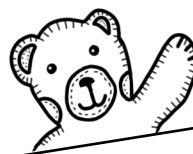


# GOODBYE FOR NOW



outsidein



Hello everyone!

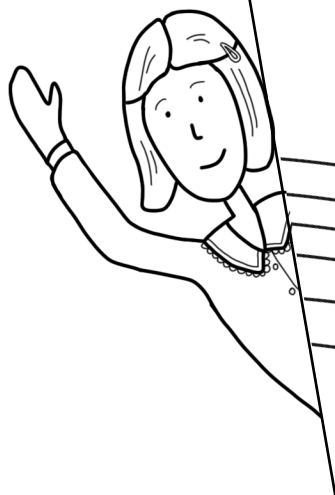
Thanks for joining us  
on our adventure.

We're both feeling happy now, and  
we know that if we ever feel sad  
or scared again, that we have lots  
of things we can do to help us feel  
better. We hope you do too.

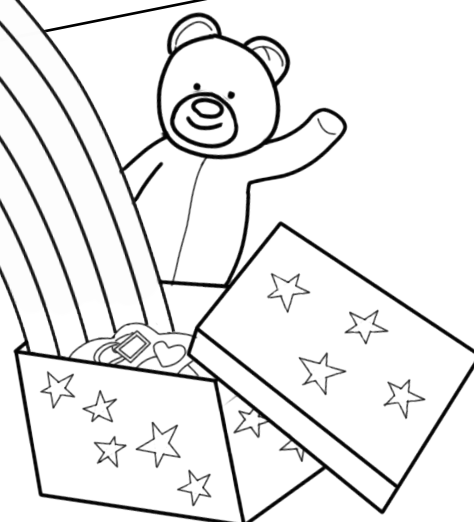
Bye for now!

Love from,  
Robin and Willow

xx



P.S. We've  
attached  
everything you  
need to do your  
very own Teddy  
Pause



# TEDDY PAUSE

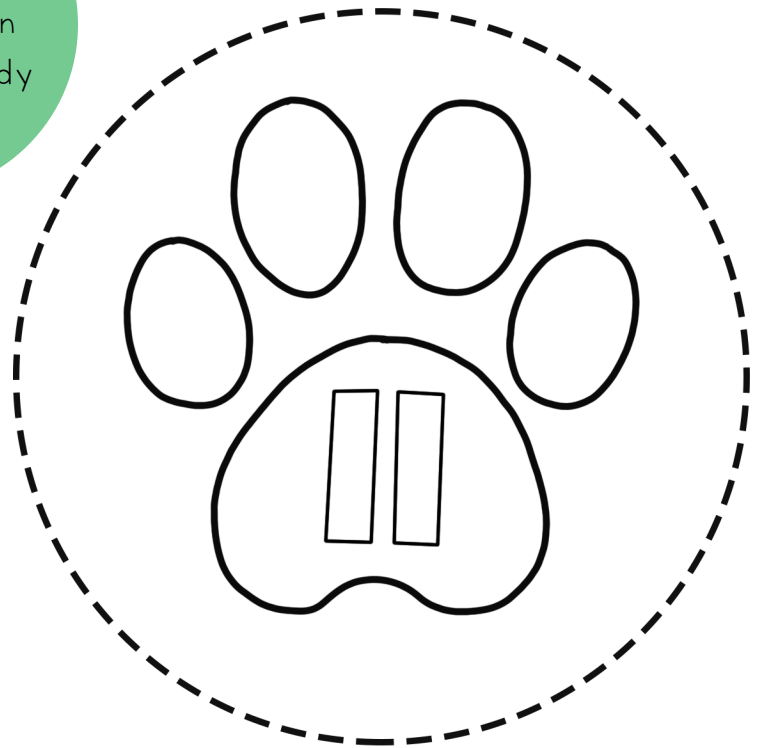
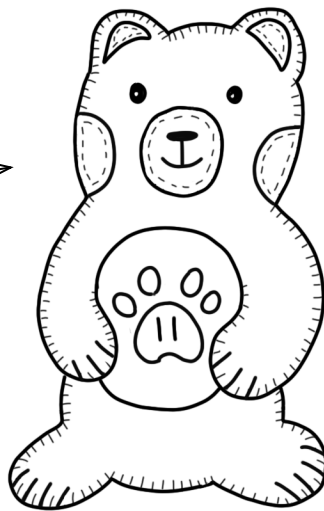


outsidein

Here's  
your very own  
pause button  
for your Teddy  
Toolbox

It can remind you to take a  
pause. You can colour it in and  
cut it out - or draw your own!

Here's Bear  
with theirs!



Let's find a comfortable place to sit or  
lie down, and if you like, close your eyes.

Now let's imagine we're snuggled under a giant cosy  
blanket made of all the colours of a rainbow - red, orange,  
yellow, green, blue, indigo, violet.

Now, take a deep breath and imagine you are breathing  
in all the different colours of the rainbow.

Choose your favourite colour and imagine it spreading  
into every part of your body, to the top of your head,  
and right down into your fingertips and toes.

Keep breathing slowly, and notice how  
it feels filling your whole body with this  
wonderful colour. Then breathe out  
the rainbow, sending all those beautiful  
colours out into the world.

When you  
are ready, gently  
wiggle your fingers  
and toes and slowly  
open your eyes -  
ready to carry on  
with your day