

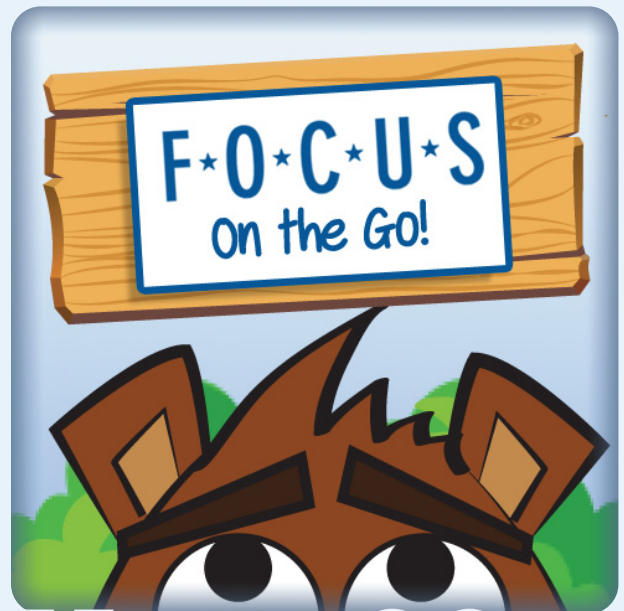
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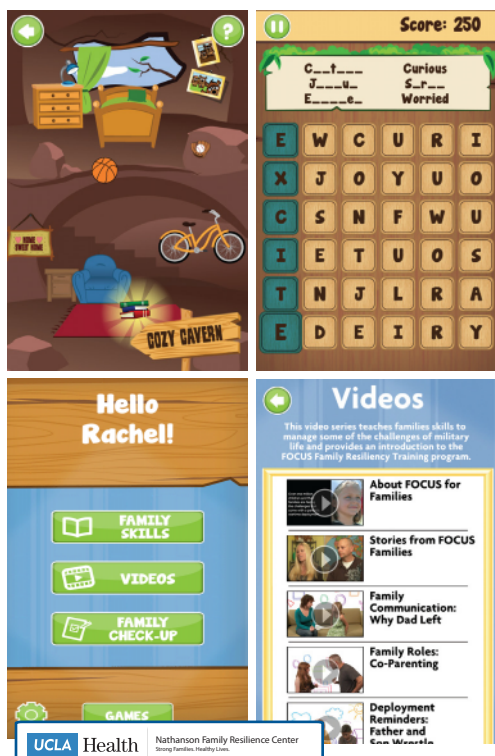
**Buddy Bear is back in FOCUS On the Go! Version 2.0**, an educational gaming app that helps families become stronger.

Family members can play four games alongside Buddy Bear to practice identifying and talking about feelings and to collect tools for calming down in challenging situations.

The Updated Video and Resources section includes a Video Library and downloadable PDF activities to further strengthen family resilience skills. Parents can also complete the Resilience Check-Ins for personalized summaries of their family's strengths.



# FOCUS On the Go! Version 2.0



**FOCUS On the Go!** brings FOCUS Family Resilience Training skill building games to families where they live, work and play:

- ★ Catch relaxation tools and get to know the Feeling Thermometer in **Bear Chill**
- ★ Search for feeling words and practice using the Feeling Thermometer in **Feeling Finder**
- ★ Create your story and share it with friends and family through email and Facebook with **Comic Creator**
- ★ Solve puzzles and collect relaxation tools to help fill up Buddy Bear's Cozy Cavern in **Bear Necessities**

**Available FREE for mobile phones and tablets on the iTunes App Store and Google Play Store!**  
<http://nfrc.ucla.edu/focus-on-the-go>