

Explaining all the disruption that is happening right now can be very difficult for children to understand. We feel a wonderful way to help to try and explain it to young ones, is to link it to bears going into hibernation.



Be a Bear

When a bear goes into hibernation, they do it for the health of their community and themselves. In the winter, food is scarce, hibernating allows other animals to have access to the limited resource. It slows the spread of disease and virus among other animals during a season when immune systems are lowered, and energy is limited... It is also a time of conserving health for the bear, a time for reflection... it is a time that allows you to renew, to undergo change, to honour your place in life and food cycles. It is not a time for anxiety. When it is time for hibernation, a bear can finally relax. All of the stress of finding food, territory and a mate disappears. The bear believes that they have done enough and trust themselves. They know this process is necessary and they will come out the other side renewed.

Be a Bear. Stay Home. Rest.
Know you are doing this for something much bigger than yourself.

