

Hi I'm Amber,

Thank you for looking after my little puppy Bamber, Bamber is your Buddy and I hope that you have lots of fun together. I thought you might like to know the special meaning behind our name.



Can you figure out how Bamber got its name.... 😊

The B in Bamber is because Bamber is my puppy baby and Bamber is your buddy. Did you know that Bamber loves to breathe..... let's find out more about my name now... Amber



**Anchor:** If you are worried, sad or scared, you can help your body feel better by Anchoring to the important people in your life. The **A** in **Amber** is all about **ANCHOR**. Bamber loves to listen! If you have worries or troubles you could tell Bamber and your Anchor person. You can be Bamber's Anchor!



**Move:** When your body feels crazy, bored or blue you can help your body feel better by moving the energy stuck inside of you. The **M** in **aMber** is about remembering to **MOVE** so let's get off our devices and get moving with Bamber: trampolining, walking, skipping, getting upside down or stretching your hands up high all help feelings. Did you know that emotion is e (energy) looking for motion (to be moved)!



**Stressed out, freaking out or needing to let it all out, the B in amBer** is all about remembering to **BREATHE** to help your body feel better. Take a deep breath in through your nose and breathe out loooooong and slow. Bamber feels better after nice big belly breaths - you can sit Bamber on your belly and practice every day.



There will be tricky days and sticky, icky feelings that can make you feel confused, angry or scared, you can help your body feel better by Expressing yourself. The **E** in **ambEr** is all about **EXPRESS**. Bamber loves stories - why don't you read Bamber a story?



We all have big days, dentist days, hospital days, big days at school, big news days and more. How are you today and have you remembered that the **R** in **amber** reminds us all to **RELAX**. Bamber loves music and cuddles - it helps Bamber relax. What you can you do to relax with Bamber?

Now you know all about my name, AMBER and BAMBER's name too. Remember to boost Bamber's feel good vibes and help Bamber feel calm and relaxed by practicing AMBER. And you will feel good too!

Puppy Love, Amber

