

Can't You Sleep Little Bear?

Activity Card



Dear Families - Books often give us a way to talk about the worries and concerns that preschoolers have. In this book, Big Bear tries one solution after another to help Little Bear with his fear of the dark. This book provides a wonderful opportunity for you and your child to talk about a fear and a way to overcome that fear.

In the first box below, have your child draw a picture to represent something he or she is afraid of. Next, spend a bit of time talking about ways to overcome that fear. Then, in the second box, have your child draw a picture of how she or he can work to be less and less afraid.

Something I'm afraid of...

Something I can do to be less afraid...