



Enter or Stay Out

A Story by The Catbears



1

**What is
Personal Space?**



This is Bear.

Bear is moving his body all the time.

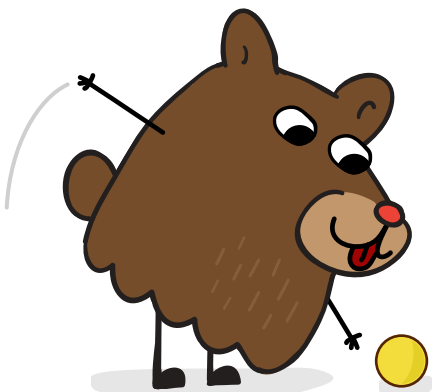
Bear sneezes



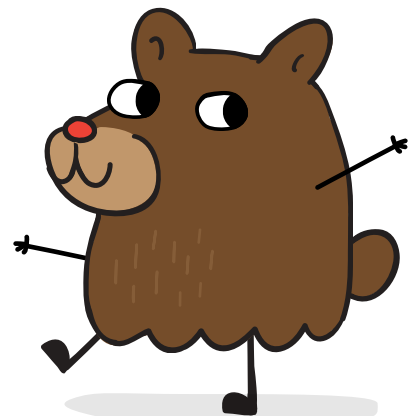
Bear stretches



Bear bends over



Bear dances

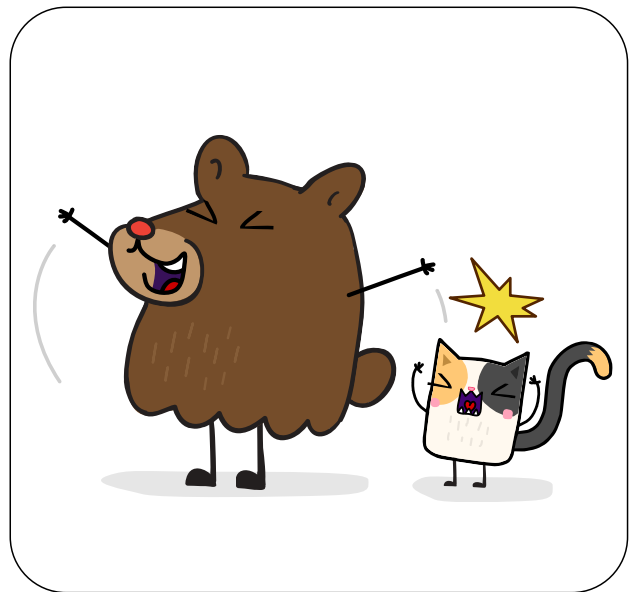


If someone stands right next to Bear when he move, they could get hurt.

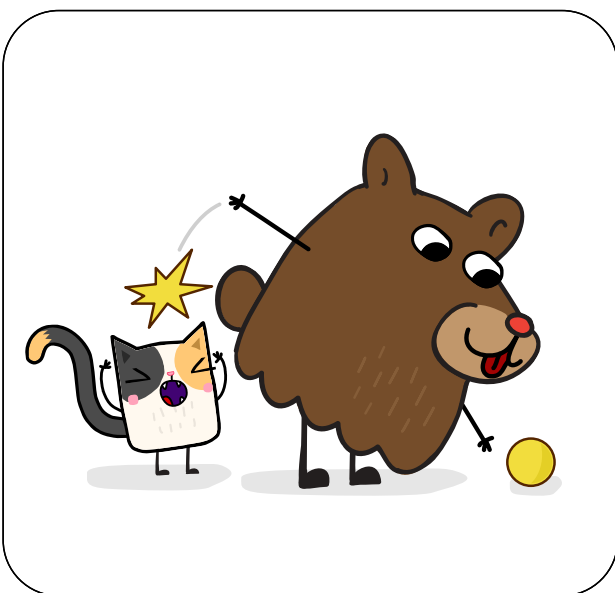
Bear sneezes



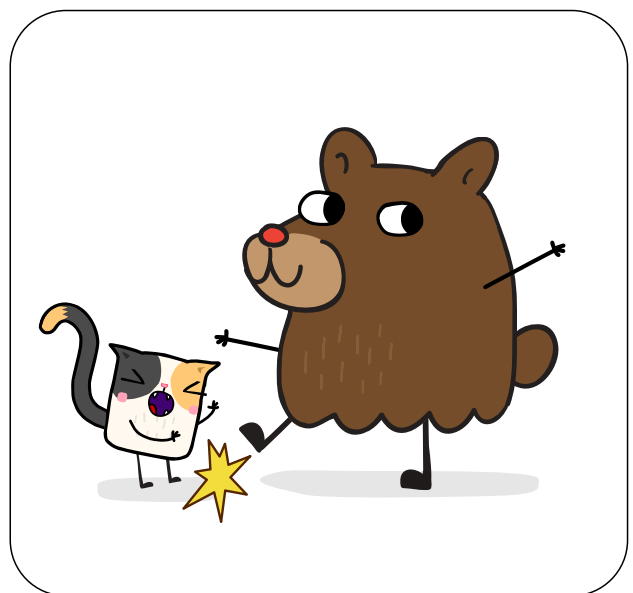
Bear stretches



Bear bends over



Bear dances



Oh no...

Bear didn't mean to do all that.
Bear was just moving.

But, even normal moving can hurt
when we are too close.

Bear: "I'm really sorry, Cat..."



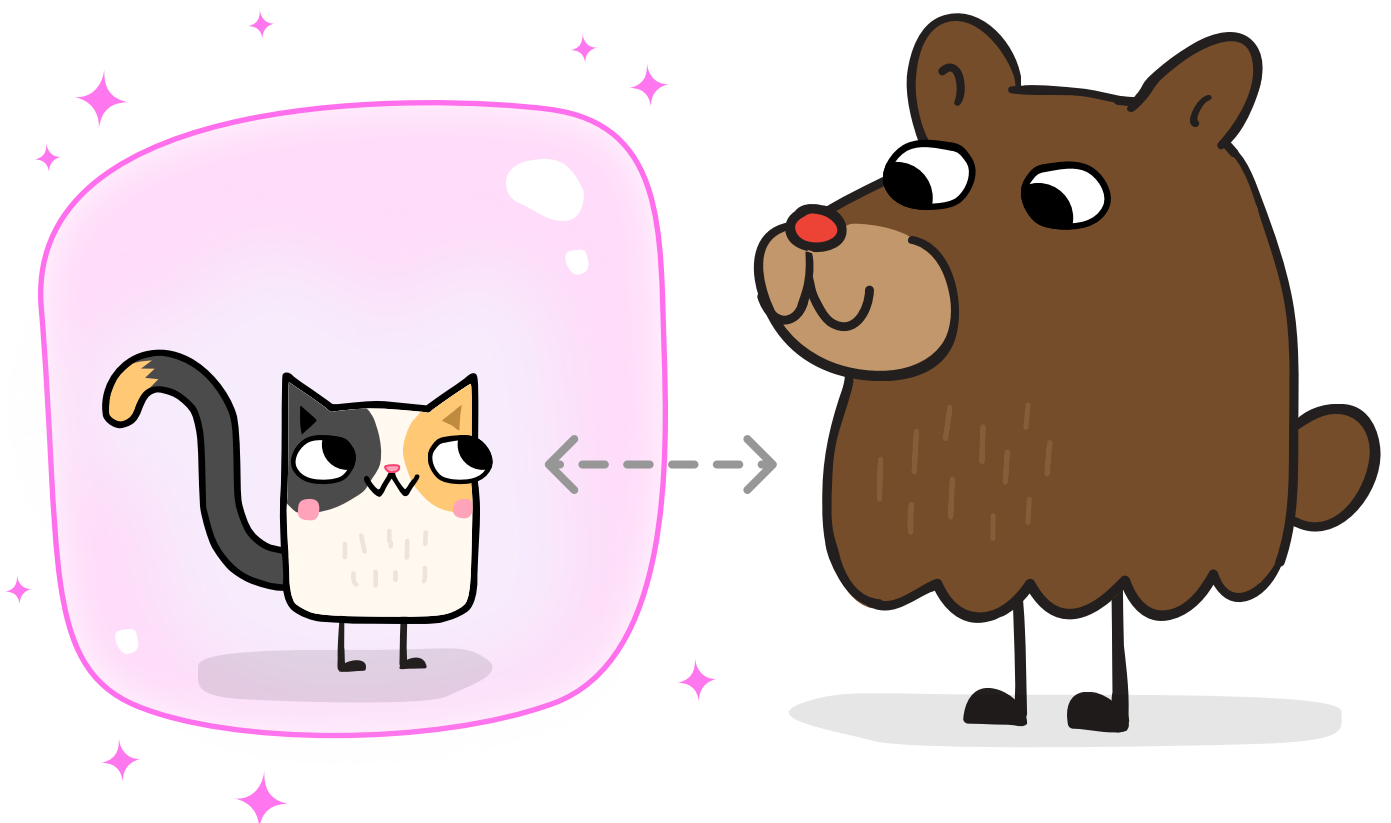
Bear doesn't want to hurt anyone.

So from now on, Bear decides to stand a little farther away, and leave an empty space between himself and others.

This space is called

Personal Space

And it keeps everyone safe



Everyone has a personal space.
Bear has one. Cat has one. You have
one too.



→] Enter

Sometimes Cat wants Bear to **Enter** his space.



←] Stay Out

And sometimes Cat prefers Bear to **Stay out**.

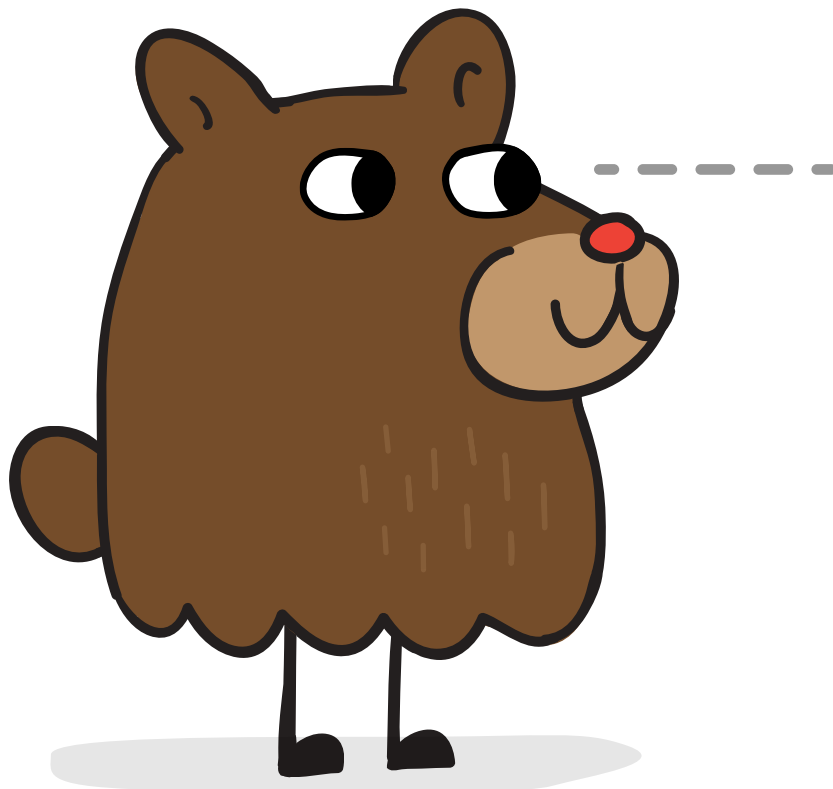
This can be very confusing

How can Bear know when he may **Enter** and when to **Stay out**?



2

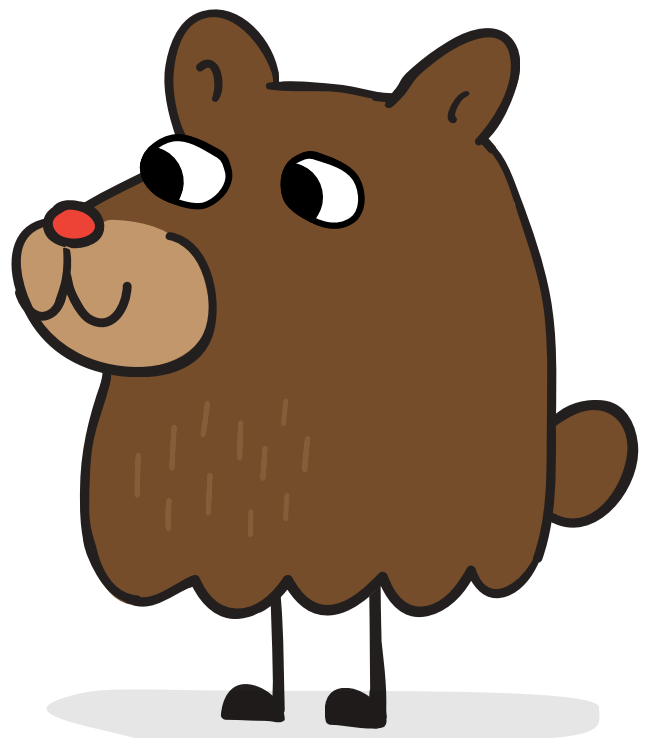
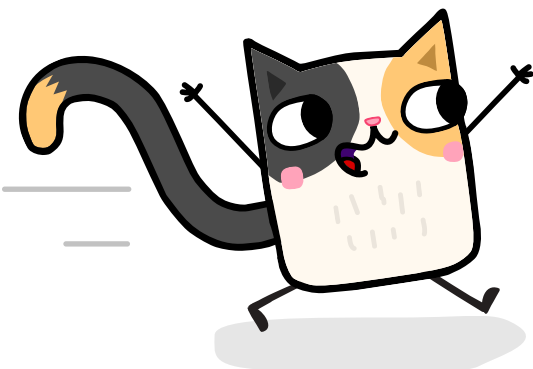
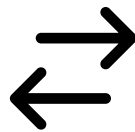
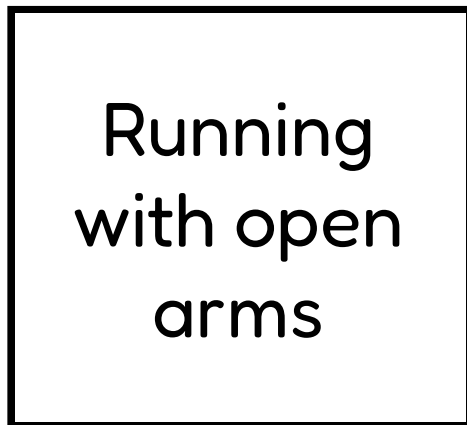
Looking for Signs



Bear hasn't seen Cat in a long time and they both missed each other very much.

Cat runs toward Bear with open arms.

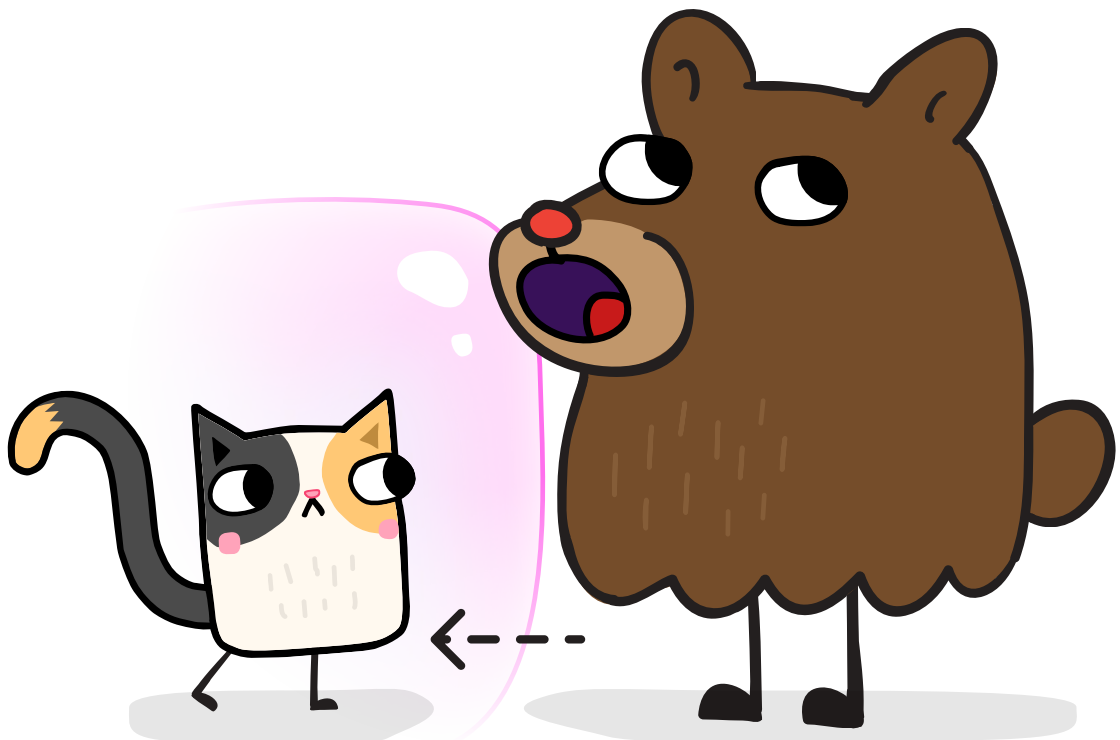
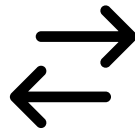
Sign



Bear is standing close to Cat while talking.

Cat is taking a step back.

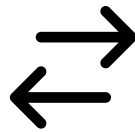
Sign



Bear and Cat play tag with friends.

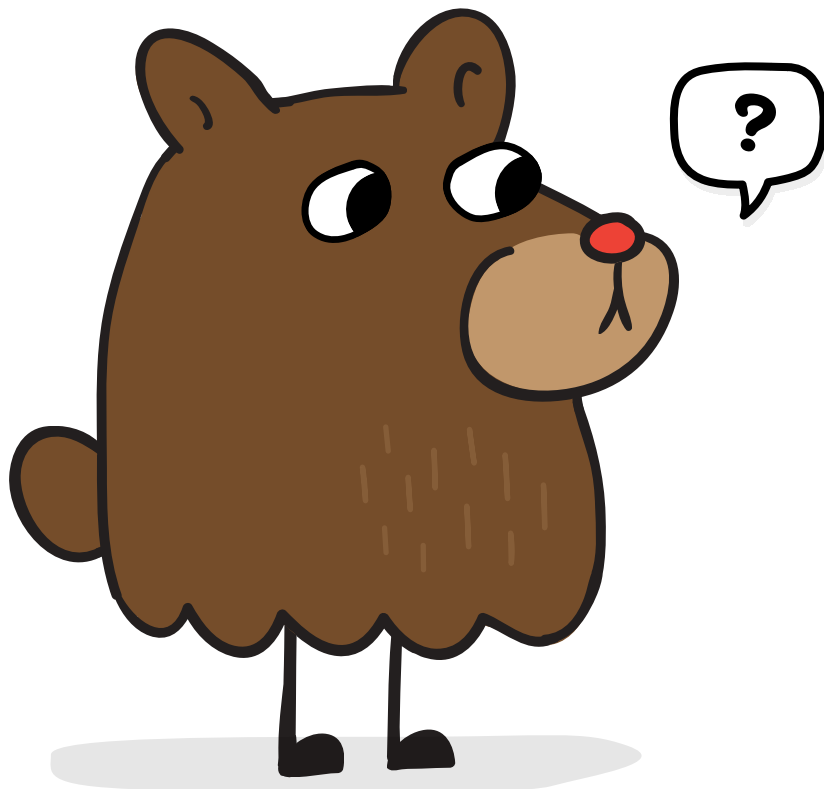
Everyone is laughing and chasing each other.

Sign



3

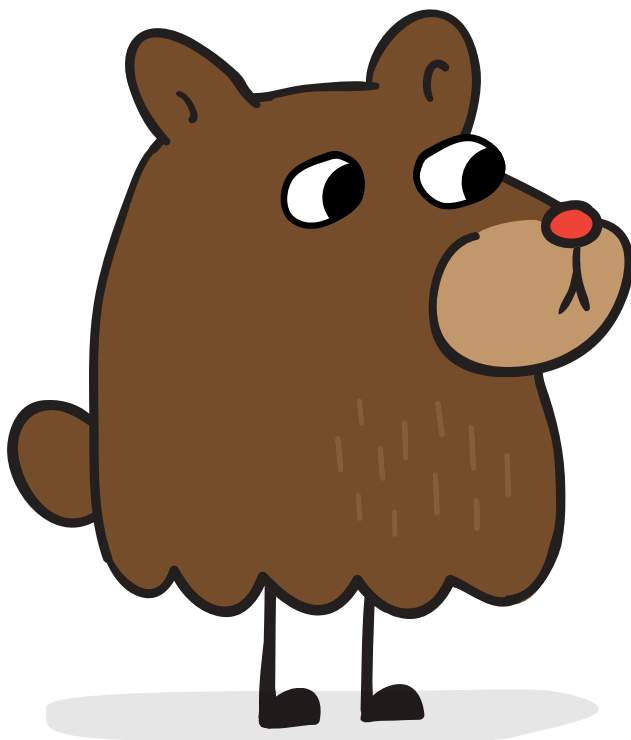
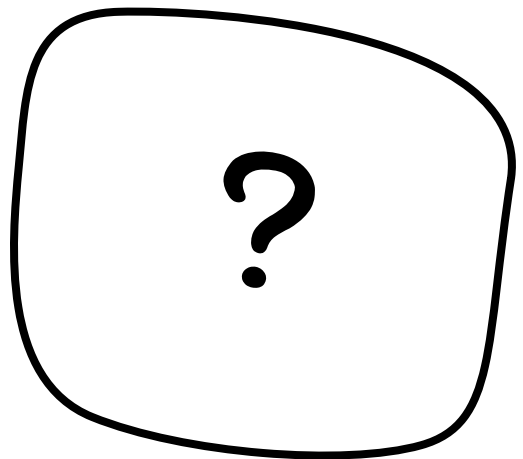
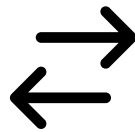
**Ask when
not sure**



Cat is upset. Bear wants to give Cat a hug, but he's not sure if Cat wants one.

Bear looks for signs. but can't find any.

Sign



When Bear can't find signs, he can just ask Cat what he wants.

Bear asks: **"Do you want a hug?"**

Cat nods.

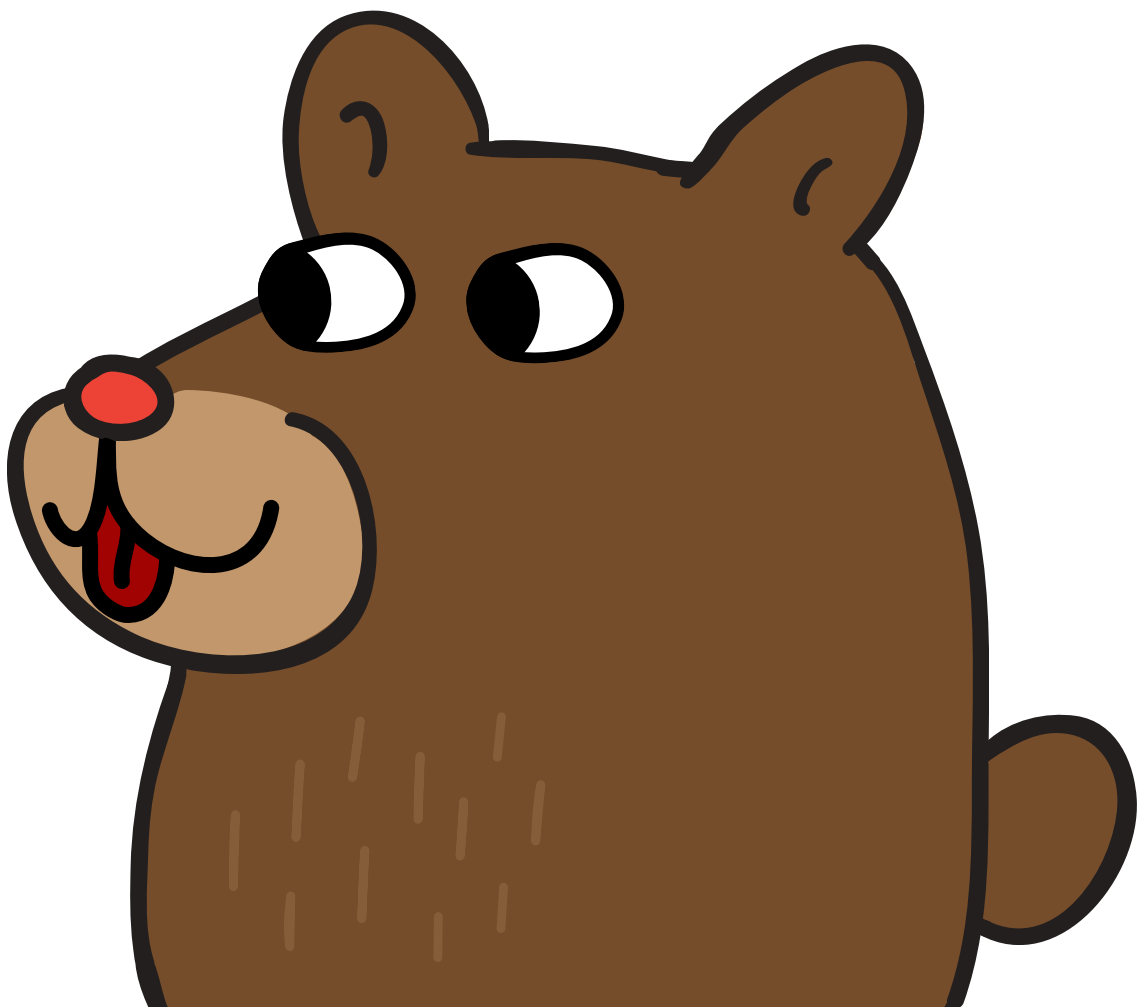
Bear hugs Cat.

Cat feels better.



Bear feels a lot better, now that he knows:

- ✓ He knows what personal space is.
- ✓ He knows how to look for signs.
- ✓ He knows he can always ask, when he can't find signs.



Dear Grownups,

If you're reading this, chances are personal space has become a daily challenge. The looks from other parents. The moments that don't go as planned. The exhaustion of explaining, again and again.

For many children, knowing when to come closer and when to keep distance doesn't come naturally. And when someone's space is entered unexpectedly, people react without thinking. A step back, a surprised look, a quick word. Even when it's just a child trying to connect.

These moments can leave kids feeling lost - unsure of what happened or why.

Practicing personal space at home, in a calm and loving environment, gives children room to learn without the pressure.

We hope this story gives you and your child a shared language - a starting point for understanding personal space together.

Here are more ways to practice personal space at home:

- ① **Feel the personal space:** Stand close to each other, then far. Let your child feel the difference.
- ② **Talk about it:** Talk about times when being close felt good, and times when someone needed space.
- ③ **Practice "Looking for Signs":** When you see one, ask: "Does this mean **Enter** or **Stay Out**?"
- ④ **Practice "Asking if not sure":** Role play moments where there are no signs, and your child can try asking: "Do you want a hug?"

With patience and repetition, this skill can grow. Be their safe place to practice, making mistakes, and trying again.

Love,
The Catbears

