

# Hands Are Not for Hitting – Reading Guide

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Themes: social skills, personal boundaries, respect, self-control

Lesson/Notes: There are different editions of this book for older and younger children. *There are helpful and hurtful ways to use your body. Let's learn to make helpful choices with our hands.*

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## Discussion Questions

- How does it feel when someone hits you?
- How do other people feel if you hit them?
- What are some helpful ways to use your hands?

## Activity: Helpful Hands

Supplies Needed: YouTube access, paper, markers

- Trace child's hand on paper. Guide child to draw or write an appropriate way to use his/her hands inside each of the drawn fingers (see example). Adult can write for child if needed, then child can add drawings.
- Watch video *Keep Your Hands to Yourself* by WonderGrove Kids.
- Discuss respect and why it's important to keep your hands to yourself.
- If child has poor boundaries related to past trauma or abuse, consider watching video *Stop, Don't Touch My Body* by WonderGrove Kids, *My Body Belongs to Me* by CultureofSilenceFilm, and/or *Safe Touch / Unsafe Touch* by Fight Child Abuse. **Always preview videos** with consideration for child's age, development, and life experiences.

