

HÍ, I'm Bug!



My Story...

I live in a Manzanita tree and has a swimming hole with a tethered rope swing in the centre of his living room. When the weather is hot you can find all my friends splashing around at my place.

Favourite number: 2

Favourite colour: magenta

Loves the smell of rosemary and the taste of honey

Plays the mandolin

I can help you with...

- Fear of change
- Positive social and academic risks
- Positive self-talk

Bug is thoughtful and extremely cautious. Bug is a caterpillar who is afraid of change. Although he feels afraid, Bug secretly dreams of flying. When he feels cautious, you can tuck his wings away in his back. When he feels brave, you can spread his wings to make him fly!

Bug feels **shy** when meeting new people.

Bug feels **brave** when she tries new things.

Bug feels **left out** when her friends think she doesn't want to play when she's being quiet.

Meet Bug! (Information for Parents)

Bug has been introduced to your child's classroom to teach us about the feelings left out, shy, brave and scared. Bug is the character who is thoughtful and very careful. Bug is smart and loves to talk but Bug can be afraid of change. Although Bug can be afraid at times, Bug secretly dreams of flying but it is hard for Bug to try new things. Bug helps us put our brave in front to help manage our shy and scared feelings when trying new things.

Some ideas you can talk about and try with your children

Common Language

Positive Self-Talk: Encourage self-talk with phrases such as "I think I can", "I've done hard things before", "I know I can do it", "I've got this!"

- Share your positive self-talk with your child "I'm not giving up even though I am frustrated. I can do this."
- Suggest positive self-talk when you see your child is reluctant to try- perhaps whisper positive self-talk "Jen, I know you can do this! Tell yourself, 'I can do this!'"
- With your child, wonder out loud about a time they faced a challenge. "I noticed you were stuck with [name the activity]. What did you say to yourself to help you out?"

Family Fun: Playful Ways to Practice

-When I was little: Children love to hear stories about their parents' childhoods. Share stories about accomplishments that took bravery and perseverance. They also like to hear stories about when they were little it helps them realise that they have already put their brave in front to help them learn new things.

-Shy Busters: Talk about shy feelings as a family. Talk about how people might act when they are shy. Share your tips for dealing with shy moments. "When I feel shy, I..."

-I used to be scared: Play this game together. Finish the sentence, "I used to be scared of..." The next person repeats what was just said and adds their own. For example, "Mum used to be scared of the dark. Dad used to be scared to swim. Aunt Jo used to be scared of thunder. I'm scared of heights." Play until you can't remember then circle back to make it clear that no one is scared anymore. This game helps to understand that feelings come and go and helps build resiliency.

