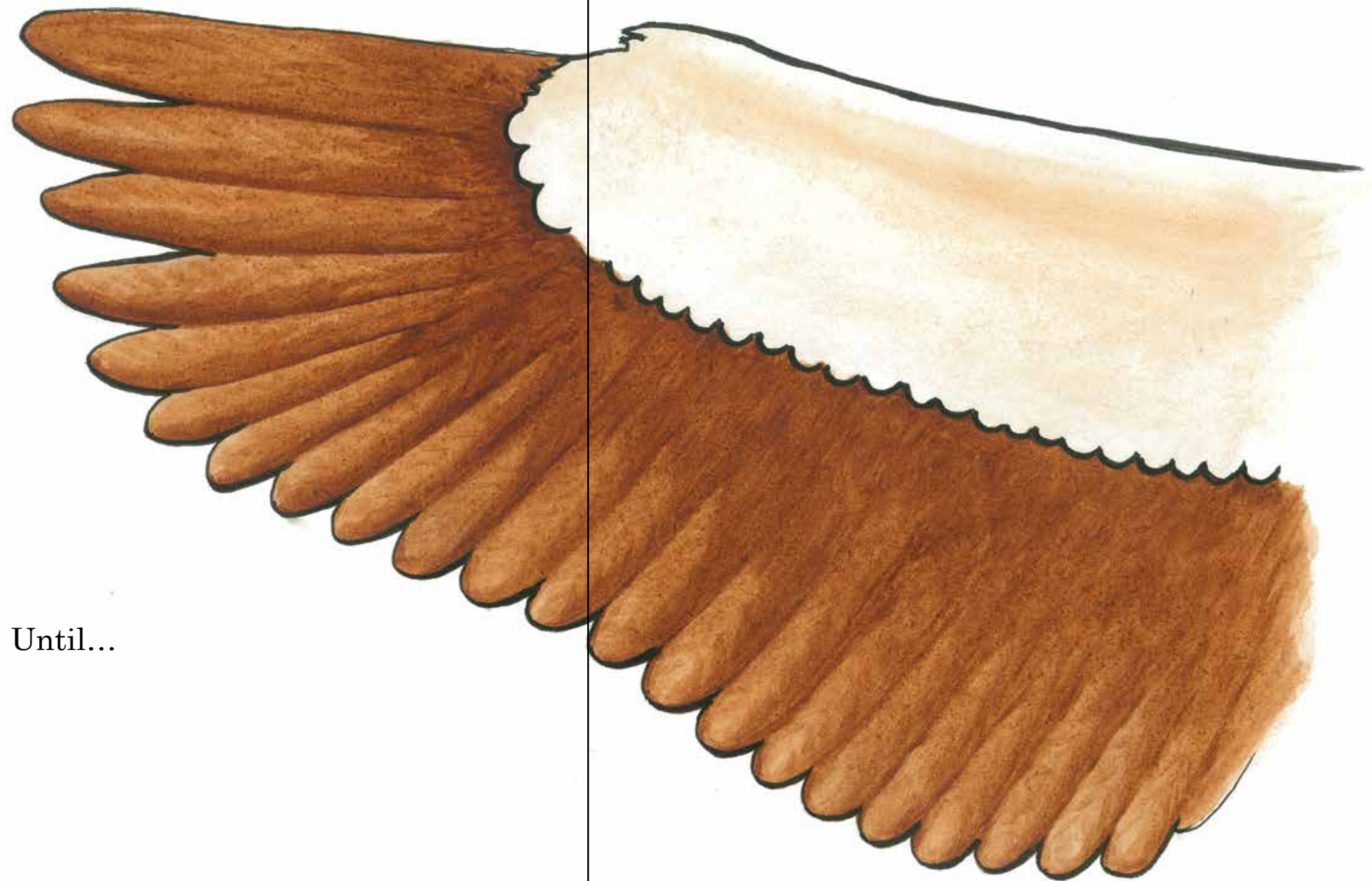


Sometimes, when Big Bear becomes Scary Bear,  
I go to my room and talk to my fish,  
or escape to the backyard and pat my dog,  
or ask if I can visit a friend's house to play.

I pretend I'm someone else.  
I pretend I'm somewhere else.

Sometimes, I just don't know what to do.





Until...





I realise Wise Owl can help.  
Wise Owl is an adult I can trust.

Wise Owl tucks a gentle wing around my shoulder  
and lets me talk without feeling stupid or selfish.

When I'm with Wise Owl, I can be

as frightened as a mouse



as angry as a tiger

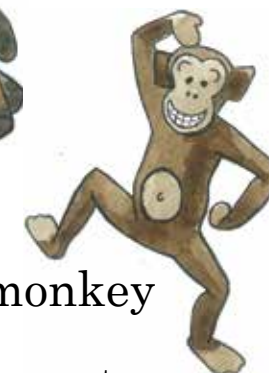
as sad as a puppy



as tired as a turtle



as squiggly as a monkey



as guilty as a goat.



Wise Owl nods and listens  
and helps me work things out.

We talk about Scary Bear and how to get help.

Now, if Scary Bear comes around,  
I know why I feel this way,  
I know how to feel safe,  
and Wise Owl is helping my family, too.









# Imagine you are Happy Bear



1. When Scary Bear appears,  
how does that make you feel?



2. When you feel this way,  
what do you do?

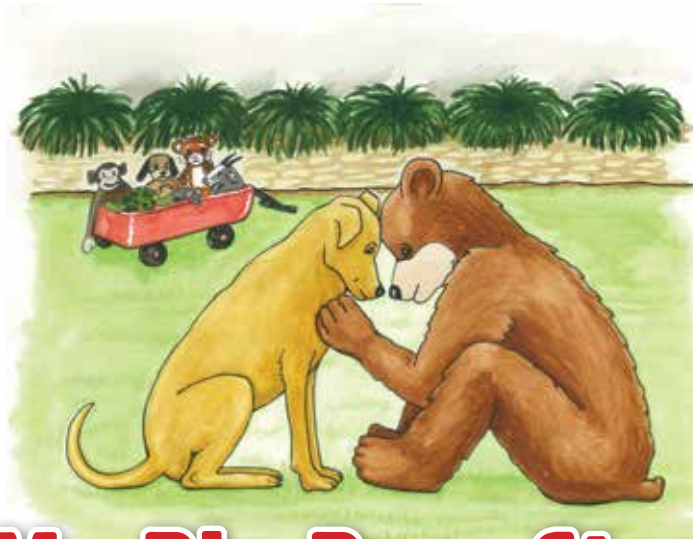


3. When Scary Bear appears,  
what can you do to help  
yourself feel safe?



4. When Scary Bear appears,  
who can you go to for help?





# My Big Bear Story

**Happy Bear loves spending time with Big Bear but sometimes Big Bear changes, sending Happy Bear on a roller coaster ride of emotions and not knowing what to do next.**

**Discover how this unhappy bear becomes a safe and Happy Bear again.**

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*My Big Bear Story was developed in consultation with UnitingCare Community and Phoenix House in Bundaberg as part of Creative Regions' 2014 Anti-Domestic Violence Campaign.*

*Copies of an Education Package associated with this publication can be sourced through Creative Regions.*  
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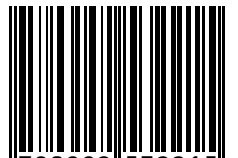
**Australia  
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