



When I go to public places like school, shops, parks, or restaurants, I see many people around me.



Everyone has their own personal space. Personal space means the area around a person's body that helps them feel safe and comfortable.



When I keep my hands to myself, I respect other people's personal space.



Sometimes, I might feel excited and want to touch things or people — like hugging, tapping, or grabbing.



Before touching anyone, I can stop and ask myself, “Is this okay?”



I only touch others when it’s safe, kind, or needed — like giving a high-five when someone agrees.



I do not push, poke, hit, or grab anyone — even if I feel upset. Those actions can hurt people.



If I feel angry or frustrated, I can take a deep breath or squeeze my hands gently instead of touching others.



In public places, I also avoid touching other people's things unless I have permission.



When I want to hold someone's hand, like my parent or teacher, I can ask politely first.



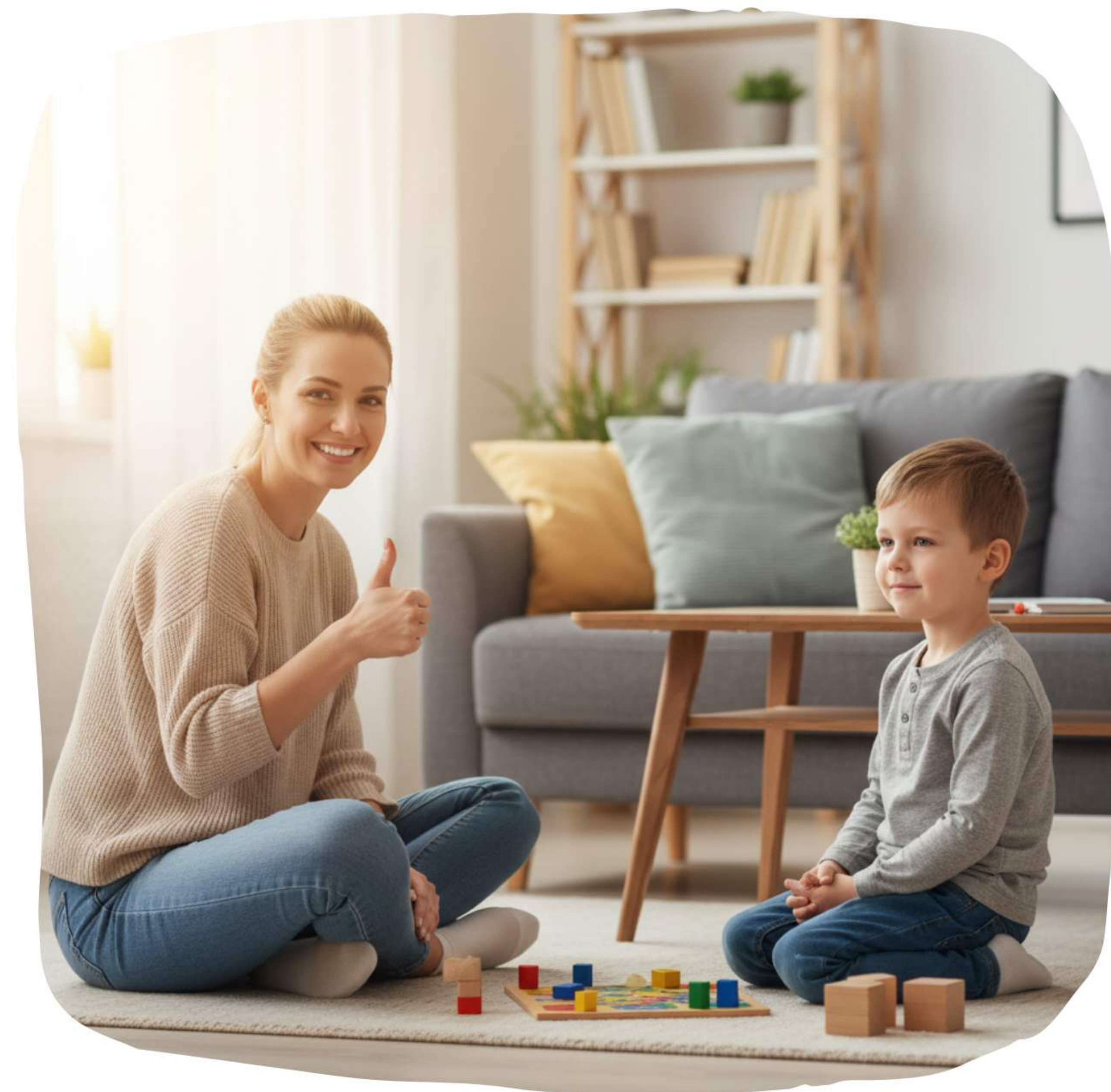
Sometimes, my teacher might remind me, “Hands to yourself.” That means I should keep my hands still and calm.



I can keep my hands busy by folding them, putting them in my pockets, or holding a fidget toy.



When I keep my hands to myself, people around me feel safe and comfortable.



It also helps me stay out of trouble and shows that I can control my body.



Keeping my hands to myself is a way to show respect, kindness, and self-control wherever I go.



Each time I remember to keep my hands to myself, I make the world around me calm, kind, and safe!



Vocabulary

- Personal Space

A: The area around a person that helps them feel safe

B: A place to keep toys and books

- Respect

A: Treating people kindly and giving them space

B: Doing whatever I want around others

- Permission

A: Asking and getting a “yes” before touching or using something

B: Taking or touching anything I like

- Self-Control

A: Stopping myself from doing something that’s not

B: okay

Doing things without thinking first

- Touch

A: To put my hand on something or someone

B: To talk loudly in public



Spellings

A: Hands

B: Hends

A: Respect

B: Respect

A: Kalm

B: Calm

A: Ask

B: Asck

A: Safe

B: Saef



Comprehension

- Why should we keep our hands to ourselves in public?

A: So everyone feels safe and comfortable ✓

B: So we don't have fun

- What does it mean to have personal space?

A: It's the space around each person's body ✓

B: It's a playground area

- What can you do if you feel angry or excited?

A: Take a deep breath or squeeze my hands gently ✓

B: Push or grab someone

- When is it okay to touch someone else?

A: When I ask politely and get permission ✓

B: When I feel like it

- What does "Hands to yourself" mean?

A: Keep my hands calm and don't touch others ✓

B: Hide my hands behind my back forever



Open-Ended Questions

- What does personal space mean to you?

- How do you feel when someone touches you without asking?

- What can you do if you forget and accidentally bump someone?

- How can you remind yourself to keep your hands calm in public?

Role-Play Activity

- **Scenario 1**

Pretend you're in a line at the store or school.

Practice standing quietly without touching anyone in front of you.

- **Scenario 2**

Pretend your friend has a cool toy.

Practice asking, "Can I see it, please?" and waiting for permission.

- **Scenario 3**

Pretend you feel angry because someone took your turn.

Practice taking a deep breath, folding your hands, and saying, "I'm upset, but I won't hit."

- **Scenario 4**

Pretend your teacher says, "Hands to yourself."

Practice folding your hands calmly and smiling to show you understand.