

Lesson Hands Are Not For Hitting

Grade: Grades K Elementary

Subject: Using words rather than hitting to express feelings

Standards:	<ul style="list-style-type: none">•
Materials:	<ul style="list-style-type: none">• Book: <i>Hands Are Not For Hitting</i>, by Martine Agassi• <i>Hands Are Not For Hitting</i> Worksheet• 4"x6" piece of colored construction paper for each student
Introduction:	<ul style="list-style-type: none">• Instruct students to hold their hands out in front of them and really take a look at their hands. Have them flex hand, make fist, cross fingers, etc. "Hands are amazing—they can do all kinds of good things."• "In our story today we talk about all the good things that hands can be used for, and we also talk about what our hands are NOT to be used for. Let's listen."
Development:	<ol style="list-style-type: none">1. Read <i>Hands Are Not For Hitting</i>. Pause when appropriate to lead students in hand actions (clap, wave, snap fingers, hand puppets).2. Have students state with you "but hands are not for hitting" each time it's said in the story.

Practice:	<ol style="list-style-type: none">1. Show worksheet to students; read quickly all the things that hands are for (stated on sheet). Ask students what things they remember were said that they like to do with their hands; give each opportunity to state one.2. Tell students they are going to trace, cut out, and glue their hand on top of the hand on their sheet.3. Allow time for students to complete activity.
Closing:	Review what hands are for, and what they are not for. Repeat with them "hands are not for hitting."
Source:	Barb VanDoorn

Hands are for Hands are for

clapping, making mud pies, helping, waving,
painting, picking up toys, petting your cat

writing,

coloring,

painting,

digging

playing ball,

building things,

typing shoes,

throwing a ball

eating
waving
counting
playing
wiggling

playing
piano,
getting
dressed

playing basketball, making snowballs, helping a
friend, shaking hands, digging in the dirt,
petting your dog, helping

but not for hitting

clapping, making mud pies, helping, waving,
painting, picking up toys, petting your cat

writing,

coloring,

painting,

digging

playing ball,

building things,

typing shoes,

throwing a ball

eating
waving
counting
playing
wiggling

playing
piano,
getting
dressed

playing basketball, making snowballs, helping a
friend, shaking hands, digging in the dirt,
petting your dog, helping

but not for hitting