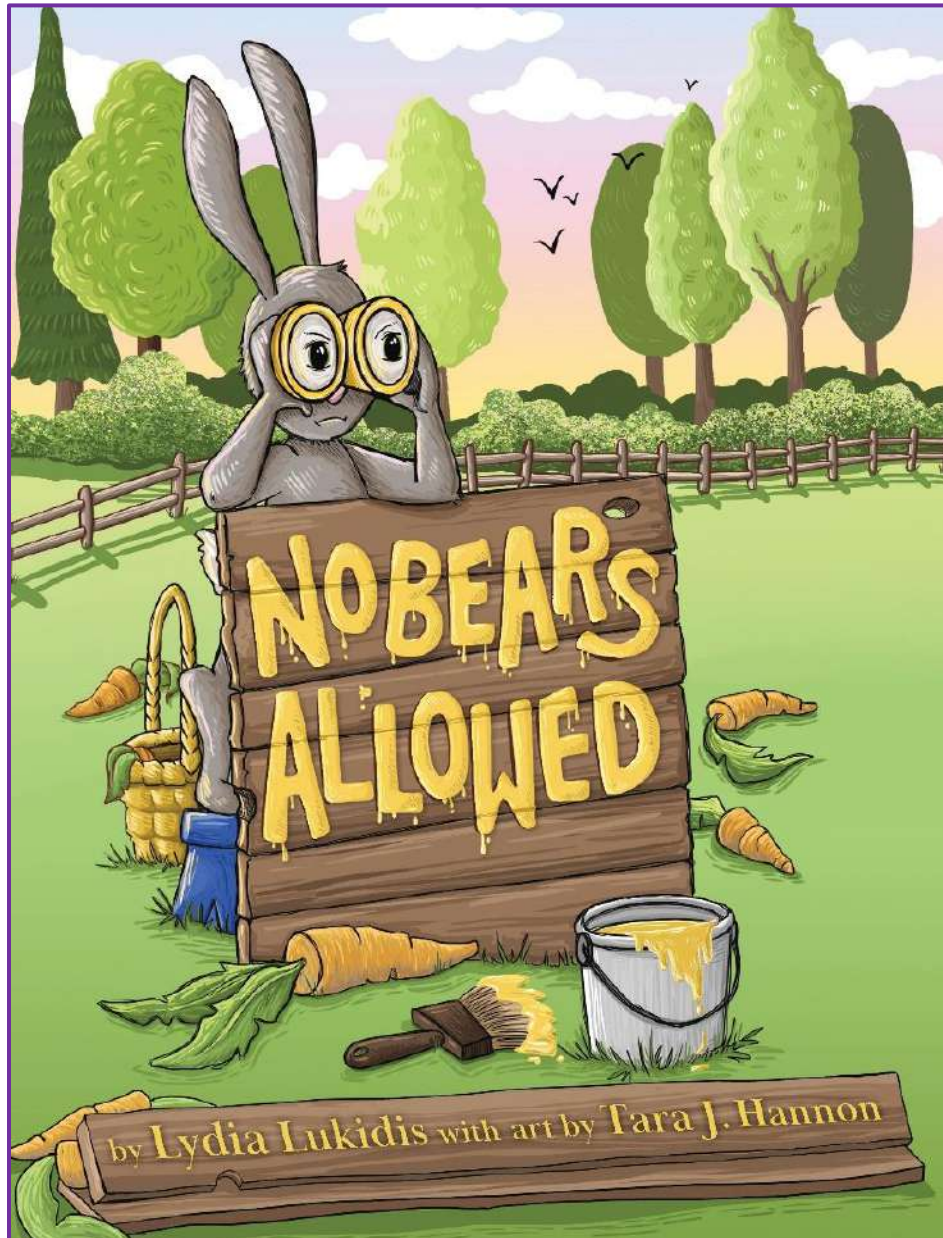


No Bears Allowed

-Activity Book!



Written by **Lydia Lukidis**
Illustrated by **Tara J. Hannon**
Published by **Blue Whale Press**

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LYDIA LUKIDIS

Summary of the book

Rabbit is afraid of many things, but most of all he's afraid of gigantic, monstrous, BEARS! The very nervous Rabbit is soon confronted by his worst fear who appears to be far more interested in making new friends than causing Rabbit any real harm. Despite his apprehension, Rabbit agrees to join his jovial new acquaintance for dinner, but wait a minute . . . is Bear planning to "have" Rabbit for dinner?

In this tender story about a very nervous rabbit and a lovable bear, Rabbit discovers that things aren't always as scary as they seem, and sometimes you may just have more in common with others than you think.



A Note from the Author

The idea for NO BEARS ALLOWED came to me in 2015.

What if...there was a big bear who looked menacing on the outside, but was sweet and naïve on the inside?

What if...there was a rabbit who was petrified of everything, especially bears?
And then what if...they somehow realized they had more in common than they ever believed?

I wrote the first draft in 2016. I reworked the text dozens of times and then it went through endless rounds of revision with my critique groups. When I finally felt the text was in a good place, years later, I was thrilled that Blue Whale Press saw its magic.

The end result is a sweet story about friendship, trust, and learning to overcome one's fears. We can all learn a thing or two from Rabbit and Bear!



About the author

Lydia Lukidis is a children's author with over forty books and eBooks published, as well as numerous short stories and poems. She writes both fiction and non-fiction, for ages 3-12, all designed to entertain and inspire.

In addition to her creative work, she composes educational activities and curriculum based texts for children. Lydia also does school visits and gives writing workshops for children aged 5-12. Her aim is to help children cultivate their imagination, sharpen their writing skills and develop self-confidence while improving their literacy.

You can sign up for the LL Newsletter to receive FREE children's activities, games and stories! Subscribe here: <http://www.lydialukidis.com/>

About the Illustrator

Tara lives in Maryland, in a house on a hill near the Chesapeake Bay. She works happily from her home studio, alongside her two easy going little girls and one overly excited dog.

When not illustrating, Tara can be found by the bay with her husband and daughters, jogging at a slow and friendly pace, or drinking coffee.

For more info:

<https://www.tarajhannon.com/>



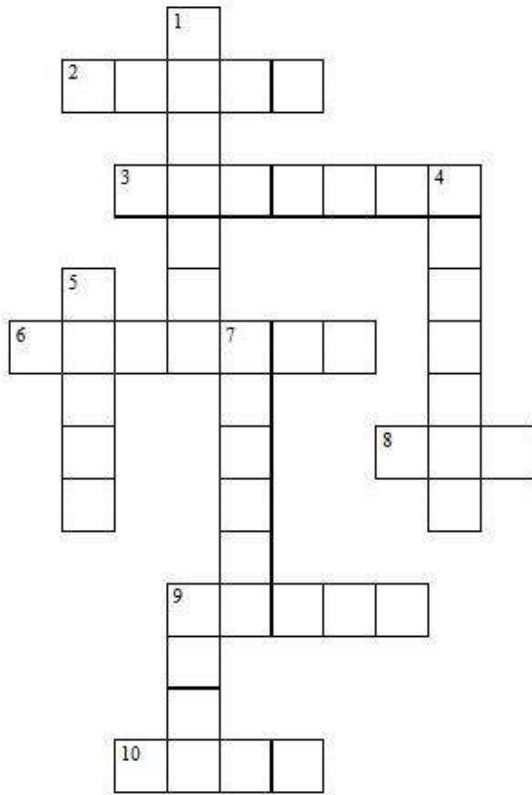
About the Publisher

Blue Whale Press is an independent publisher of children's books that focuses on stories involving themes of friendship and/or personal challenge. Most often, stories are selected for publishing due to their inherent educational or moral value. But as a general rule, a good dose of humor doesn't hurt their chances of being published either. While the vast majority of Blue Whale Press's upcoming titles are picture books with a couple of chapter books thrown in the mix. As a boutique publisher who doesn't mind taking risks, Blue Whale Press considers itself to be a launch pad for authors and illustrators hoping to establish themselves. The company is incorporated in the state of Texas.

For more info: <https://www.bluewhalepress.com/>



Crossword Puzzle!



Across:

- Rabbit is afraid of gigantic, monstrous _____.
- In the end, Rabbit and Bear become _____.
- What does Rabbit wear on his face?
- What animal does Bear protect Rabbit from?
- This is the color of Bear's fur.
- This is the color of Rabbit's fur.

Down:

- Bear invites Rabbit to go pick some _____.
- What animal likes to steal Squirrel's seeds?
- What did Bear use to slice the rope holding Rabbit up?
- What insect does Bear think is trying to attack him?
- When Rabbit is hanging upside down from a tree, who comes to visit him?

Word bank:

GLASSES, BEARS, GRAY,
SPIDER, CLAWS, SPARROW,
BEAR, CARROTS, BROWN,
FOX, FRIENDS

Word Search!

Find the words below in the puzzle. They may be vertical or horizontal.

U B N V G S C Z M R Q R M Z H
Q A G S Z B O H C O O A I B I
T J X L J E M C T W K B T I X
S G O U R A A E X L H B U R V
A P B G V R K B F N O I Y D Y
A H A N Q H B M S Z E T Y Z U
N B U T T E R F L Y R S Y S G
C R A C C O O N G D S Q Y W W
D Z U R J K Q U Q S T U O S U
Q A Y W G V Z O L H M I P Q J
C N R F W F S P I D E R U I L
A V V Q T L C T Q B W R M D O
N U S P A R R O W F Z E Y E R
T O E Z Q N T Y B O V L W E Q
S K U N K R H N A X J J T R I



Words

rabbit	bear
squirrel	owl
sparrow	fox
spider	deer
Bird	raccoon
butterfly	skunk
slug	ants



Animal Anagrams!

Try to decode the animal names hidden in these anagrams.

Hint: the animals are all mentioned in the book!

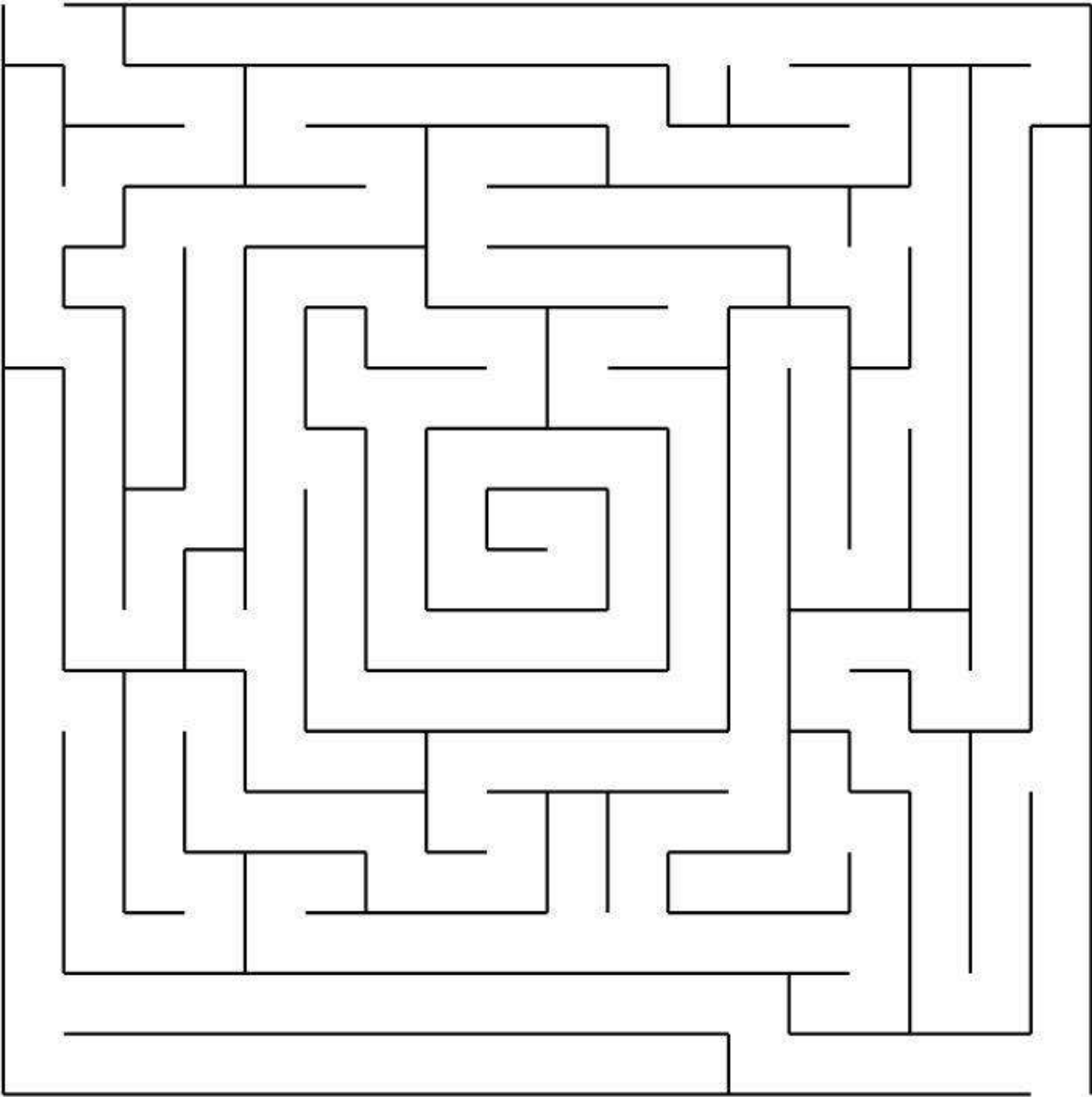
1. This animal is afraid of bears.
B R A B T I
2. This animal wanted to attack Rabbit.
X O F
3. This tiny animal scared Bear.
D S I E R P
4. This animal may seem scary but he's really friendly.
A B R E
5. This animal likes to steal Squirrel's seeds.
R S P W A R O



Maze!

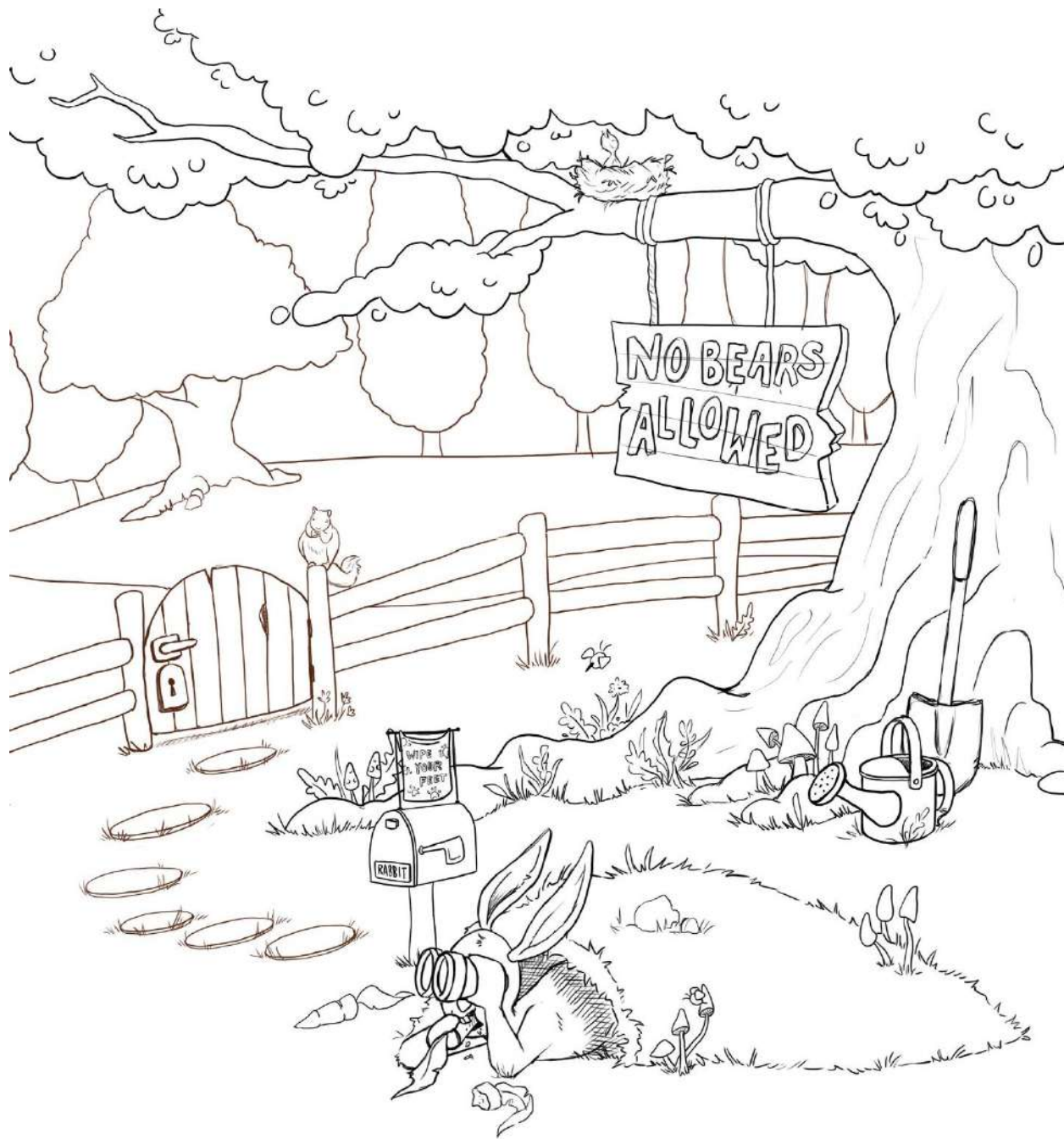


Can you help Rabbit find the carrots?



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Colouring Pages!



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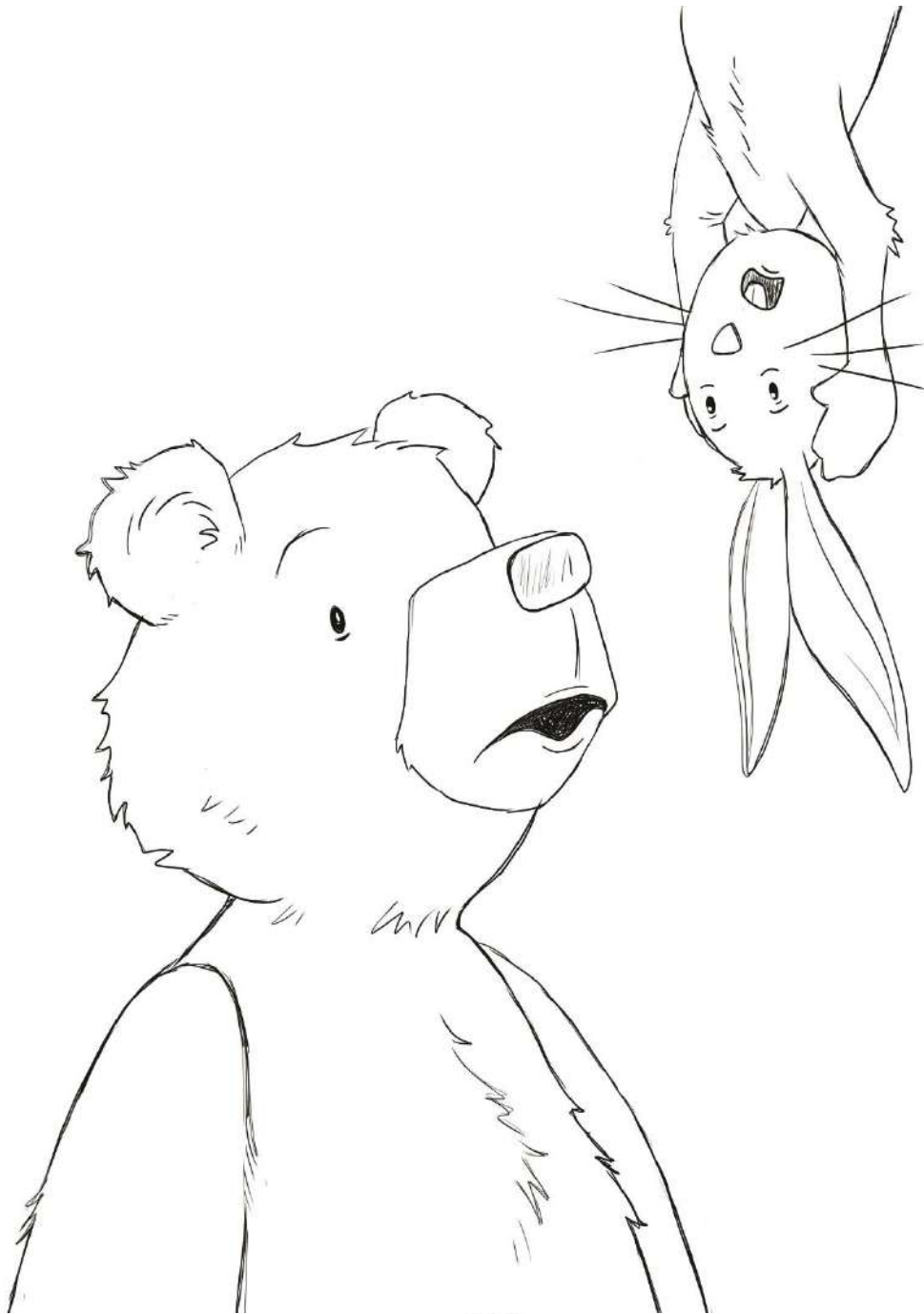
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My Favourite Carrot Cake Recipe!

Yum, yum! Try out this delicious carrot cake recipe! It's approved by Rabbit, who loves all carrot snacks.



Courtesy of Betty Crocker

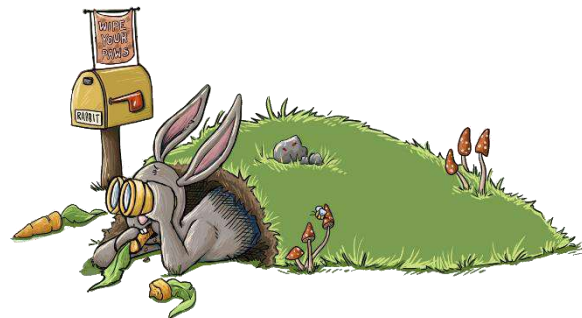
Ingredients

Cake

1 ½ cups granulated sugar
1 cup vegetable oil
3 eggs
2 cups all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon baking soda
1 teaspoon vanilla
½ teaspoon salt
3 cups shredded carrots (5 medium)
1 cup coarsely chopped walnuts

Cream Cheese Frosting

1 package (8 oz) cream cheese, softened
¼ cup butter or margarine, softened
2 to 3 teaspoons milk
1 teaspoon vanilla
4 cups powdered sugar
nutmeg, if desired



Instructions

1. Heat oven to 350°F. Grease bottom and sides of one 13x9-inch pan or two 8-inch or 9-inch round pans with shortening; lightly flour. In large bowl, beat granulated sugar, oil and eggs with electric mixer on low speed about 30 seconds or until blended. Add flour, cinnamon, baking soda, 1 teaspoon vanilla and the salt; beat on low speed 1 minute. Stir in carrots and nuts. Pour into pan(s).
2. Bake 13x9-inch pan 40 to 45 minutes, round pans 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool rectangle in pan on cooling rack. Cool rounds 10 minutes; remove from pans to cooling rack. Cool completely, about 1 hour.
3. In medium bowl, beat cream cheese, butter, milk and vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, on low speed until smooth and spreadable. Frost 13x9-inch cake or fill and frost round layers with frosting. Sprinkle nutmeg on frosted cake, if desired. Store in refrigerator.



Answer Key!

Crossword Puzzle



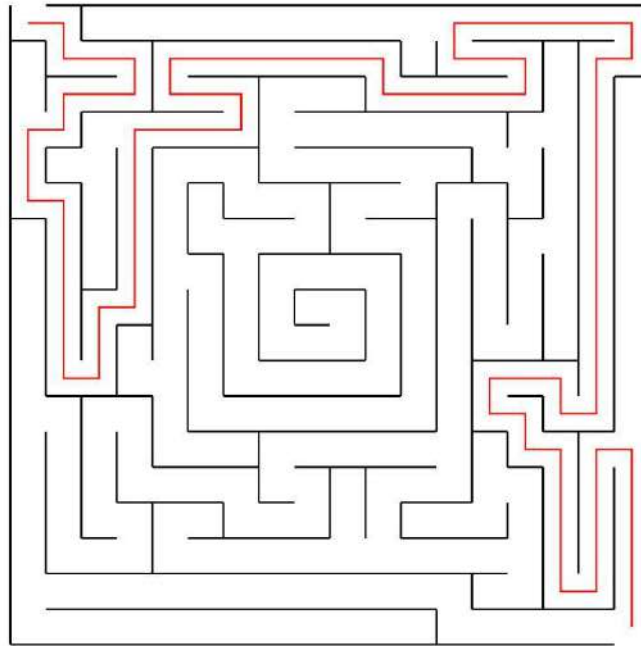
Word Search

U B N V G S C Z M R Q R M Z H
Q A G S Z B O H C O O A I B I
T J X L J E M C T W K B T I X
S G O U R A A E X L H B U R V
A P B G V R K B F N O I Y D Y
A H A N Q H B M S Z E T Y Z U
N B U T T E R F L Y R S Y S G
C R A C C O O N G D S Q Y W W
D Z U R J K Q U Q S T U O S U
Q A Y W G V Z O L H M I P Q J
C N R F W F S P I D E R U I L
A V V Q T L C T O B W R M D O
N U S P A R R O W F Z E Y E R
T O E Z Q N T Y B O V L W E Q
S K U N K R H N A X J J T R I

Anagrams

1. RABBIT
2. FOX
3. SPIDER
4. BEAR
5. SPARROW

Maze



Want to find us?

For more information on the author:

<http://www.lydialukidis.com/>

For more information on the illustrator:

<https://www.tarajhannon.com/>

For more information on Blue Whale Press:

<https://www.bluewhalepress.com/>

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