

The Bear Who Learned to Move with Care

Inspired by Dr. Gabor Maté
Written by Sundeep Parmar



LITTLE KEYS
to the Universe



LITTLE KEYS TO THE UNIVERSE

The Bear Who Learned to Move with Care



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DEDICATED TO

Ria & Mia



Big Lessons. Little Stories.



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Beau loved to run. He stomped through puddles, he rolled down hills, he gave great big bear hugs, even when no one asked for one. You're squishing me, the butterflies would cry. Too close, the chipmunks would squeak. Eep, said a lizard as Beau flopped beside him without looking. Beau wasn't trying to be mean, he was just excited. I'm just playing, he said, I didn't mean to scare anyone.



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But one day, while crashing through the tall grass, Beau bumped into someone small. And very, very still. It was Nina, the snail. Her shell wobbled, her antennae drooped. She slowly pulled inside herself and whispered, please, don't come so close. Beau froze, his big paws stopped moving. Oh no, I didn't see you there. I didn't mean to. I was just... excited? Nina finished softly. Beau nodded. I like to play, he said, but sometimes I feel like I mess everything up.



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Nina peeked out from her shell. Beau, she said gently, your heart is kind. But when your body moves too fast or too close, it can feel a little scary. Beau sat down slowly. But how do I know when I'm too close? Nina inched forward and smiled. Let me show you something. She led Beau to a quiet stream. Do you see the water? She asked.



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Yes, Beau nodded, it's flowing. Right, and what helps it flow in the right direction? Beau tilted his head. The sides of the river? Nina smiled. Those sides are boundaries. They don't block the water, they guide it. She looked up at Beau. You're the water, Beau. Boundaries don't stop you from being you. They help you move with care. Beau's eyes widened. So I can still be me and still play, but also notice how others feel?



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Exactly, said Nina. When you pause, look and listen, you give others space to feel safe. And that's a beautiful thing. From that day on, Beau tried something new. He paused before leaping. He looked around before hugging. And when someone said, no thanks, he took a step back and smiled. Beau was still big. He was still bouncy. But now he also knew how to move with care.



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And Nina? She was always nearby, watching him flow, just like the stream. Dr Gabumate believes that we all need to feel safe in our bodies and hearts. Boundaries help us do that. They aren't walls to keep others out. They're soft shapes that help love and play stay kind. So next time you're excited and want to play, just pause, look and ask. Is this OK?



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And if someone says no or please stop, remember kindness means listening. Even big bears can learn to move with care.



THE LITTLE KEY
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When you love someone, be gentle. Ask
before you hug in close.



MOVE WITH CARE

A bouncy bear cub learns that moving gently and with care helps his friends feel safe. A tender bedtime story about kindness and boundaries.

For big-energy kids — a reminder to pause and check in before playing rough.

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