

## Teddy Bear Picnic Activity for Adults

Host a whimsical and comforting Teddy Bear Picnic for adults, focusing on easing anxiety, grief, and loneliness while fostering a sense of nostalgia and connection. This activity is perfect for creating a playful yet meaningful gathering. Here's how to bring it to life:

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### Preparation

1. **Weighted Teddy Bears:** Provide weighted teddy bears to each participant, or invite guests to bring their cherished teddy bear. Suggest naming the bears after loved ones to create a sense of companionship.
  2. **Picnic Setup:** Arrange blankets, picnic tables, or indoor areas with cozy seating to create a picnic-like atmosphere.
  3. **Picnic Baskets:** Prepare a picnic basket for each guest with the following:
    - A mason jar with a name tag for drinks.
    - Themed napkins and utensils.
    - A small teddy bear-themed trinket or keepsake.
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### Menu

- **Main Course:** Serve classic picnic or BBQ items such as sandwiches, burgers, or grilled vegetables, beans, fruit kabobs, etc. We look forward to your creative ideas!
  - **Bear-Themed Snacks:** Add a touch of creativity to the snacks by pairing them with quotes or themes from famous bear stories:
    - **Paddington Bear's Marmalade Sandwiches**
    - **The Berenstain Bears' Honey Biscuits**
    - **Goldilocks' "Just Right" Porridge Cups**
    - **Winnie the Pooh's Honeycomb Treats**
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### Activities

1. **Bear Story Trivia:** Include a trivia session with questions from popular fictional teddy bear stories like *Paddington Bear*, *The Berenstain Bears*, and *Goldilocks and the Three Bears*.
2. **Teddy Bear Parade:** Have guests showcase their teddy bears, share their bear's "name," and explain its significance.
3. **Bare (Bear) Necessities Sing-Along:** End the picnic with a group sing-along to Baloo's "Bare Necessities" from *The Jungle Book*. Provide lyrics and encourage participation.
4. **Play ["The Teddy Bear Picnic"](#) song by Bing Crosby.**

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## Optional Add-ons

- **Photo Booth:** Set up a bear-themed photo booth with props like bear ears, honey pots, and forest-themed backdrops.
  - **Mindfulness Moment:** Use the weighted teddy bears for a brief guided relaxation or mindfulness session to help ease anxiety.
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## Teddy Bear Quotes

- **Paddington Bear**, known for his kindness and charm:
  - "Please look after this bear," 'Paddington' (2014)
  - "I'll never be like other people, but that's alright because I'm a bear, A bear called Paddington" 'Paddington' (2014)
  - "Aunt Lucy said: 'If we're kind and polite, the world will be right'". 'Paddington 2' (2017)
  - "A wise bear always keeps a marmalade sandwich in his hat in case of emergency."
  - 'Paddington' (2014)
- **Winnie the Pooh:**
  - "You're braver than you believe, stronger than you seem, and smarter than you think."
  - "Sometimes the smallest things take up the most room in your heart."
  - "Any day spent with you is my favorite day."
  - "I am short, fat, and proud of that."
  - "It wasn't much good having anything exciting, if you couldn't share it with somebody."
  - "Oh, bother."
  - "A hug is always the right size."
  - "Nobody can be uncheered with a balloon."
  - "Weeds are flowers too, once you get to know them."
  - "People say nothing is impossible but I do nothing every day."
  - "A little Consideration, a little Thought for Others, makes all the difference."

This activity combines lighthearted fun with meaningful interaction, making it a memorable event for everyone involved.