



**NO TO VIOLENCE**

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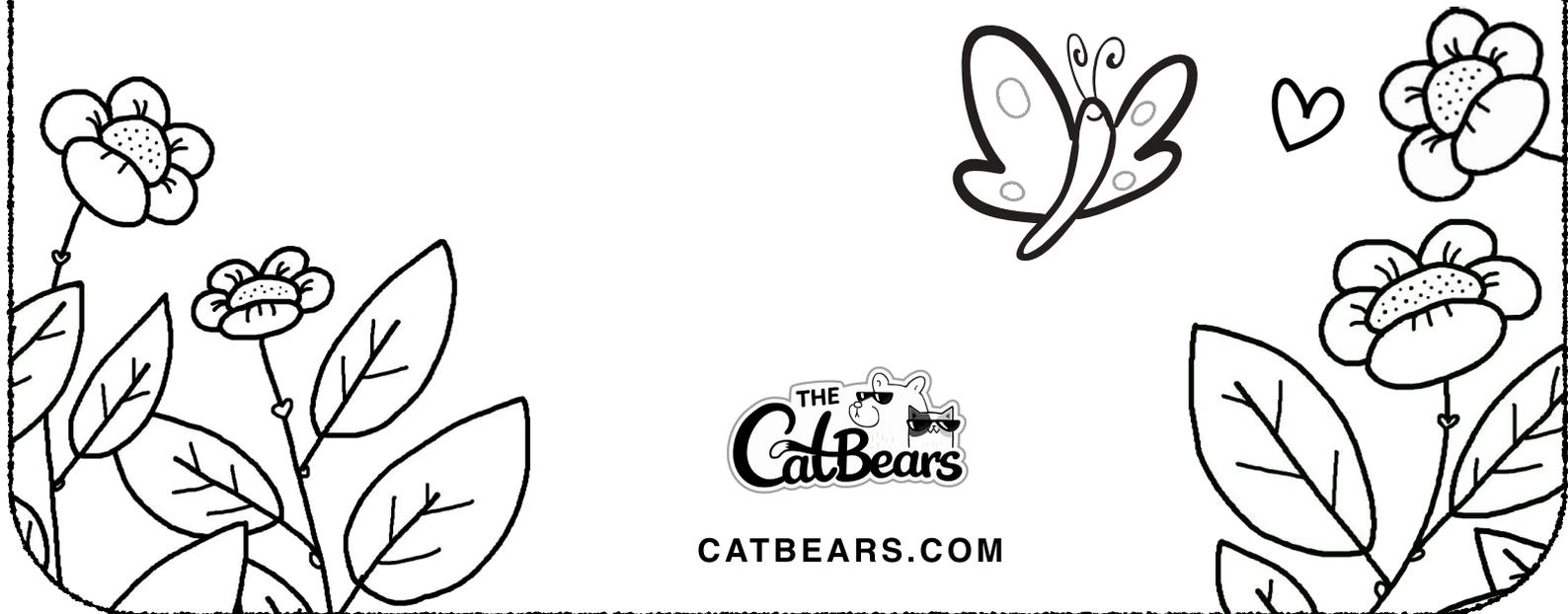


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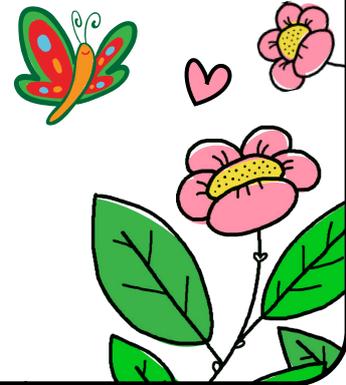
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Dear Grownups,

Children face conflicts every day. Learning how to handle those moments without using violence is a skill that takes time, practice, and the right way of reaching them.

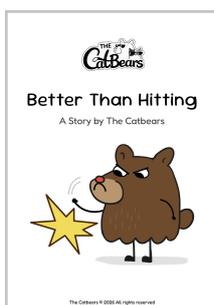
That is why **The Catbears** were created. With the help of Cat and a Bear, children can watch, laugh, and explore conflicts and positive way to resolve them. Through their stories, kids understand what conflict means, the consequences of violence, and they develop empathy for the characters. From there, they can start trying these ideas in their own world.

We are constantly releasing new materials: social stories, group activities that combine creative work with social and emotional learning, and tools that help start the important conversations.

These moments help adults guide children as they practice the skills they need to live, play, and solve conflicts together.

All of these resources are available at [catbears.com](http://catbears.com).

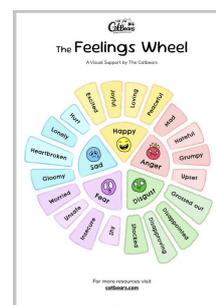
Love,  
The Catbears



### Better than hitting

A short social story for gentle hands and keeping hands to self.

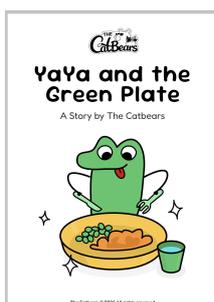
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### The Feelings Wheel

Help children identify and name their emotions.

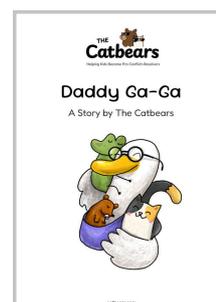
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### YaYa and the Green Plate

Learn about accepting no, coping with frustration.

[Read story →](#)



### Daddy Ga-Ga

Helps dads stop yelling at their kids and reduce power struggles.

[Read story →](#)