

# Bear's Calm Cave



All of Bear's friends are helping  
Bear make a 'calm cave.'

This is a place where any of the bears can go  
to have some quiet time.

The bears are all thinking about things they  
want to put in the calm cave.

This includes things they like to do, see,  
hear or touch to help them feel calm.

Draw a picture of Bear inside the calm cave.

Include 5 or more items you would like there to be inside the calm cave.

