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Story : I Miss You, Daddy Bear

Story : **Illustrator:**

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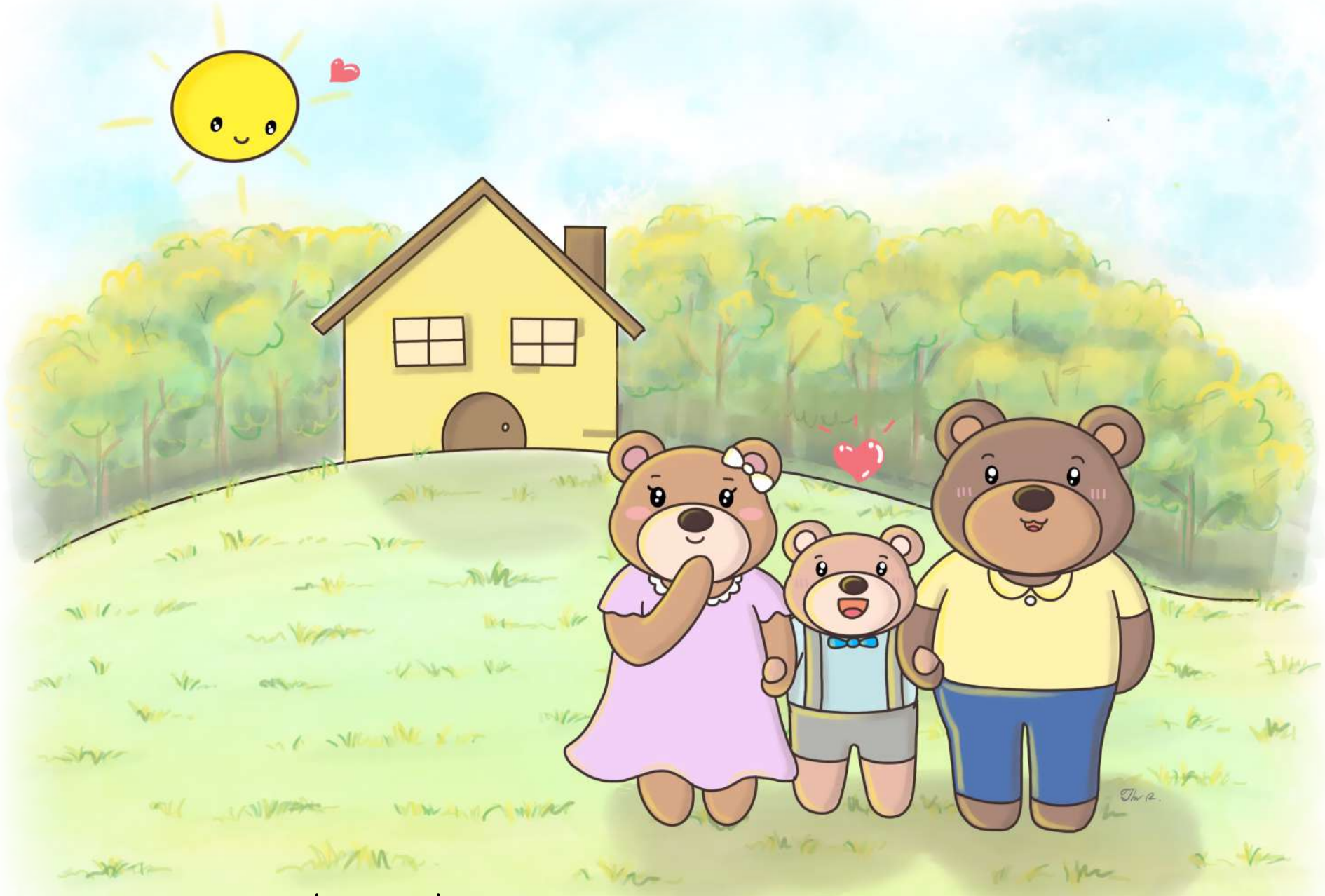
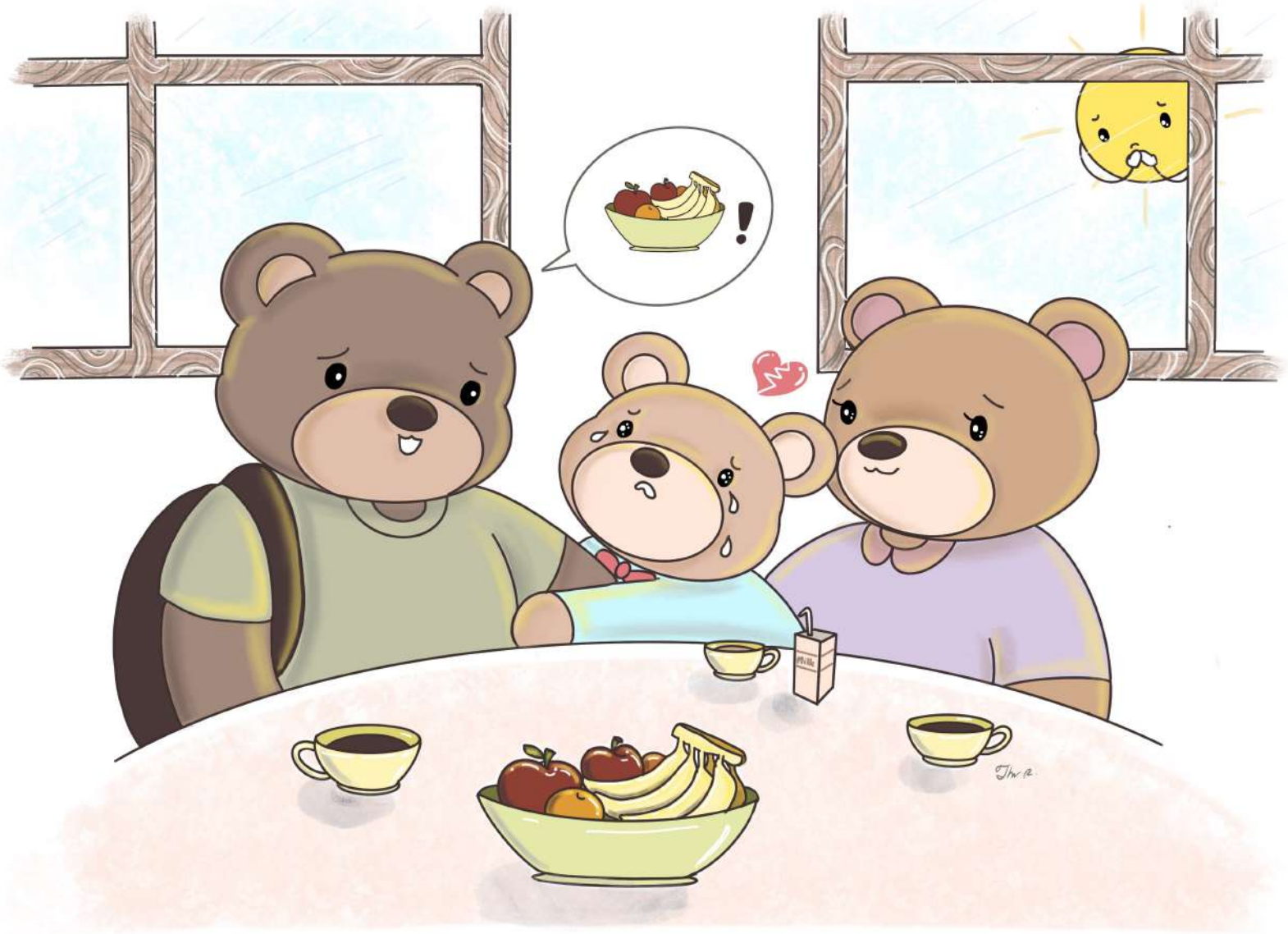
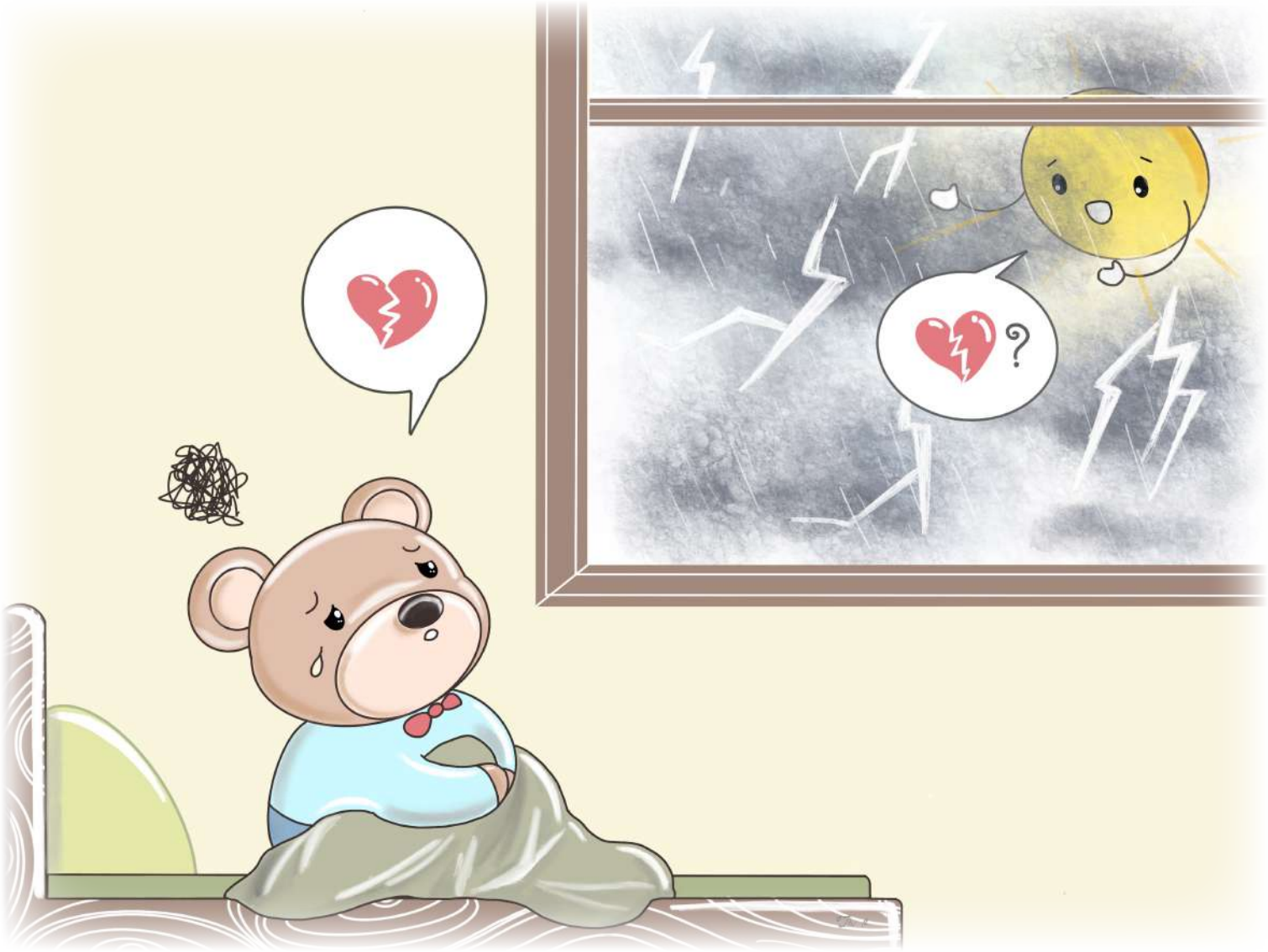


In a big deep forest, there is a warm bear family,
a daddy bear, a mommy bear, and a little bear.



One morning, "I have to go out for a few days to find some food for this long winter" said daddy bear. The little bear was sad that daddy bear would be away. He was afraid that daddy bear would be in danger and no one would protect the family

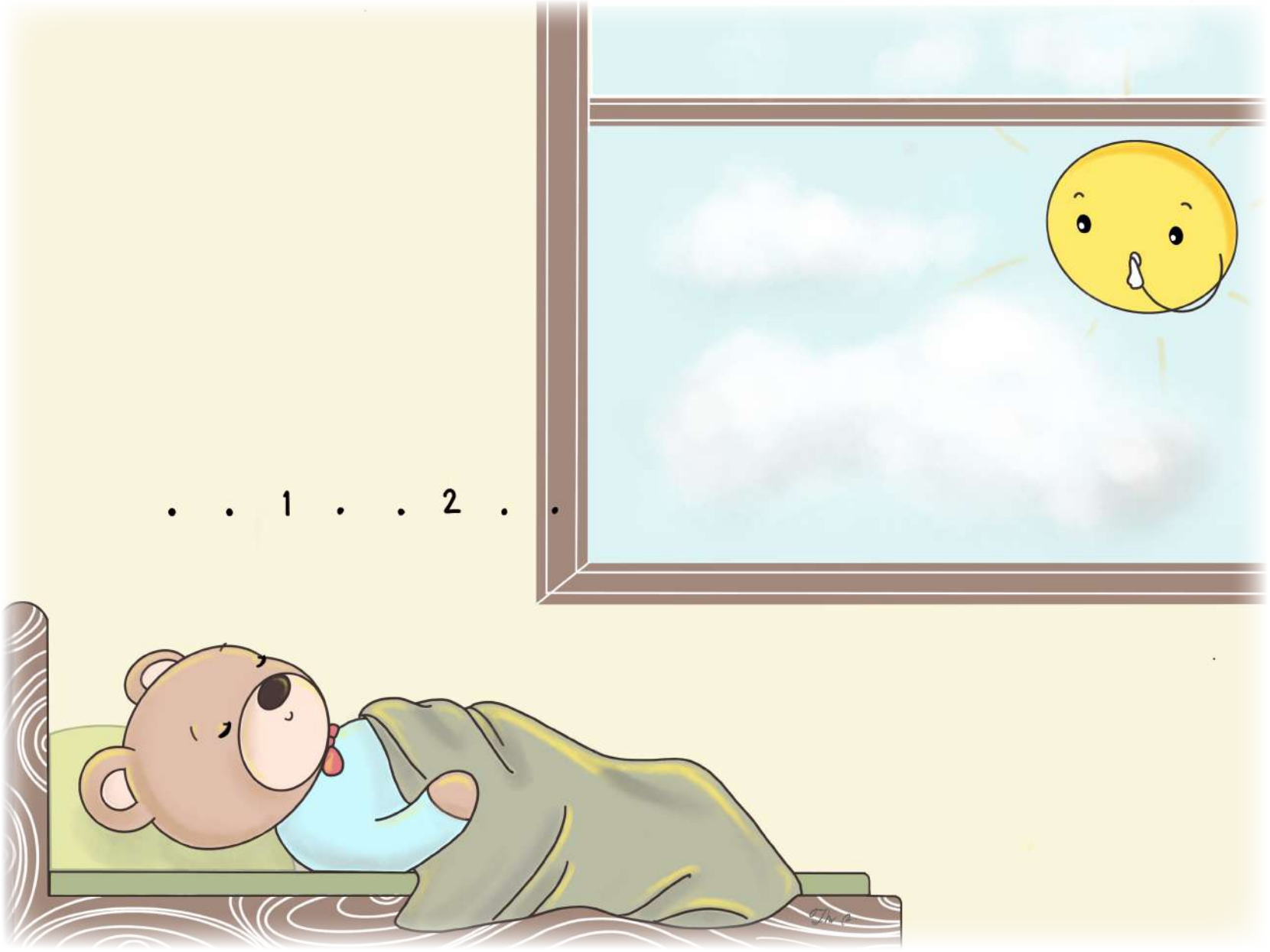


Little bear sat alone in the room and felt in tears.

"Daddy doesn't love me. He leaves me alone.", he grumbled.

"Do you really think that daddy doesn't love you.", the sun asked.

While little bear was thinking, the rain started drizzling,
the sky became bright, and warm sunlight hit the ground again.
This brought back memories with daddy bear.
He was always caring, cheering, and taking a very good care of him.



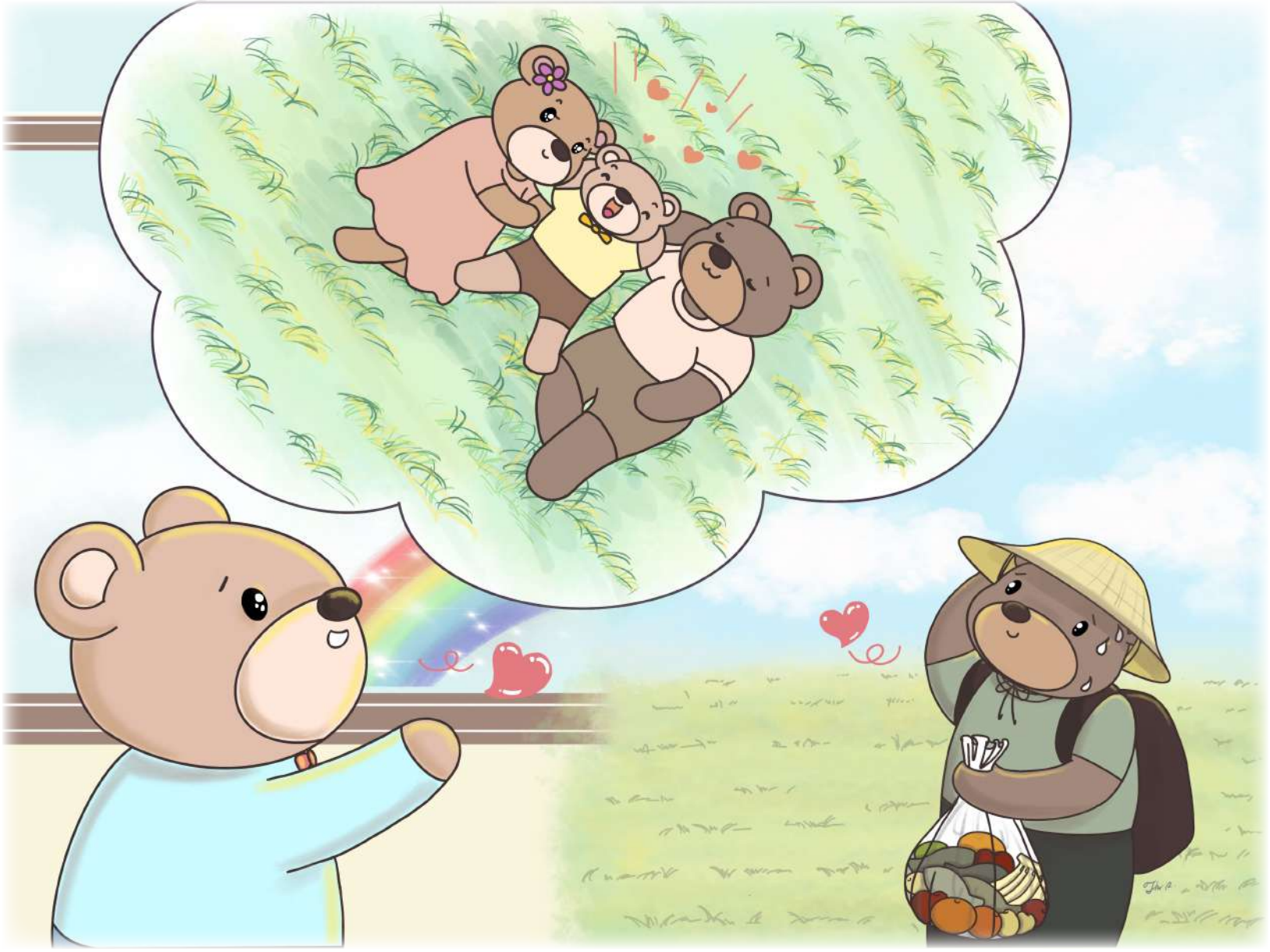
A smile shed on his face again. He felt more relaxed.

He slowly leant his back and closed his eyes.

He took big deep breath, in... and out..., in...and out..., and fell asleep.

A few moment later... Little bear woke up to a beautiful rainbow in front of him. The smell of wet soil and fresh grass made him gently close his eyes again. In his dream, he saw the beautiful sky crossed with rainbow after the heavy rain. Little bear together with daddy bear and mommy bear went fishing at a cool and clear steam water full of fish in every size they could ask for. It was so much fun, excited, and full of laughters. He was really happy. He closed his eyes and imagined.

This time he relaxed and light-hearted. He breath freely throughout his body.



Little bear opened his eyes and replied to the sun, "Daddy loves me. He goes out to find food for our family." Little bear wished his daddy would come back safe. On the other hand, daddy bear was missing him and family too!

The little bear started searching for old photos, the day ge went fishing with family and put them on the wall in his room to remind him of good times he had with daddy bear.

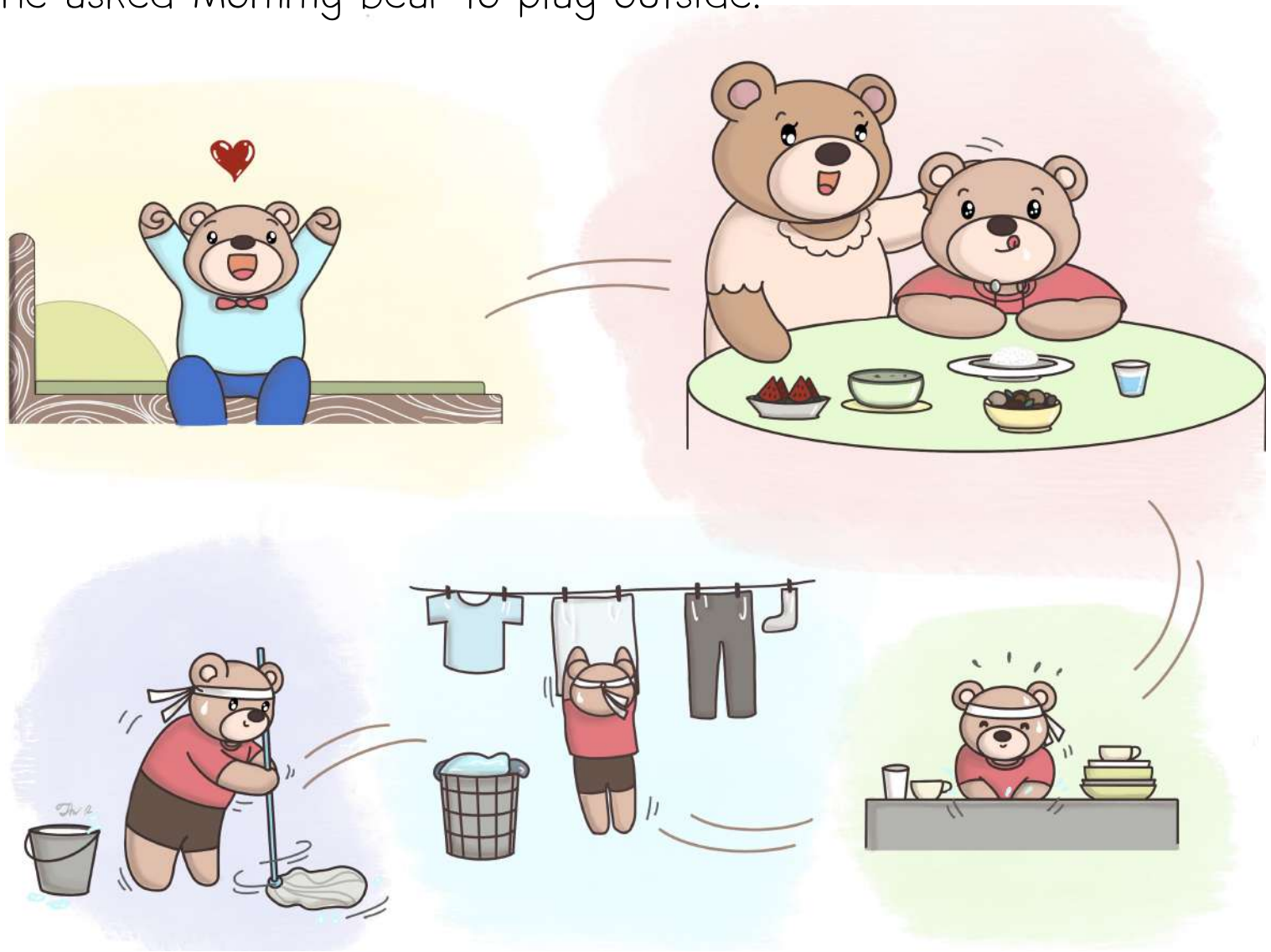
One night before bedtime, Mommy bear tucked little bear into a bed and read him a story. Then he prayed for his dad to be safe and wished his family to be happy.

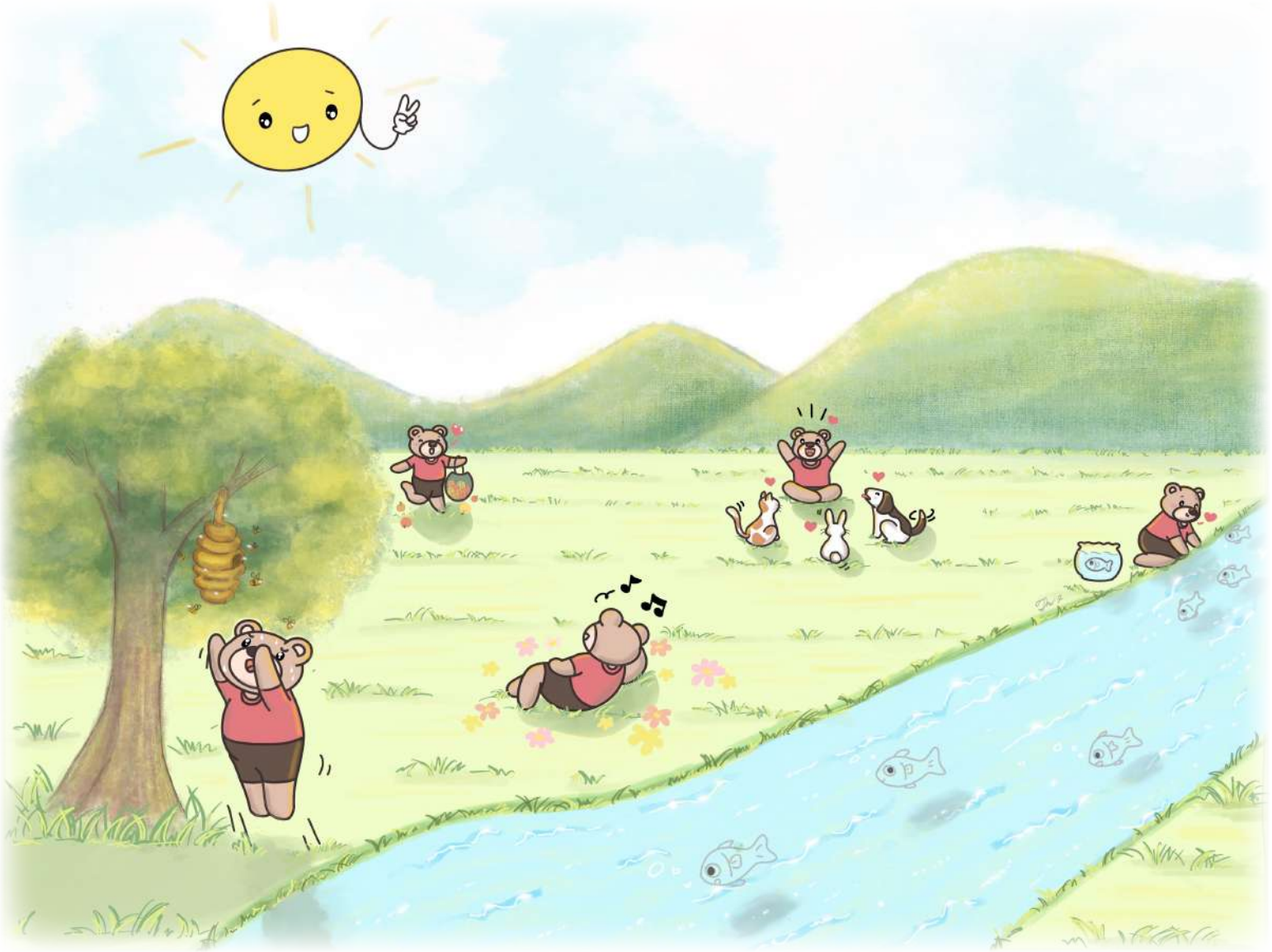
That night he dreamt about an angel. "Do you know that you have a power?
This power helps you fight with everything that bother you.
And it allows you to be anything you want.", said the angel.

Little bear quickly replied, "Really! then, I want to be a guardian."

"I will be the guardian. I will make every day happy and joyful.
I will keep everyone safe. I will send my love to Daddy
and he surely sent his love back to me.

One morning, little bear woke up from the birds tweeting by his window.
He was full of power as a guardian. Today, he was more focused, and felt happier.
He went to the kitcher and hugged Mommy bear there he could could smell his breakfast.
Then, he ate it all up. Now, he was full of energy to help Mommy bear with housework.
After that, he asked Mommy bear to play outside.



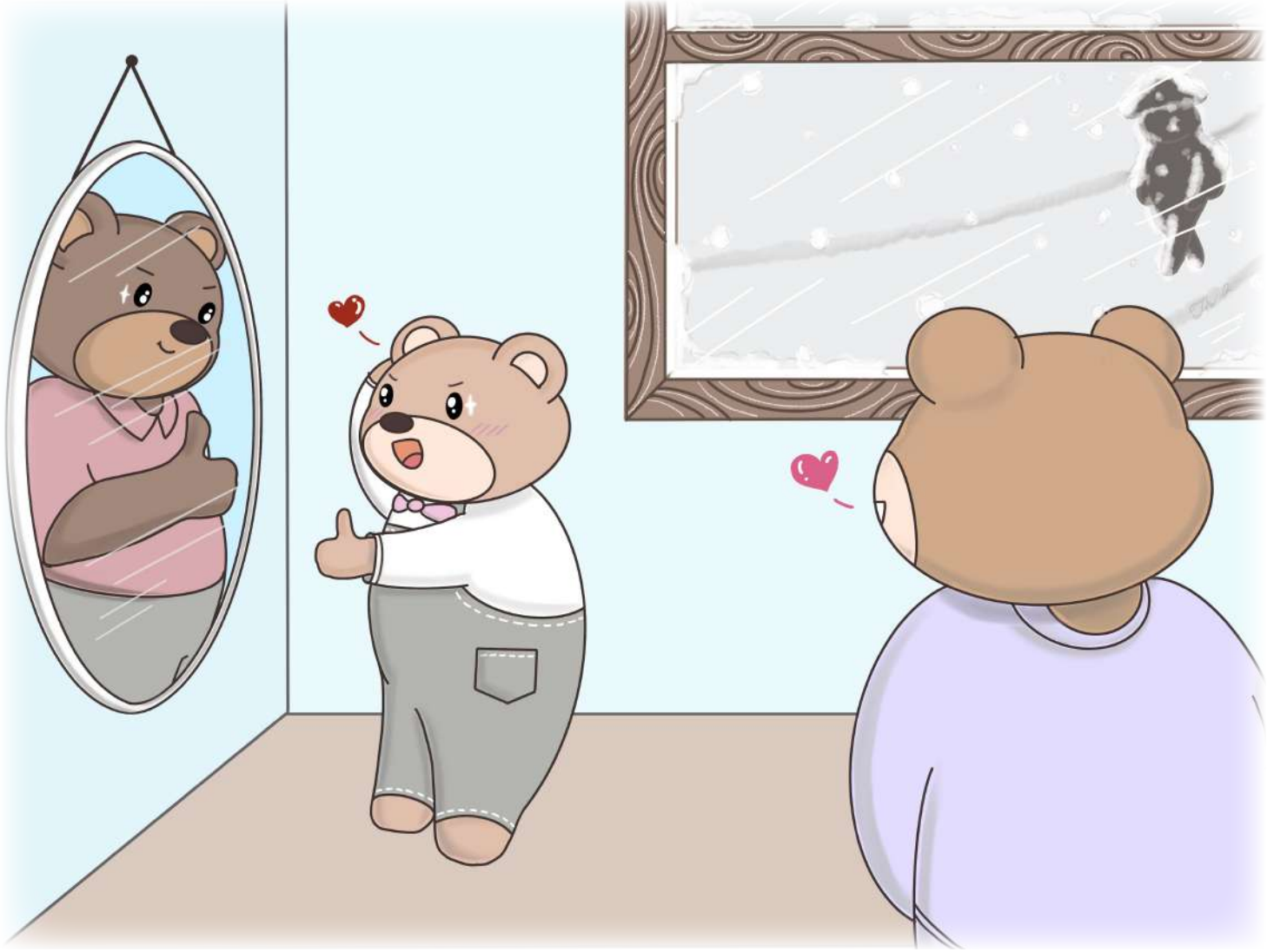


In the large field, little bear could feel a soft warm sunlight shine over him.

The wind gentle blew that little bear could smell beautiful scented flowers.

Little bear was relaxed. There, he saw other animals playing and cheering together.

He enjoyed his day so much that it ended so quickly.



Little bear was happy staying at home. He looked in the mirror and felt so proud. "Now, I know to **be strong and happy** while Daddy is away eventhough I miss him so much.", little bear thought. Finally, he could used his power to overcome this hard time. Little bear saw Daddy bear in the mirror and smiled. He felt so proud that he wished he could grow up just like him. Mommy looked at him with admiration.

The days have passed by and season has changed.

One day in winter, Little teddy bear looked out from window

and saw a big bear walking towards to his home, **closer ... closer.**

"**Mommy! Mommy! Daddy is back...**", he shouted and jumped with joy.

Little bear quickly ran out and happily hugged daddy bear, and welcome him home.

I Miss You, Daddy Bear is a story of **WAITING**.

For Little teddy bear, this is a long waiting for him. He never knows whether he can overcome this hard time or not, and what is he going to do to be happy agian.

This story book, we determine to compose the content with beautiful illustrators. Therefore, readers could feel an inner-power helping you remedy your hearts and souls.

We wish you will pass good intentions from the story to someone who is also in need.

So that you will be able to pass **EVERY DAY** with "**HOPE**" and "**HAPPINESS**"

Lastly, we would like to invite you to try doing activities[1] from the story as follows...

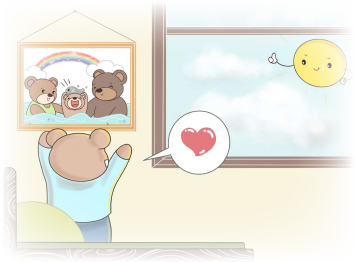
[1] Parichwan Chansiri, M.D. (26-28 February 2020) Psychotraumatology and Stabilization techniques handouts The Royal College of Psychiatrists of Thailand, King Chulalongkorn Memorial Hospital

Page 4 Let's ask your children to imagine about good memories or beautiful moments.

Then, ask them to imagine about the events - Where did it happen?
Who was there? What were they doing? How happy they were? or
How do they feel?
Visualising of good memories will allow your children to be calm, relax, and can feel the connection with parents when they are apart.

Page 5 Ask them to slowly breath in and out, in...and...out
Take a deep breath in and count 1.....2....., then breath out 1....2....
(Repeat)
This technique will help your children to be calm and relax.

Page 6 Let them use their imagination by drawing or role-play. Set a situation make them feel save and relax. When your children finished drawing or role-play, ask them that
"What do they hear....and/or smell?" "How do they feel about the air surrounded?"
In part of their body - in a stomach, chest, heart, arms, legs and head, how do they feel?
(Light, relax, comfortable etc.) If they want something to help them relax or feel save, allow them to add it freely. Things that the child may need are pets, objects, superhero, cartoon or anything they could imagine.
After finished drawing or role-play, ask them to remember those pictures and fe
so that they could feel calm, relax and save.



Page 8 - 9 Help your children to have something to rely on

- Some children love to meditate, while some love to keep something with them such as doll, toy, blanket, and photo etc. to remind them about parents.

  Let's invite them to find something to rely on (their own spiritual anchor), something that make them feel secure, and save.

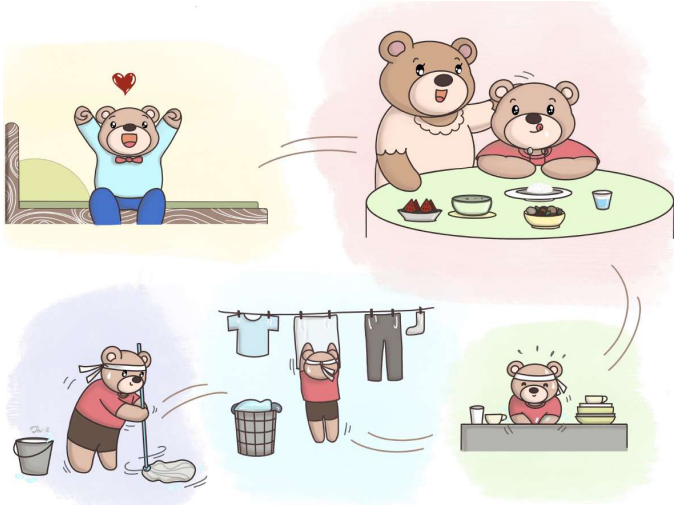
Page 10 We all have an inner-power that help us when we suffer or be uneasy.

Children also have this power like us!

- Ask them to imagine about an inner-power. Let them think about its shape, and draw it down or role play to show how does this power look like? Thier inner-power could be angle, gardian, sacred item cartoon or movie characters or anything they could imagine of.
- When they finised drwaing, ask them what does this power can do? How can it help them? Let them feel this energy in their body, and how do they feel when they have this power? or What do they want to do?

Page 12 If your children feel that they are uneasy. Help them to distract by doing some activities

- Collecting leaves or flowers on the ground, Making some bouquet,
  Counting trees in the backyard
  Telling colours from flowers, Imagine of the cloud on the sky what does it may look like?
  Drawing pictures or writing numbers on their hands, and let them guess
  Hide objects in your hand and let them guess,
  Guessing animals sound, Playing board-game or Catching ball etc.



- This will help your children to be focus and be in the present rather than sink in feelings

Page 14 Teach them to cheer up themselves

- If you notice, you will see that children will link their words with actions.
  For instance, "Wait...It's not time to eat." This words help them to be calm and to cope with their internal feelings.
  The children will learn and be able to cheer up themselves from cheerful parents.
  For example, "It will be okay." "I can do it." and "I'm strong."

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