

# Once upon a time there was a little bear called Rupert



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Therapeutic Story – transition 230813 V1

Rupert the bear lived with Mummy bear,  
Daddy bear and baby bear.



Rupert really enjoyed going to nursery  
and some days even baby bear came along  
to play.



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One day Mummy and Daddy bear told  
Rupert that he was going to Big school

soon.

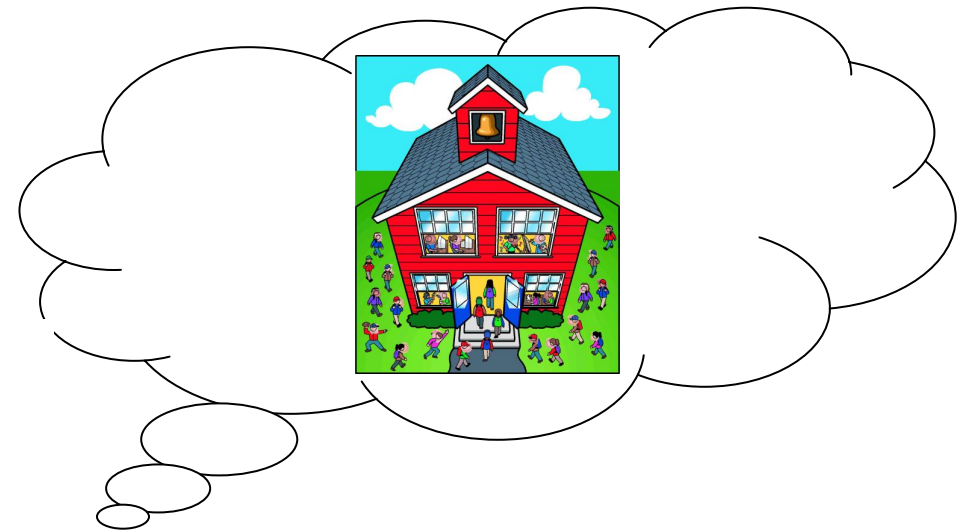




Rupert felt very sad and his tummy felt  
all fluttery like butterflies were jiggling  
about inside.



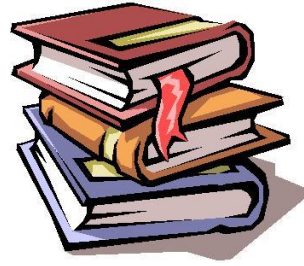
Rupert didn't want to go to big school, he liked his nursery very much.





Mummy and Daddy bear told Rupert that everything would be ok and there was lots of nice things to do at big school just like nursery and some of his friends would be at big school too.





The next day Rupert visited big school with Mummy and Daddy bear but Rupert still felt very scared in the big school.





At home Mummy bear talked to Rupert bear about all the exciting things at big school but Rupert felt very sad.

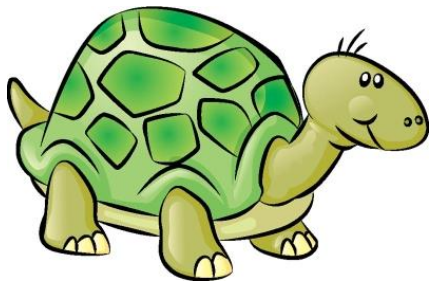




The next day at nursery Rupert's friends  
were talking about big school and



Rupert's friend Tommy the turtle noticed that Rupert was sad and wanted to help.



Tommy the Turtle had a fantastic idea.

Tommy had noticed that Rupert loves his blanket more than anything in the world but at nursery it lives in a draw until Rupert needs to use it.



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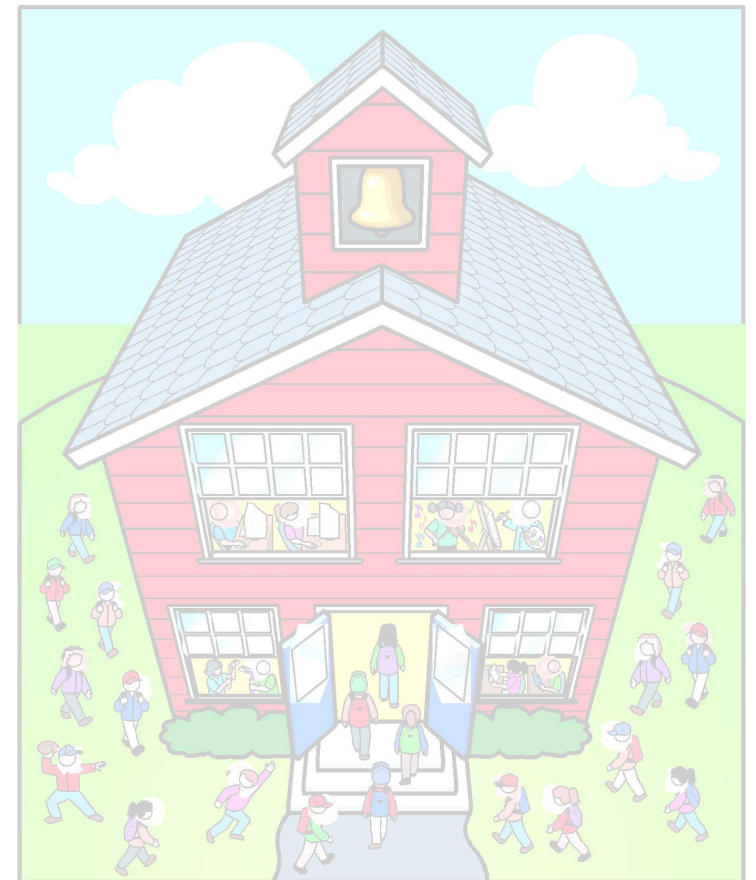
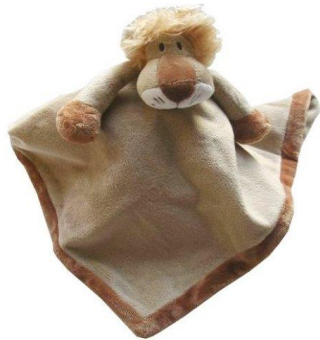
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Tommy thought it might be a good idea for Rupert to take his blanket to big school to help him feel safe.



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The next day when Rupert visited school  
he took his blanket with him.

His blanket made him feel very safe and  
when he went off to play he put it in a



safe place so when he wanted it he could  
get it easily.

Rupert was much happier and when  
Mummy and Daddy bear collected Rupert



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from big school he told them all about  
the exciting things he had done.





Tommy the Turtle's idea was a fantastic one and whenever Rupert goes to school he makes sure he takes his blanket and puts it in a safe place just in case his tummy starts to feel all fluttery then he can use his blanket to make him feel safe and happy again.





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