



Better Than Hitting

A Story by The Catbears



This is Bear.

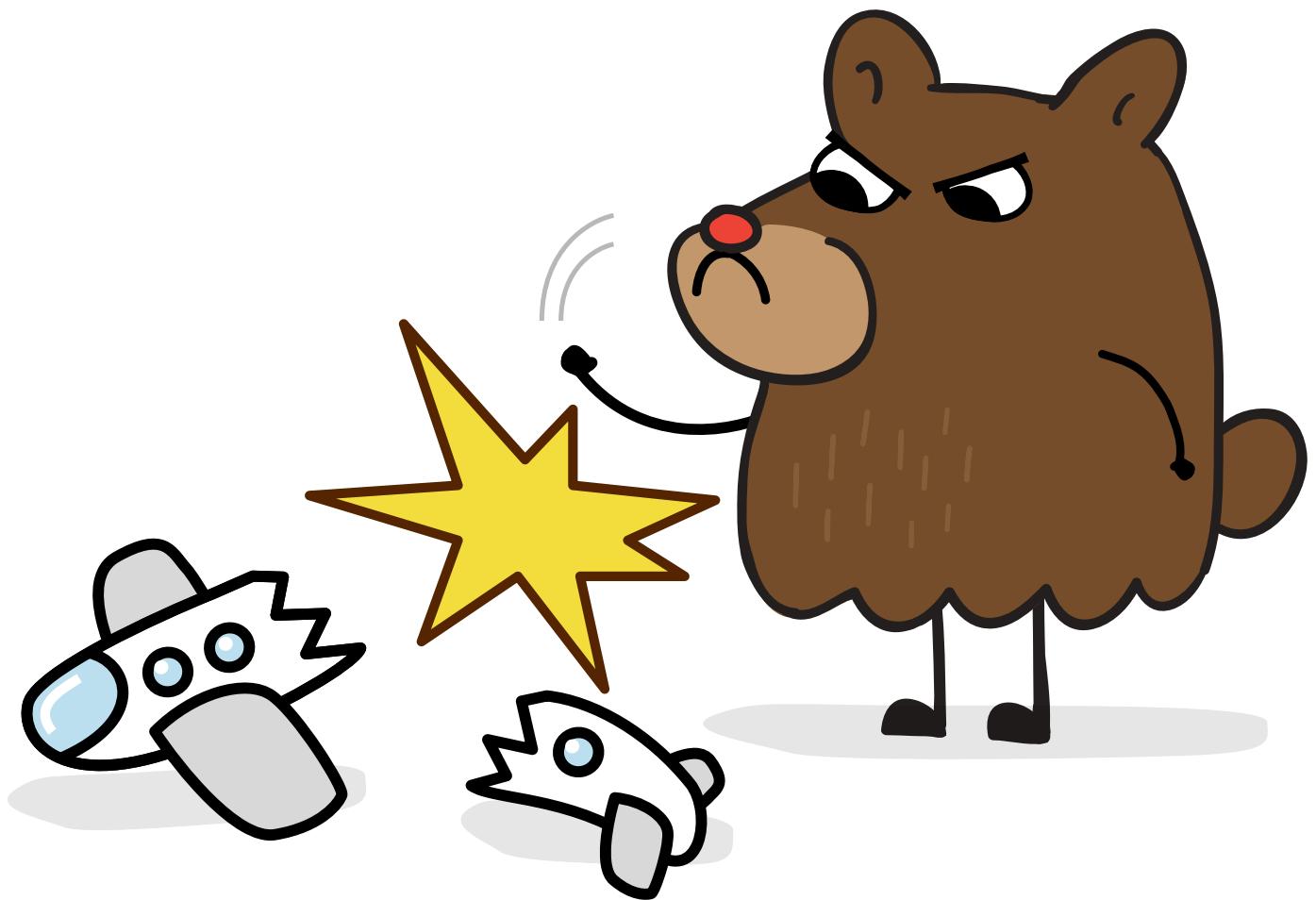
Sometimes Bear feels very upset.

Sometimes Bear's body feels too full.



When Bear feels this way, Bear wants to hit.

Hitting is Bear's body trying to let the feeling out.



Hitting can hurt others.

Hitting can also make Bear feel worse later.



Bear's feelings are okay.

Feeling upset is okay.

Having a full body is okay.

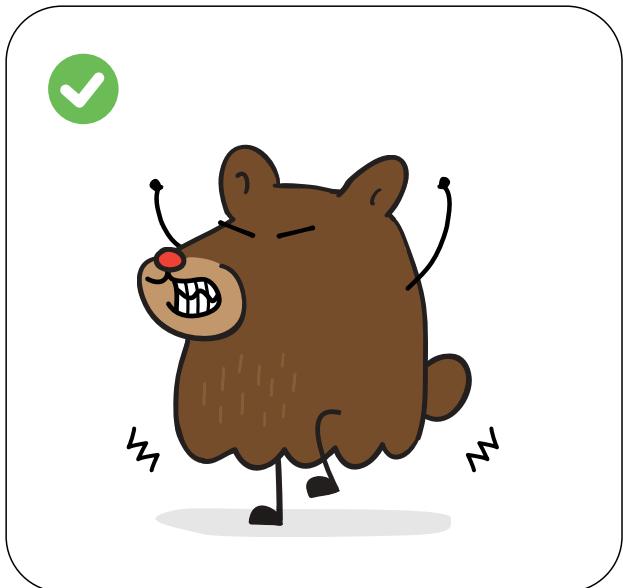


Bear can choose other ways to let the feeling out

Bear can squeeze something tight.



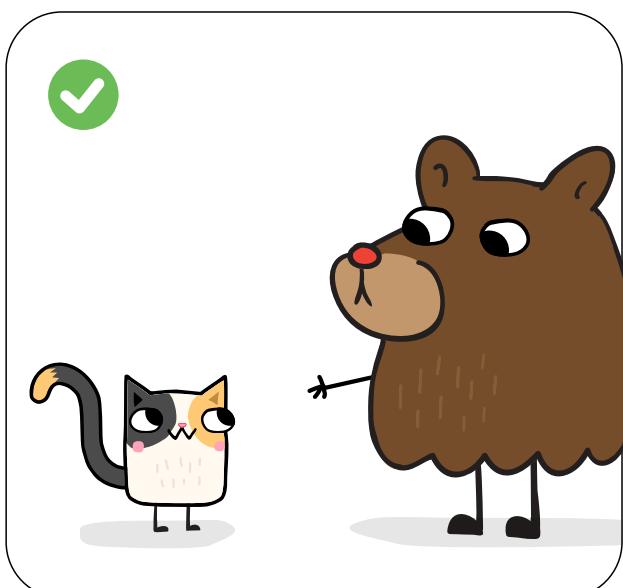
Bear can stomp feet.



Bear can take a deep breath.

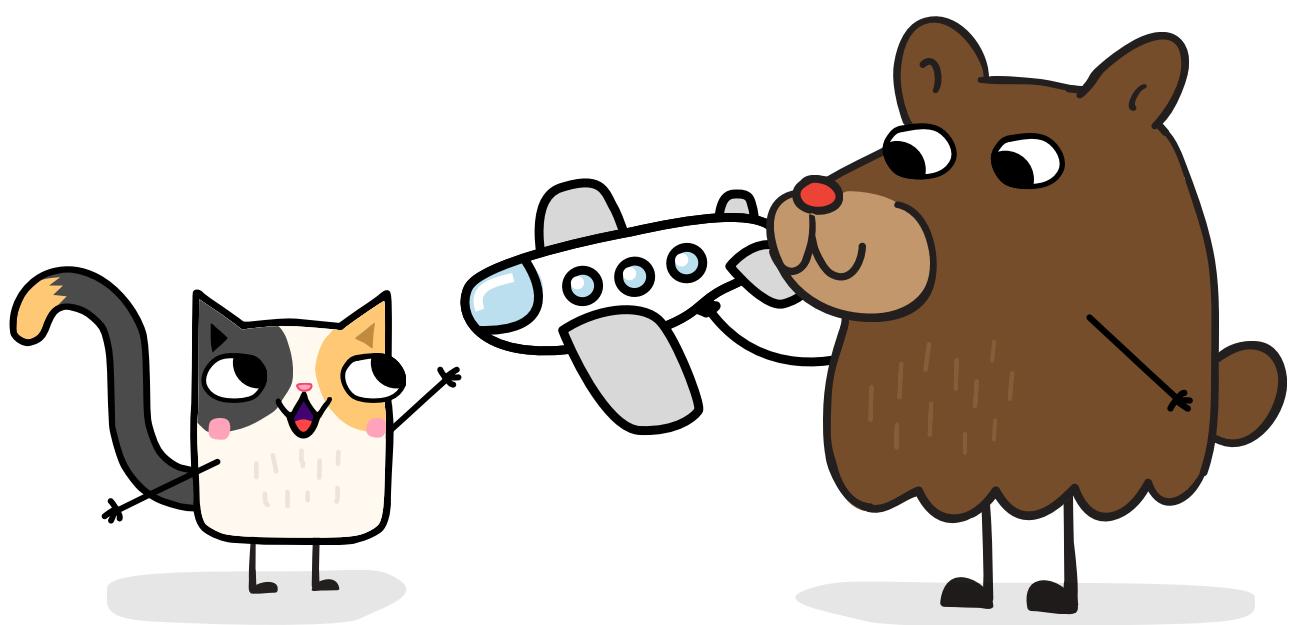


Bear can ask for help.



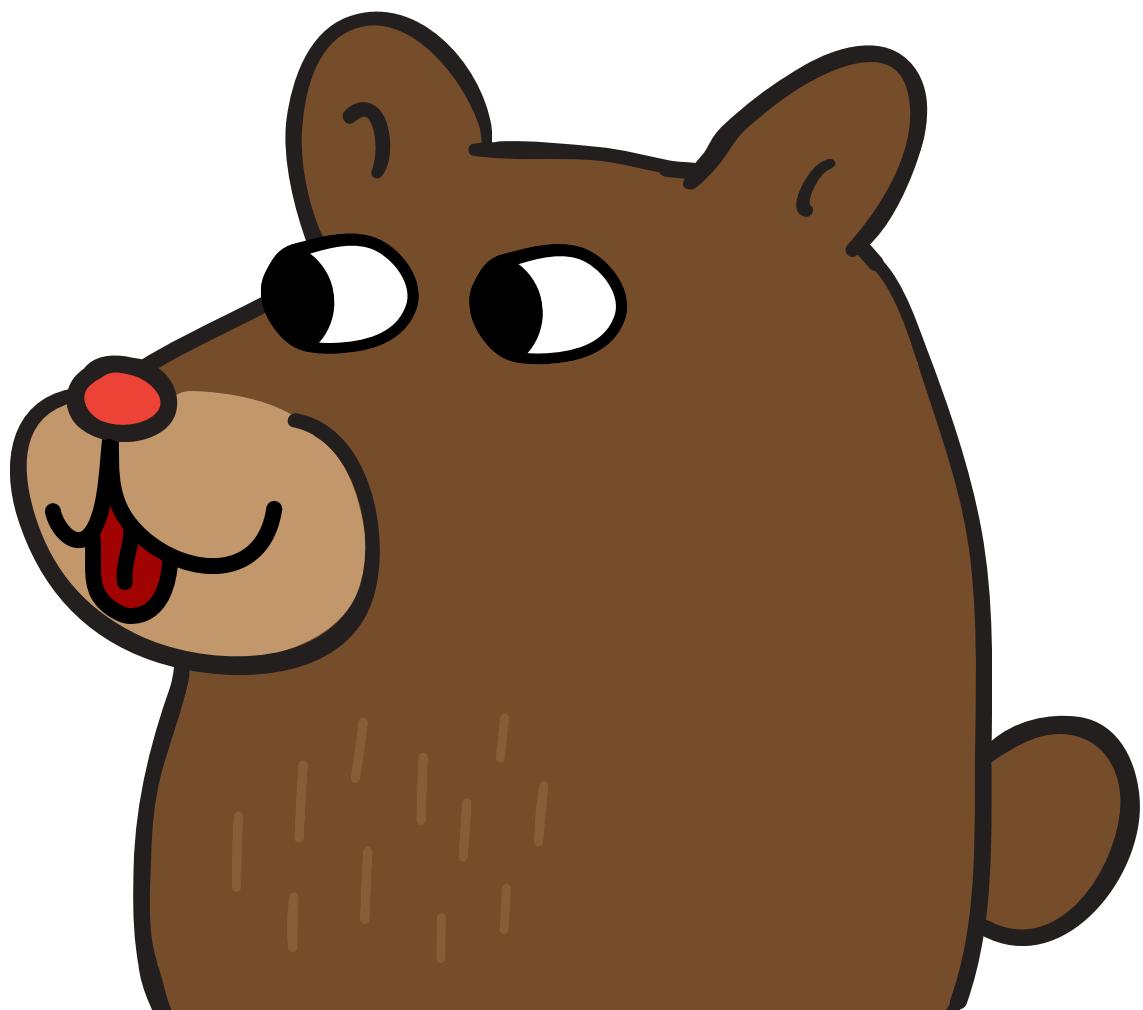
These choices help Bear's body feel less full.

When Bear's body feels calmer, Bear does not need to hit.



Bear feels proud after choosing
another way.

The feeling passes and Bear feels
much better.



Dear Grownups,

Reading this story can help your child notice strong feeling when they shows up.

When that happens, you can gently remind them what Bear did instead of hitting - Squeezing, stomping, breathing or asking for help.

One important thing to know:

When a child is in a full emotional storm, the body is in charge. Trying to explain, correct, or teach in that moment often makes things harder.

In these moments you should focus only on helping their body calm down.

- ✓ Use very few words.
- ✓ Stay close.
- ✓ Help them feel safe and secure.
- ✓ Be their guardian.

Over time, your child will learn how to listen to their body and guide it through hard moments.

Love,
The Catbears

