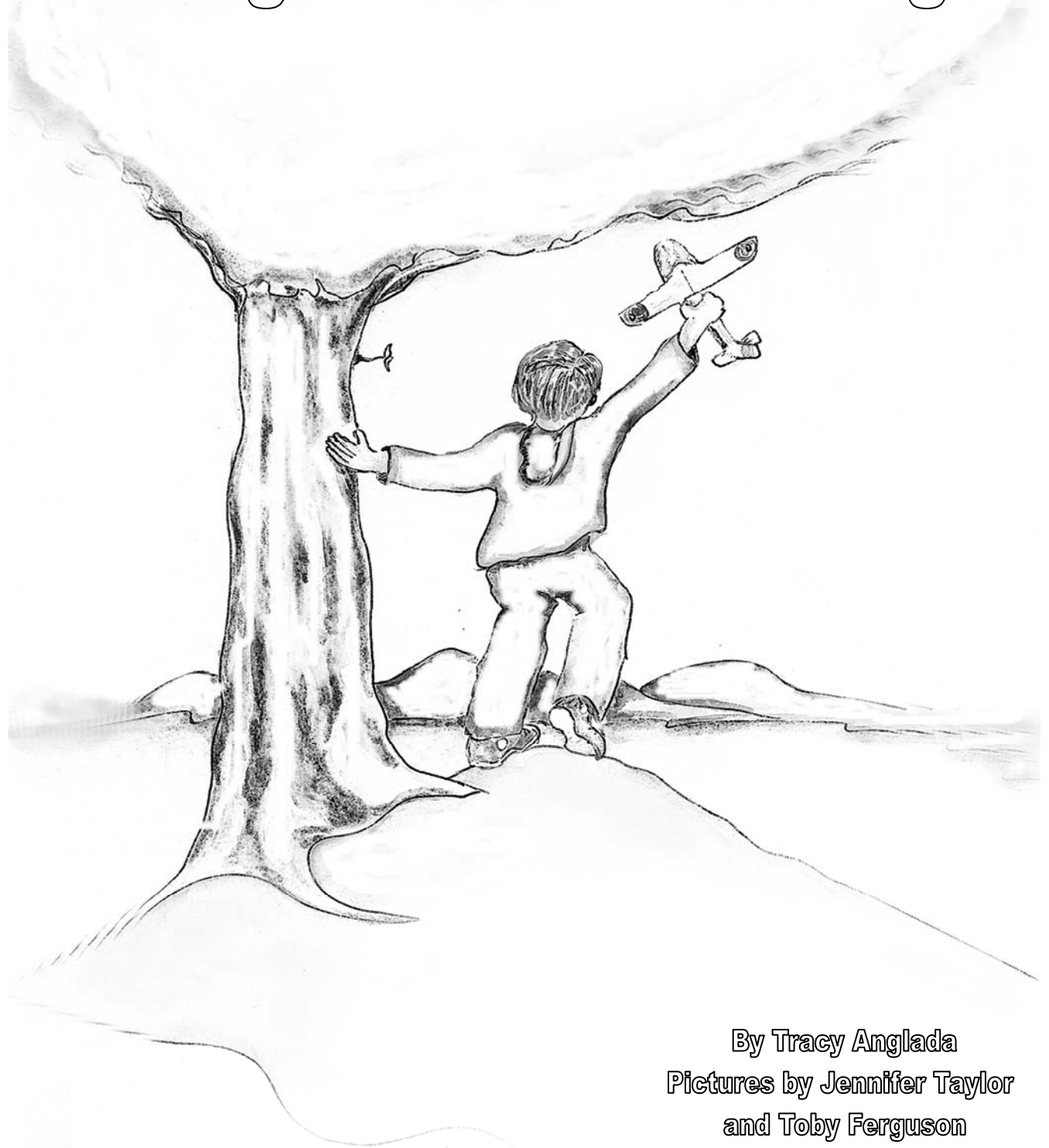


Brandon and the Bipolar Bear

Coloring & Discussion Pages



By Tracy Anglada
Pictures by Jennifer Taylor
and Toby Ferguson



Brandon gets scared at night because he has bad dreams. He sleeps with a teddy bear to help him feel better. What do you do to feel better when you are scared?



This is Brandon's new teddy bear. Isn't he cute?



Sometimes Brandon feels very sad and he doesn't know why. He thinks nobody knows how he feels. Do you know how he feels?



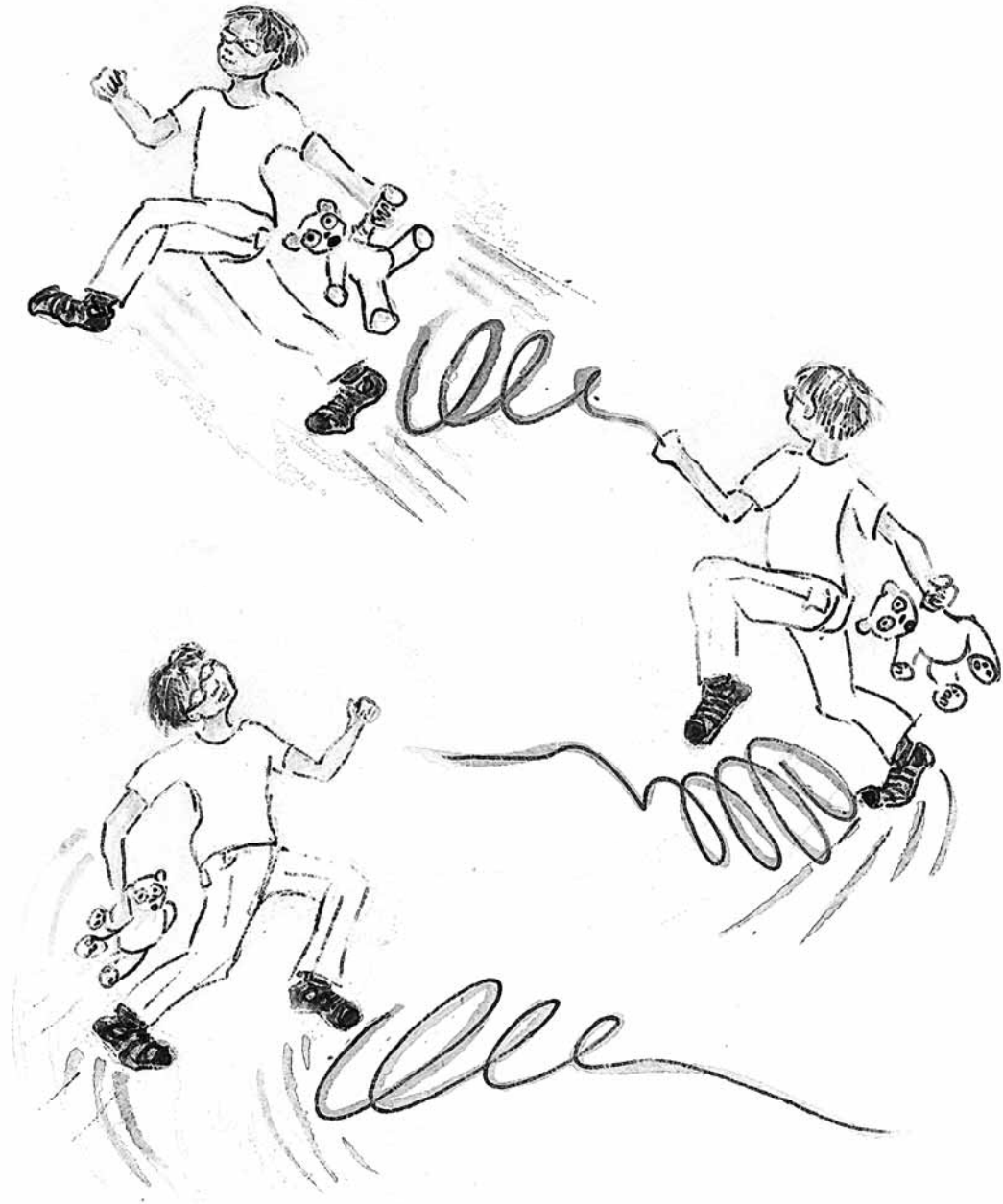
Brandon has trouble waking up in the morning!
He wants to keep sleeping. What can make
Brandon's mornings better?



Brandon's mother loves him very much. Who are the special people in your life?



Brandon feels very sorry that he got mad and broke his bear's arm. Have you ever done something you wished you could undo?



When Brandon's mood swings up high he feels like a rocket!



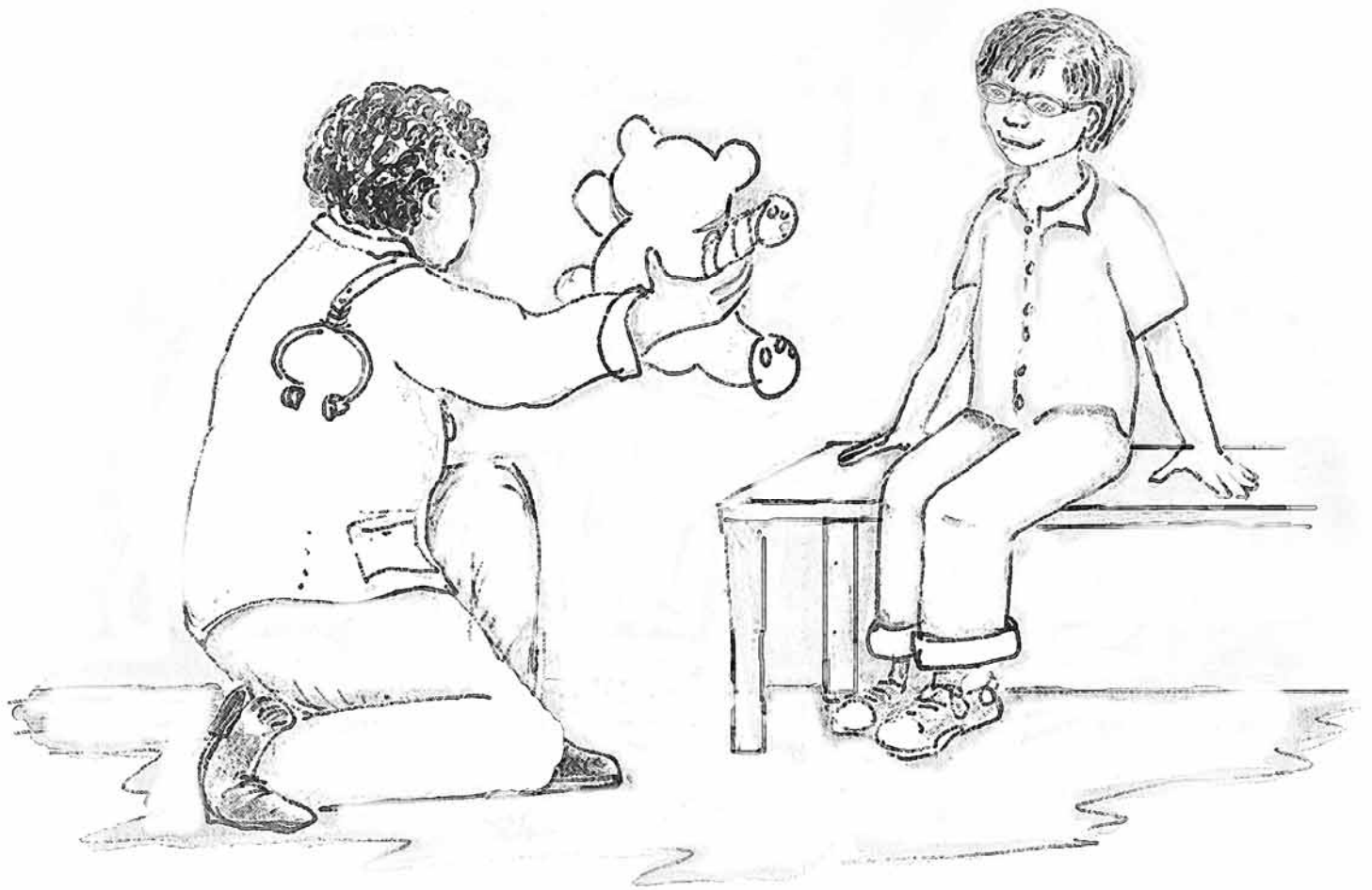
It helps to talk to somebody you trust when you don't feel good. Who do you talk to when you are feeling bad?



Brandon goes to see his doctor to stay healthy.
His doctor helps him feel better.



Brandon learns that having bipolar disorder doesn't mean he is bad. It means he has an illness that makes him feel bad inside.



Brandon is happy that he has family, a doctor and medicine to help him feel better. I hope you feel better too!

The End

Note to parents: These coloring & discussion pages are meant to compliment the book, Brandon and the Bipolar Bear. The text of these pages is not the same as the book. This is merely an aide to help further the lines of communication with your child about bipolar disorder. This is not a medical or diagnostic guide. It is not meant to be comprehensive but merely to add to the works already available. All text and pictures are copyright protected. A limited use is granted for printing these pages for personal enjoyment. Any use beyond that would require direct permission from the author. So get out your crayons or colored pencils and have some fun with your child. I would love to see some of the pictures colored by the children! To have them posted in our talent showcase, mail them to me:

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