

# Hands Are Not for Hitting



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

Hands are for saying hello.



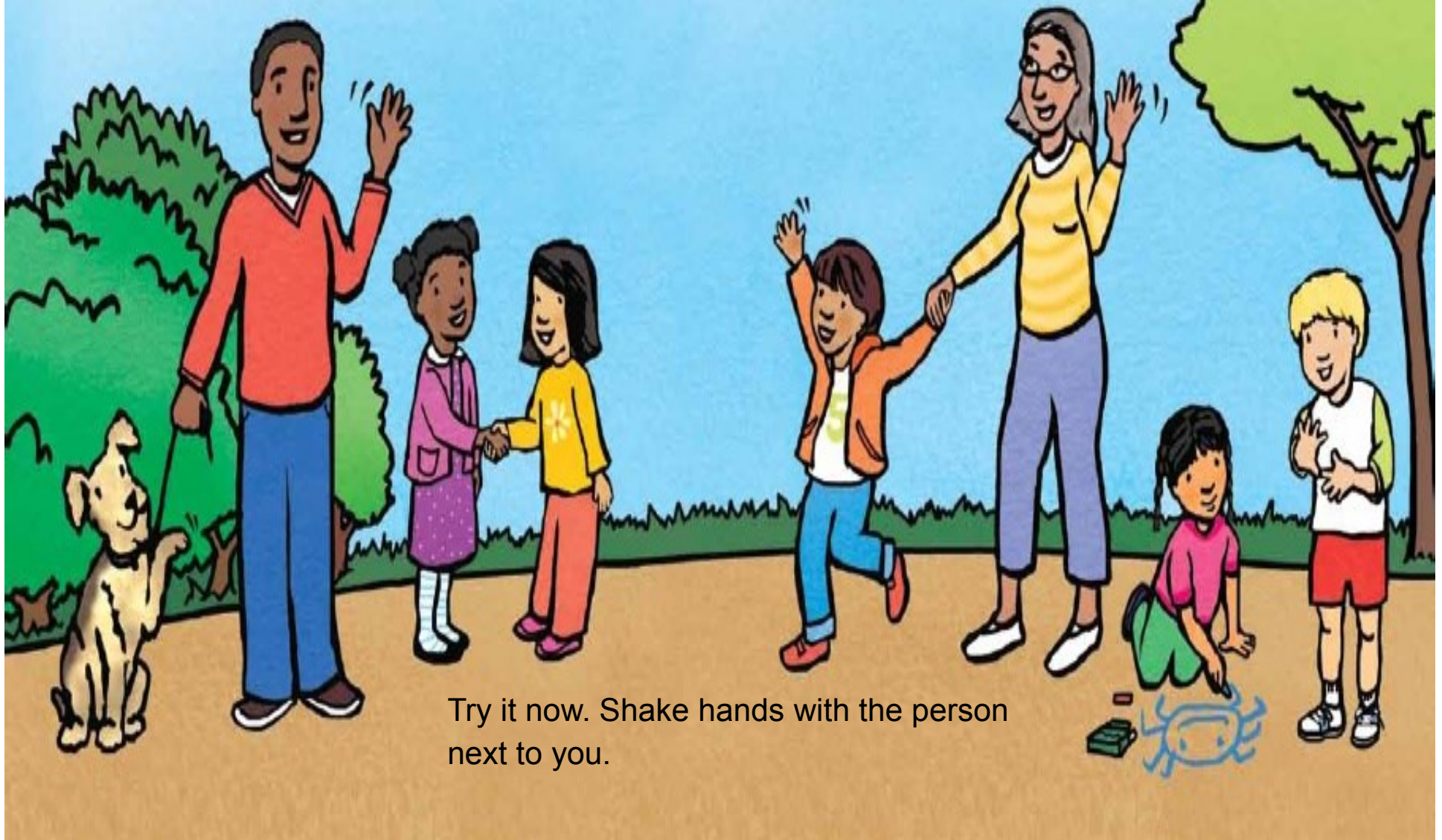
Hands are for greeting and communicating.

There are many friendly ways you can use your hands to communicate.

You can shake hands.

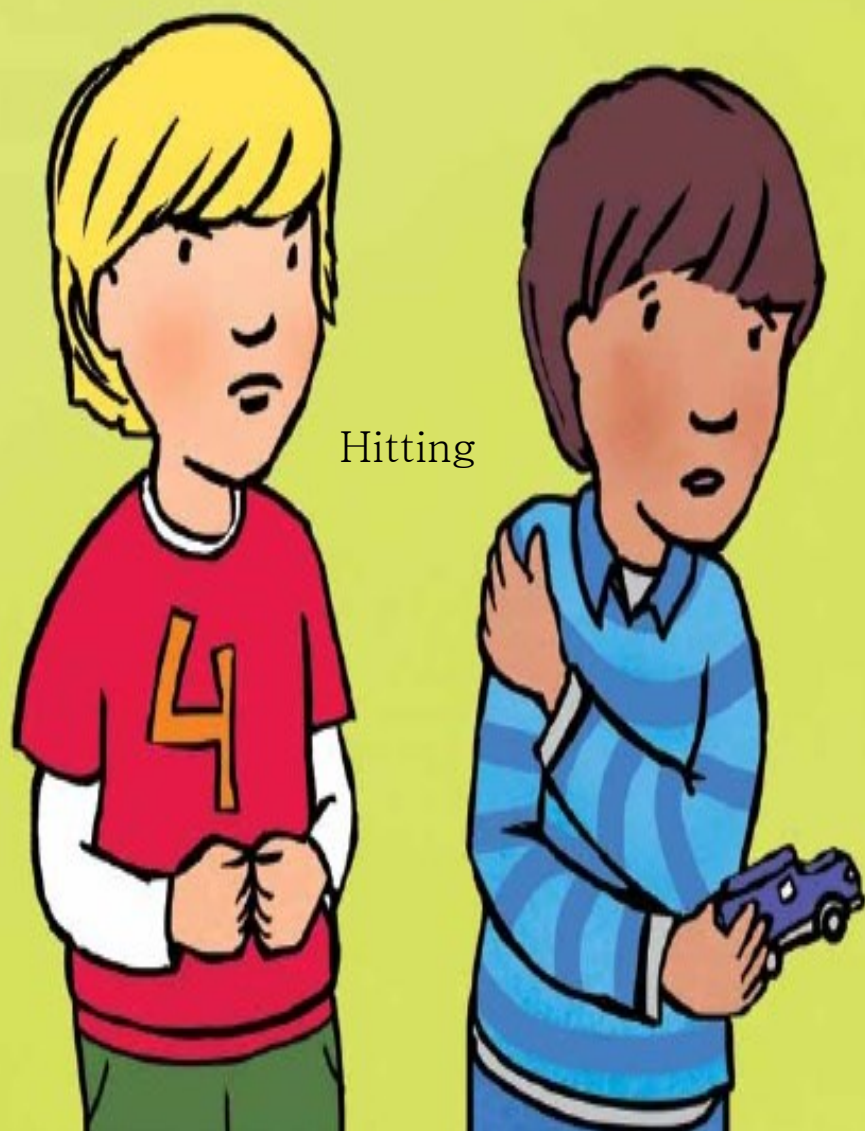
You can wave to a friend.

You can draw pictures or write words.



Try it now. Shake hands with the person next to you.

There's some thing hands are NOT for.  
Hands are not for hitting. Hitting isn't friendly.



How does it feel when someone hits?  
It hurts a person's body. It hurts a person's feelings, too.



SAD

Peter never plays  
with me.



Scared

Here comes that kid  
who teases me...



Jealous

I want that  
toy!



Angry

I don't like it when my  
sister takes my things!



Why do people hit?  
Sometimes they feel.....

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.



*We can use  
our words.*

*Hum hum*

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

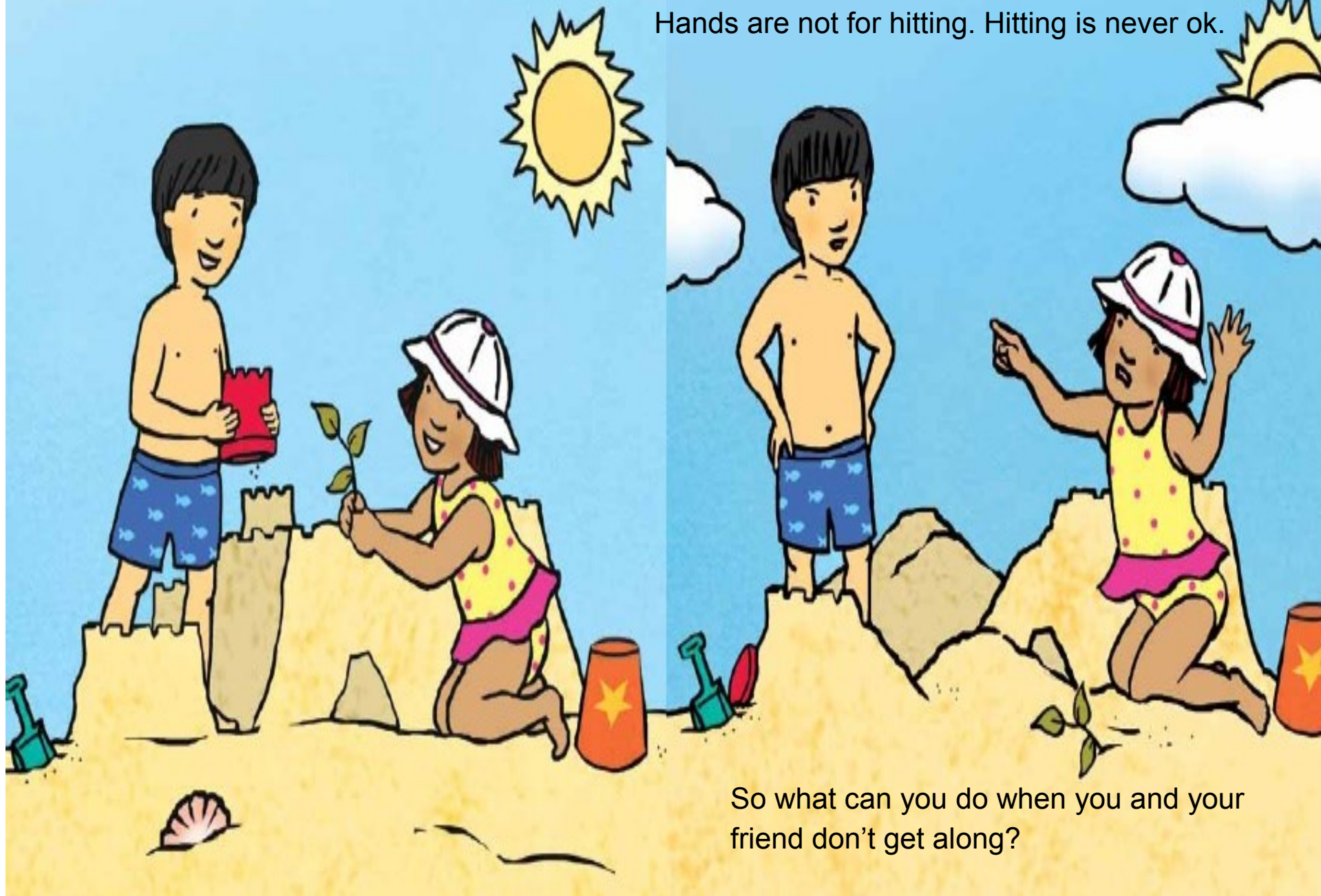
Hands are for playing music—for snapping, clapping, or tapping out a beat.



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 ok.



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.

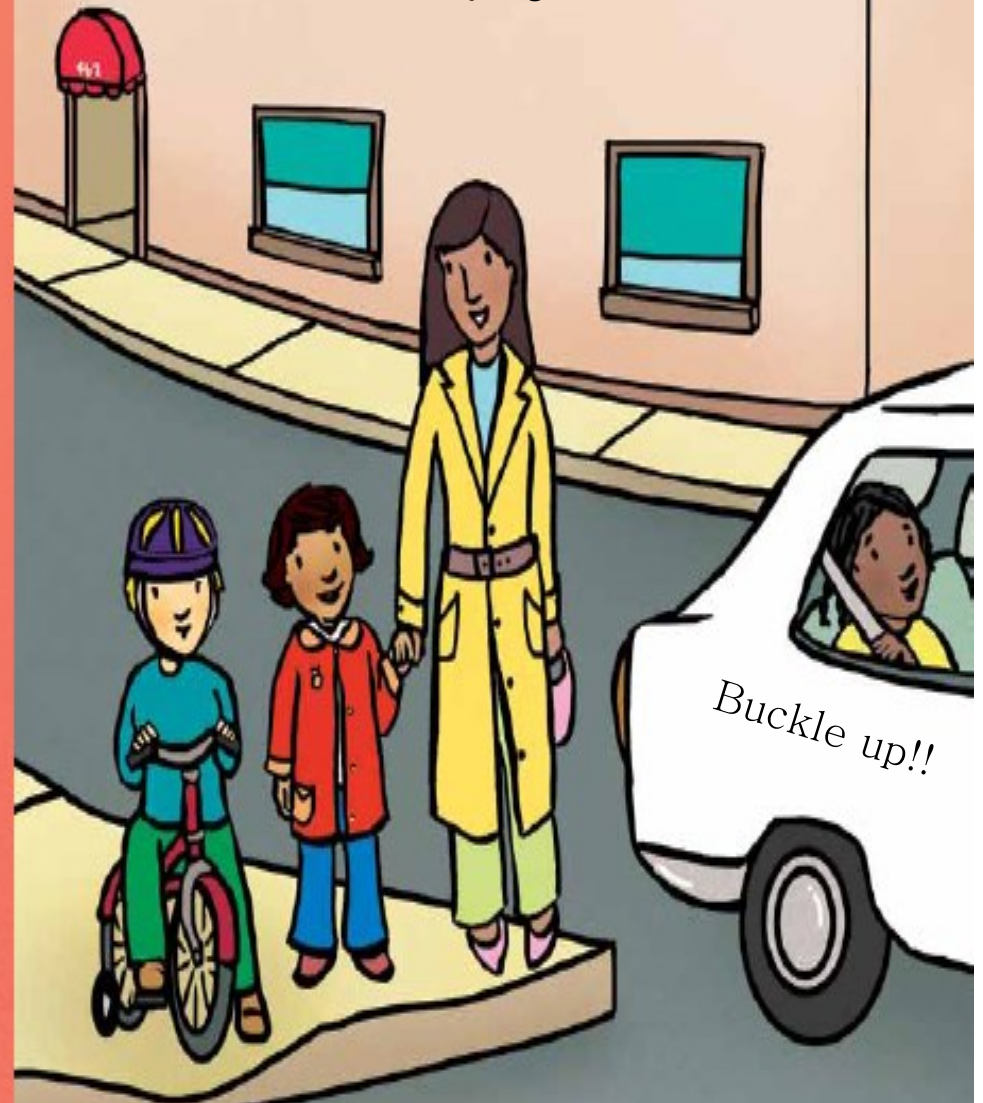
You can walk away.

You can find something else to do, or someone else to play with, or an older person can help.



You can tell your friend, "Hands are not for hitting."

Hands are for keeping safe.



Think of all the ways your hands can keep you safe!

*Buckle up!*

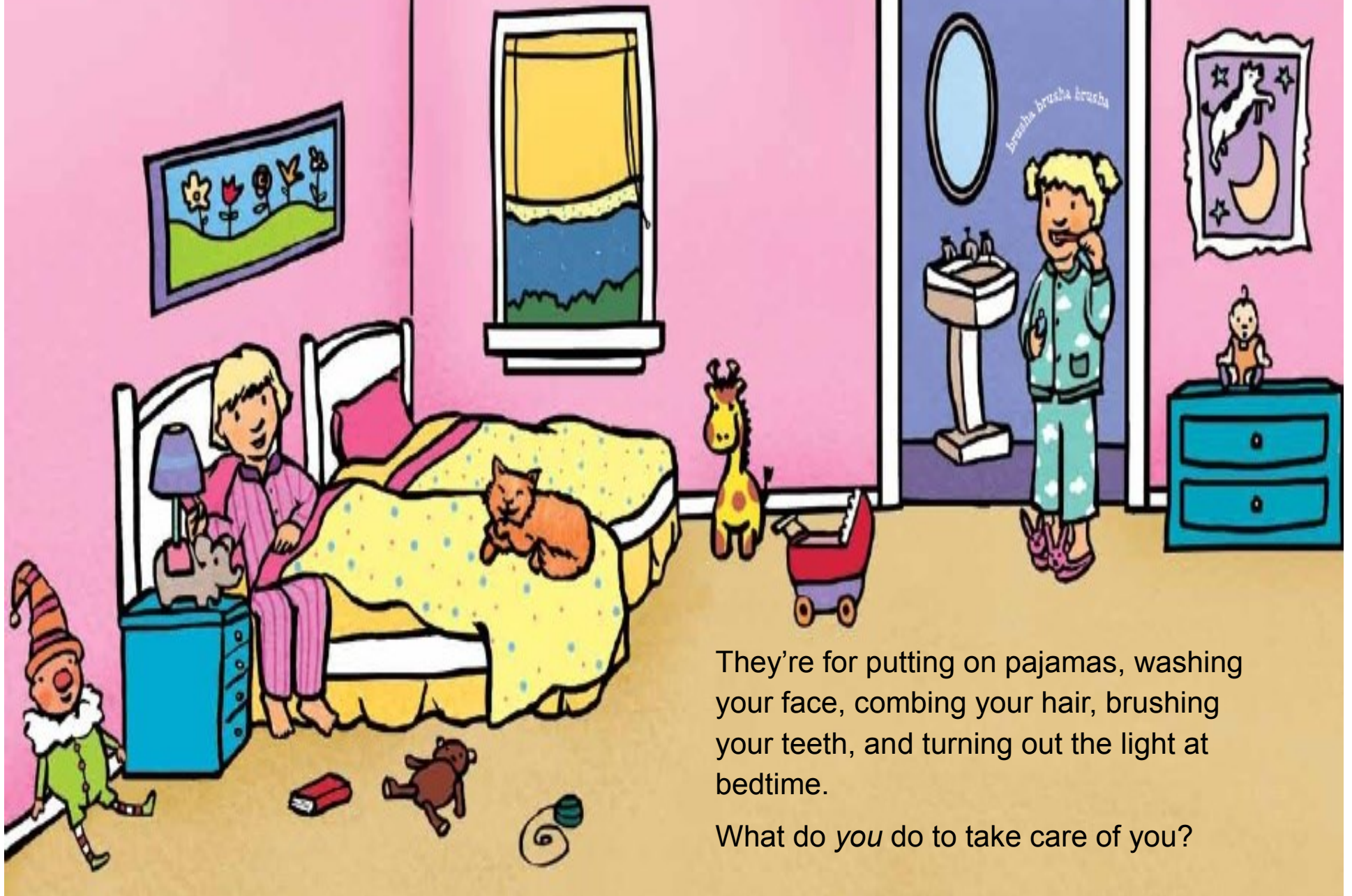
Hands are for helping.

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.



*It's not okay  
for grown-ups  
to hit, either.*

Hands are for being  
kind and showing love...

*Hitting  
hurts.*

*Hitting  
isn't  
safe.*

*Hitting is  
never okay.*

Go ahead—high five the person  
next to you!

Hands are for saying....

Good-bye!

