

♥♥Our RP Buddies ♥♥

Our RP buddies can show up at different times and places. They are all part of us. When we learn about our buddies, we know how to help them when they show up for us and our friends.

Sophie The Giraffe



- Has a big kind heart
- Can listen to everyone's story ♥

Crank The Croc



- Can be cranky, give out or shut down.
- Uses 'you' a lot.
- Might be having a bad day ♥

The Guard Dog



- Flips the lid and gets angry.
- Looks like anger but might not feel safe.
- Can hurt people's feelings.
- Needs time to cool down to feel safe again ♥

The Wise Owl



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- Has a calm and clear mind.
- Has good listening.
- Knows how we make things better ♥

Hedge and Hog



- Have prickly backs and can say hurtful things.
- Can show up when they feel worried or afraid. Gets prickly to protect itself.
- If you see a hedgehog, sometimes you turn into a hedgehog too.
- When we share from our soft underbelly, we can help to fix things ♥



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