



Hands are for helping, not Hitting.



Hands Are for Helping, Not Hitting



Sometimes, I feel mad.



My hands feel strong.



I want to hit.



But hitting hurts.



I see my friend cry.



I feel sad when they cry.



WORDS MAKE FRIENDS

I can use my words.



I say, "I feel mad."



My friend listens.



I take a deep breath.



My hands can help.



I give a gentle pat.



My friend smiles.



We play together now.



I feel proud.



Hands are for helping!

Vocabulary

⇒ ■ Vocabulary:

1. **Mad**

- Feeling upset or angry

2. **Strong**

- Having power or strength

3. **Hit**

- Using your hands or body to hurt someone

4. **Hurt**

- Causing pain or making someone feel bad

5. **Cry**

- Tears coming from your eyes when you are sad

6. **Words**

- What we use to talk and express how we feel

7. **Listen**

- Paying attention to what someone is saying

8. **Proud**

- Feeling good about something you did

9. **Help**

- Doing something kind for someone else

Spellings

A: Mad

B: Madd

A: Strong

B: Strrong

A: Hit

B: Hitt

A: Hurt

B: Hirt

A: Cry

B: Criy

A: Friend

B: Freind

A: Listen

B: Lissen

A: Help

B: Helpp

Comprehension Questions

1. What should you do when you feel mad?

A: Hit someone

B: Use your words to say how you feel

2. What happens when you hit someone?

A: They feel happy

B: It hurts them and can make them cry

3. What can you do instead of hitting?

A: Take a deep breath and use your words

B: Keep feeling mad and hit

4. How can your hands help someone?

A: By giving a gentle pat or helping with something

B: By hitting or pushing

5. Why is it important to use our hands for helping?

A: It makes others feel hurt

B: It makes others feel happy and helps us be friends

6. How do you feel when you help someone with your hands?

A: Proud and happy

B: Mad and upset

Open-Ended Questions

1. How do you feel when you notice you are getting mad?
2. What can you do if you feel like hitting to help calm down instead?
3. Why do you think using words is better than hitting when you're upset?
4. How does it feel when you help a friend and they smile at you?
5. What are some other ways your hands can help or be kind?