



I Use My Gentle Hands



I use my gentle hands at school and at home.



If I want to play with a friend, I can hold out my hand
and say "Want to Play?"
Holding out my hand uses my gentle hands.



If I want to talk to a friend, I can wave and say "hi!".
Waving uses my gentle hands.



I can also ask my friend if he wants a high five. I can hold up my hand and say "high five?" If my friend doesn't want a high five, I can say "ok" and walk away.
Giving a high five uses my gentle hands.



I can also ask my friend if he wants a hug. I can hold out my arms and say "want hug?" If my friend doesn't want a hug, I can say "ok" and walk away.
Giving a hug uses my gentle hands.



If I want to talk to a friend, I can ask them to play, wave, ask for a high five, or ask for a hug.



If I need to talk to an adult,
I put my hand on the adult and wait.

Putting my hand on an adult uses my gentle hands.



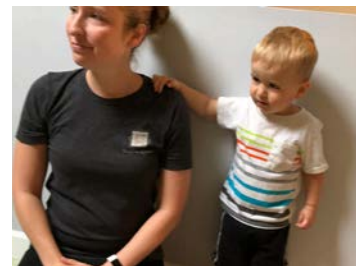
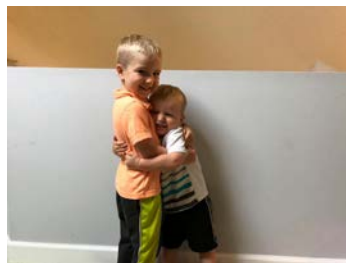
If I'm excited, I can clap my hands and say "yay!"

Clapping uses my gentle hands.



If I'm mad, I can squeeze my hands together and say "I'm mad!" Then I can ask an adult for help.

Squeezing uses my gentle hands.



There are lots of ways that I can use my gentle hands at home and at school.

Using my gentle hands keeps my friends and me safe.

