



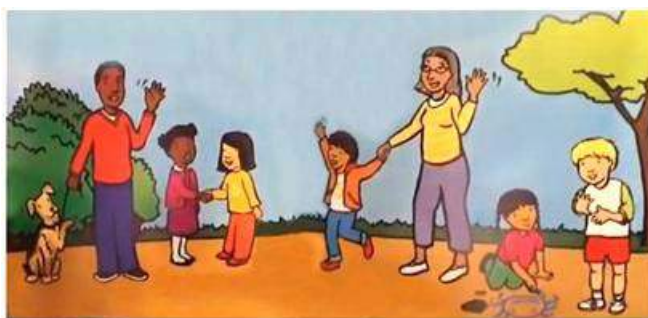
Hands are not for hitting

Hands come in all shapes, sizes and colors. There are lots of things your hands are meant to do.

Hands are for saying hello.



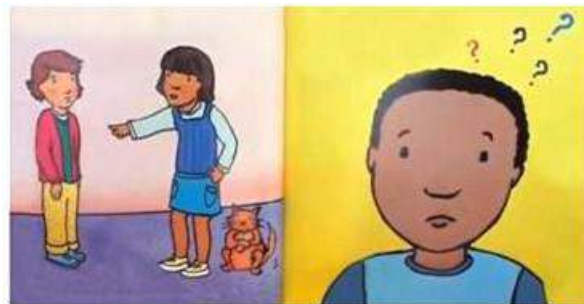
Hands are for greeting and communicating. There are many friendly ways you can use your hands to communicate. You can shake hands. Try it now. Shake hands with the person next to you. You can wave to a friend. You can draw pictures or write words. I can tell a story with my hands.



There's something that hands are NOT for. Hands are not for hitting. Hitting isn't friendly. Hitting hurts. How does it feel when someone hits? It hurts a person's body. It hurts a person's feelings, too.



Why do people hit? Sometimes they feel sad, jealous, scared, angry... Sometimes people want to be the boss of someone.



Have you felt these ways? Maybe you wanted to hit someone. But hands are not for hitting.

There are other ways to let your feelings out: playing with friends, reading a book, listening to music, jumping, or just talking. Can you think of more ways to let your feelings out?



After a while you'll feel better. When that happens, you and your hands can play again. Hands are for all kinds of playing. How do you use your hands to play?

Hands are for learning – for counting, tying, painting, and asking questions. Hands are for making music – for snapping, clapping, or tapping out a beat. Can you clap a beat? Give it a try!

Hands are for working together. Hands are for playing, learning, doing and building. Hands are not for hitting. Hitting is never okay. So what can you do when you and your friend don't get along?



You can try to solve the problem together. You can talk about it. You can listen.



You can try to understand how your friend feels. Your friend can try to understand how you feel. You can think of ways to make things right.

What if your friend yells, kicks, pushes or hits? You don't have to fight back. You can walk away. You can find something else to do, or someone else to play with, or an older person who can help. You can tell your friends, "Hands are not for hitting".

Hands are for keeping safe. Think of all the ways your hands can keep you safe.



Hands are for helping. There are many ways you can use your hands to be a helper. How do you make yourself handy?



Hands are for taking care of you. They're for putting on pajamas, washing your face, combing your hair, brushing your teeth, and turning out the light at bedtime. What do you do to take care of you?



Hands are for helping. Hands are for caring. Hands are for keeping you healthy and safe. Hands are not for hitting. Hands are for being kind and showing love. Go-ahead! — High-five the person next to you!



Hands are for saying good-bye!



Hands are not for hitting
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