



The BEAR Plan

Helping students manage emotions

At Bundaberg North State School we understand that students may experience a range of thoughts and feelings that could impact on their wellbeing. We believe our school has an important responsibility to help students manage their emotions to enable them to focus on learning and enjoy school.

The BEAR Plan was first introduced to Bundaberg North State School following the devastating 2013 floods. It was developed by our Guidance Officer, Alan Bowmaker and Chaplain Selina Taggart to assist students to learn effective calming strategies.

The BEAR Plan Strategies

Breathe- deep breathing

Exit- distraction by moving to a safe location or visualising a calm image.

Ask- listening to self-talk and speaking to trusted adults.

Relax- doing activities to calm the body and mind –reading, games, sport

The award winning BEAR Plan is an important strategy to help with Social-Emotional Learning. All students are taught to use the strategies. For some students more intensive support may be required. Our Guidance Officer and Chaplain support those students experiencing heightened emotions to use the strategies.

Parents who believe their child is experiencing heightened emotions (sadness, anxiety, anger and trauma) are welcome to contact the Guidance Officer or Chaplain to discuss how the BEAR Plan can help.

