



One day at school, my friend wanted the same toy I was playing with. I felt upset and didn't know what to do



Without thinking, I pushed my friend's hand away. My friend looked sad and walked away



Sometimes, when I feel upset or frustrated, I might feel like hitting, grabbing, or pushing. But that can hurt others



When I use my hands in a rough way, it doesn't solve the problem. It can make others feel sad or scared



Instead, I can use my hands in kind and gentle ways to show that I care about others



When I feel upset, I can take a deep breath and remember to use kind hands



If I want something, I can ask politely by saying, 'Can I have a turn, please?'



If I feel frustrated, I can squeeze a soft toy or hug my arms to help my hands stay gentle



Sometimes, it helps to walk away for a moment to calm down before using my words



When I use kind hands, I can share, help, or give a high five to my friends



If I accidentally use rough hands, I can say, 'I'm sorry,' and check if the other person is okay



Using kind hands helps me play and work with my friends in a fun and safe way



When I use gentle hands, I feel proud because I'm being a good friend



I can also ask an adult for help if I feel too upset to use kind hands on my own



Now, when I feel upset, I remember to stop, take a deep breath, and use kind hands instead



Using kind hands helps me keep my friends happy and shows that I care about them



Vocabulary

- Kind Hands

A: Using hands to grab or push

B: Using hands gently to share, help, or show care

- Gentle

A: Rough and hurtful actions

B: Soft and caring actions

- Share

A: Keeping everything for myself

B: Letting others use something I have

- Frustrated

A: Feeling upset when things don't go the way I want

B: Feeling calm and relaxed

- Apologize

A: Ignoring what happened

B: Saying "I'm sorry" when I make a mistake



Spellings

A: Gentle

B: Gentel

A: Share

B: Shayer

A: Friend

B: Friand

A: Upset

B: Upsat

A: Rough

B: Rouf

A: Soulve

B: Solve

A: Moment

B: Momant

A: Proud

B: Prod



Comprehension

- What does it mean to use kind hands?
A: Using hands gently to share, help, or show care
B: Using hands to push or grab

- What should you do if you accidentally use rough hands?
A: Ignore it and walk away
B: Say, "I'm sorry" and check if the other person is okay

- What can you do if you feel frustrated?
A: Push someone to show you're upset
B: Squeeze a soft toy or take a deep breath

- Why is it important to use kind hands?
A: It helps everyone feel happy and safe
B: It makes others feel upset

- What can you do to share with a friend?
A: Say, "Would you like a turn?"
B: Keep the toy and not say anything



Open-Ended Questions

- What does using kind hands mean to you?

- How do you feel when someone uses rough hands with you?

- What can you do to calm down when you feel like using rough hands?

- How can you show kindness to a friend who feels upset?



Creative Activity

- **Draw Kind Hands**

Ask the child to trace their hands on paper and draw or write kind things their hands can do, like sharing or giving a high five

- **Make a Kindness Chart**

Help the child create a chart where they can add a star or sticker every time they use kind hands during the week



Role-Play Activity

- **Scenario 1**

Pretend the child is upset because a friend has a toy they want. Practice saying, "Can I have a turn, please?" instead of grabbing

- **Scenario 2**

Act out a situation where the child feels frustrated while building blocks. Practice squeezing a soft toy or taking deep breaths

- **Scenario 3**

Pretend the child accidentally pushes someone. Practice saying, "I'm sorry. Are you okay?" and helping the other person