

# Let's Talk About Hands Are Not For Hitting

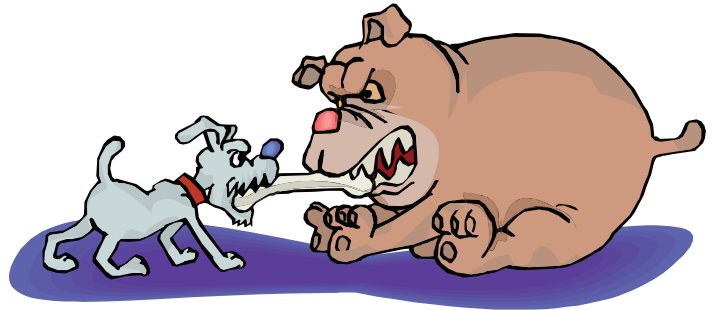


Hands can talk. We just can't **hear** what they are saying. Look at page 2 in the book. Do you know what some of those hands are saying?

Hands come in many different sizes, shapes and colours. But all around the world we use our hands to say hello and goodbye.

On pages 3 and 31 hello and goodbye are written in several languages. How many different words do you know to say hello and goodbye?

Read through the book once. Go back and read it again. This time ask your child to look for situations that are similar to his own experiences.



## Let's Play With Rhymes

### Fee, Fie, Fo, Fum

Fee, fie, fo, fum

See my finger  
(Hold up pointer finger.)

See my thumb  
(Hold up thumb.)

Fee, fie, fo, fum.

Finger's gone,  
(Bend down pointer finger.)

So is thumb!  
(Hide thumb in fist.)



### Fun With Hands

(To tune of Row Row Row Your Boat)

Roll, roll, roll your hands,  
As slowly as can be.

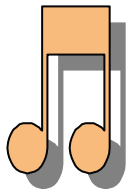
Roll, roll, roll your hands,  
Do it now with me.

Roll, roll, roll your hands,  
As fast as fast can be.

Roll, roll, roll your hands,  
Do it now with me.

Clap, clap, clap your hands...

Shake, shake, shake your hands...



## Note to Parents & Caregivers

Reading together means providing opportunities to talk, look and to think silently. Follow your child's lead. Read, discuss, look at pictures, or just sit quietly with each page until your child is ready to move on to the next idea in the book.

**Respond  
to your  
child's  
interest.**

## Let's Create



### Shadow Puppets

Shine a lamp or flashlight onto a wall in a darkened room. Use your hands to create shadows that look like barking dogs, bouncing rabbits, ducks, etc.



Join in with your child and create your own puppet show. Does your child's shadow puppet know how to deal with anger as well as your child does?

## Let's Be Together

Why is my child hitting?



A child hits because he is frustrated or angry.

It is normal for a child to

go through a stage of hitting, kicking, biting or hair pulling. Children are not born with the ability to control their aggression. Adults must teach them. They watch and listen to adults who model self control and positive ways of handling anger.

The back of this book provides some ideas for you to do with your child. Role play activities help your child practice what she has learned from the book. She may find it easier to talk using a finger puppet as a prop. Two finger puppets are included for you to use with the activities in this book. (Pages 18 and 19 offer many ideas for you to use with puppets)

#### How to use the puppets as props:

Let your child name the puppets. Have the puppets introduce themselves to each other. The adult puppet can ask your child's puppet questions like:

What makes you angry?

What can you do when you and your friends are not getting along?

Who do you know that you could talk to when you feel angry?

**Adults must teach children how to deal with their raw emotions.**



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