

KEEP YOUR HANDS TO YOURSELF

KEY SENSE: Touch (Review all 6 senses with your class).

GOAL: Students will understand correct and incorrect ways to use their hands.

OBJECTIVES:

Students will

- practice the right ways to use their hands.
- tell wrong ways to use their hands and why it is wrong.
- discuss how to tell a trusted adult if someone is putting their hands on them inappropriately.

MATERIALS NEEDED:

- ***Sense of Safety & Beyond! Activity Book - Pages 14 and 15.***

Available online to print for each student:

TOOL KIT: <https://rocketrules.org/sense-of-safety-and-beyond-materials/>

- Crayons and pencils. Review all 6 senses.
- Overhead projection of activity (optional)
- Write these words on the board: KEEP YOUR HANDS TO YOURSELF

SUGGESTED SCRIPT:

Our hands are really pretty special. Everyone, raise your hands and wiggle your fingers. Our hands allow us to pet our dogs, use our computer, and eat our food. There are many good things our hands do for us every day. *Ask students for other examples of how they use their hands.*

Other good things that you use your hands for are giving hugs to your family or throwing a ball. But there are many things we should never do with our hands.

Has anyone ever been pushed while in line? Has anyone ever been hit by another person on the playground? We all know this is very wrong.



Never use your hands to push someone, poke someone or hit someone. If someone does this to you, you should tell your teacher, parent or trusted adult.

Pushing and bad touching behavior is always wrong. It's disrespectful and breaks rules. It is never the right thing to do.

Let's all raise your hand and agree to keep your hands to yourself! Now, let's clap our hands when I say clap, to show that we all agree! Now Clap.

ACTIVITY:

- **On page 14**, have students put an "X" on pictures that show doing the wrong thing using their hands.
- **Page 15** shows all good things that students do with your hands. Read the words with the class. Then, have students find the matching words in the puzzle and color them the same color. Use a different color for each word that matches to create a bright picture mosaic.

ASSESSMENT/REFLECTION QUESTIONS:

- What are some good things you might do with your hands? (eat, hug your friends, play ball)
- What are some bad things you should never do with your hands? (push, poke, or hit another person)
- Why shouldn't you push or hit another person? (Disrespect. It's always wrong. Breaks rules.)
- If you or someone you know gets hit or pushed, what should you do? (tell your teacher, parent or trusted adult, don't hit back)

REMEMBER: Please fill out the quick survey (1-2 min) following this presentation. Go to Tool Kit page: <https://rocketrules.org/sense-of-safety-and-beyond-materials/>

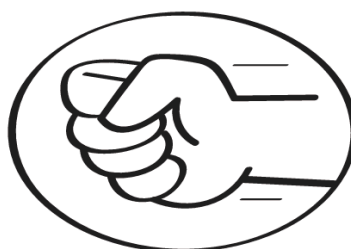
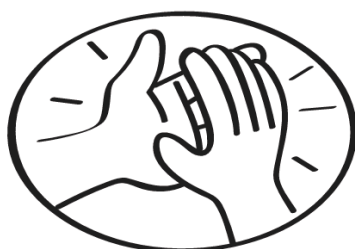
KEEP YOUR HANDS TO YOURSELF



Never touch, hit or push anyone.
Tell your teacher, parent or trusted adult if someone does that to you.

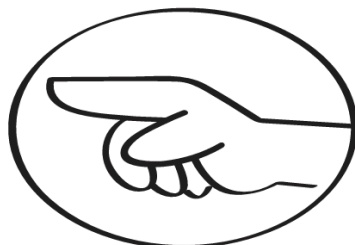
Put an **X** on pictures that show using your hands doing the wrong thing.

Clapping



Hitting

Poking



Eating

Writing



Tickling

Touching things that aren't yours



Using computer

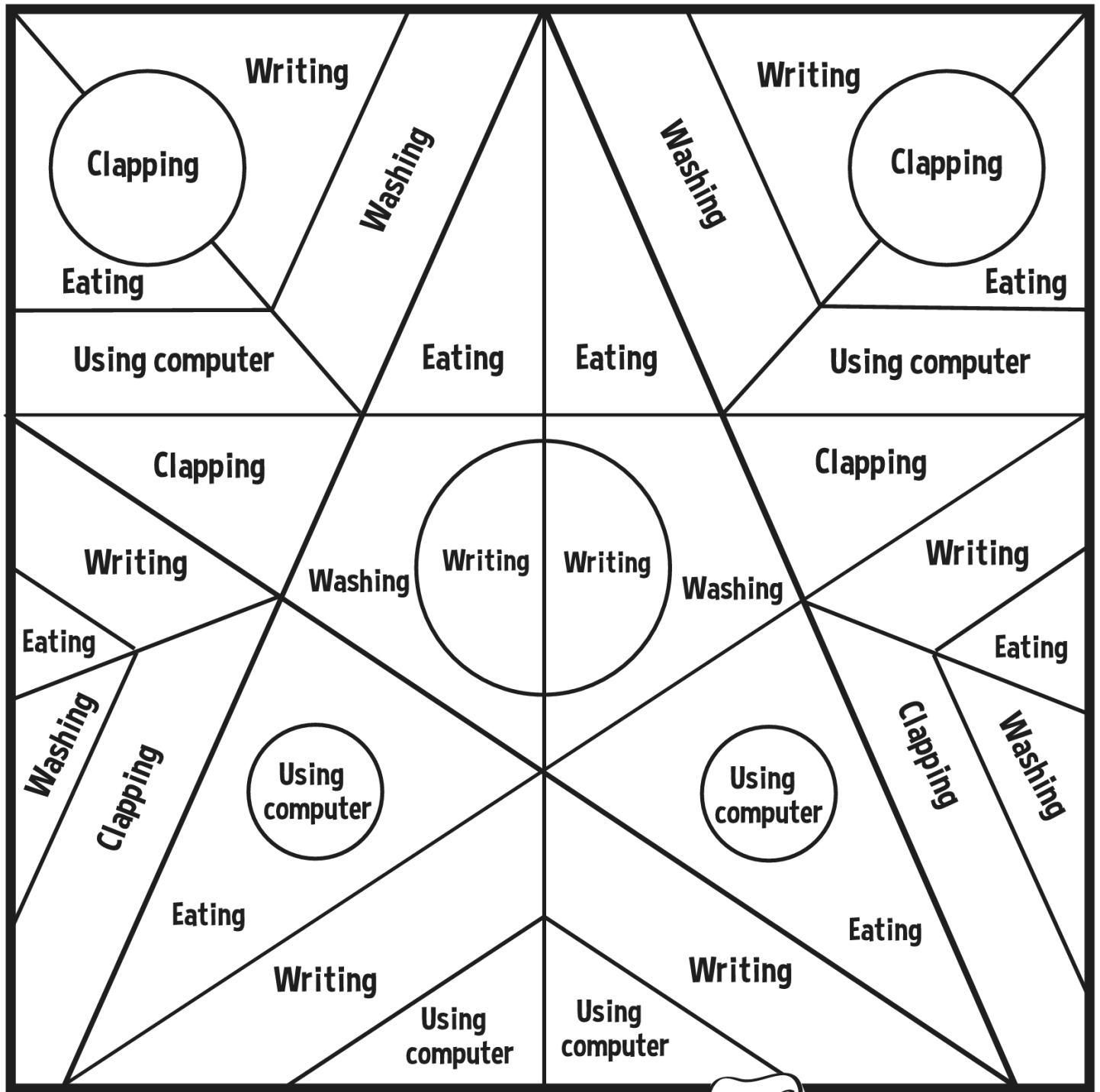
Washing



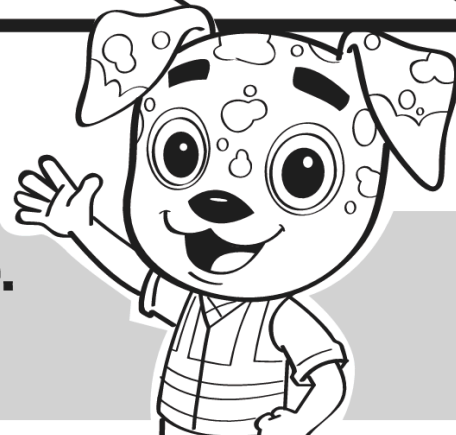
Pushing



Find the matching words in the puzzle below and color them the same color.
Use a different color for each word match to create a bright mosaic!



... color this page.



Congratulations!

For Completing the lesson

Keep Your Hands to Yourself

You're a Rocket Rules
Safety Super Star!



Instructor signature _____

Signature Rocket  _____ Date _____