



Ten Episodes for Exploring Big Feelings



Did you know each episode of Bing focuses on one core emotion and key learning?



Bye Bye
Core Emotion: Sadness
Key Learning: How to cope with loss



Car Park
Core Emotion: Remorse (Shame)
Key Learning: Making good a wrong



Here I Go
Core Emotion: Courage
Key Learning: Confronting fears and anxiety



Train
Core Emotion: Discovery
Key Learning: Adapting to circumstances



Hippy Hoppity Voosh
Core Emotion: Worry and Anxiety
Key Learning: Asking for help



Skateboard
Core Emotion: Courage
Key Learning: Confronting fears and doubts



Toy Party
Core Emotion: Anger
Key Learning: Saying sorry and making good



Mobile Phone
Core Emotion: Shame (Guilt)
Key Learning: About owning up to a mistake



Show
Core Emotion: Caution and Confidence
Key Learning: Taking part with others



Birthday
Core Emotion: Sadness
Key Learning: Being more resilient

Tick off the episodes you and your little one have watched together



Watch these episodes and more on

