

Professionals working with children

Designed with children. Grounded in science. Made for emotions.

The Tedology bear is thoughtfully designed to be naturally engaging and child-led, helpful in settings that aim to support children's emotional well-being and development.

Research shows that children instinctively seek out and form connections with transitional objects such as teddy bears, and the Tedology bear builds on this natural tendency.



The bear includes a range of comforting, supportive features, such as specifically designed fidget-friendly paws to help children stay focused and grounded, varied sensory tags, a crinkly ear, and a lightly weighted body – all carefully developed with the aim of supporting nervous system regulation and various sensory needs during emotionally heightened moments.

The bear includes an audio device with ten tried-and-tested, psychologically grounded activities, each of which promote a different form of emotional understanding, from building emotional literacy, recognising and naming emotions, to developing emotional regulation, mind-body awareness and encouraging children to explore ways to manage and express emotions through playful engagement.

A sensory-rich bear with soft textures, light weighting, and fidget-friendly paws

A guided audio feature with 10 child-led, psychologically informed activities

A visual emotion card to support recognition and naming of feelings

A notebook and pencils to encourage expression through drawing or writing

Guidance for Professionals and access to additional support via our website.

Find out more, visit: www.tedology.com.au

Why Professionals Working with and Supporting Children Use Tedology

Encourages Child-Led Engagement

The bear's guided activities and prompts allow children to explore feelings and develop emotional regulation at their own pace. Working through a gently playful and familiar medium – a teddy bear – adults can naturally initiate meaningful conversations about emotions and experiences.

Supports Emotional Literacy

Additional tools, such as the visual emotion card and guided prompts, help build children's emotional vocabulary through play, repetition, and connection.

Fits into Existing Routines and Practices

Tedology is easy to incorporate into various settings, including one-to-one sessions, classroom routines, and care environments. It works as a starting point for discussions about emotions, resilience, and regulation, and can become a valued part of calm-down spaces, transition times, regulation breaks, or one-on-one support sessions – without requiring additional training.

Encourages Generalisation

When introduced with intention, Tedology helps continue the work of emotional exploration, supporting the generalisation of emotional skills into daily life.

Tedology was created by Dr Louise Mansell, a Clinical Psychologist with over 15 years of experience working with children, families, and professionals in educational and care settings. Rooted in real-world understanding of how children learn, grow, and express emotion, Tedology honours the vital role of play, connection, and autonomy in children's emotional development.

Tedology

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Please note: Tedology products are designed to support emotional growth in everyday life; they are not an alternative to professional care and support.

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