

# KEEP YOUR HANDS TO YOURSELF

## OFFICER SCRIPT 08/23



Activity Book: KEEP YOUR HANDS TO YOURSELF

Hi Kids...

Today we're going to talk about  
"KEEPING YOUR HANDS TO YOURSELF"

Before we start a new lesson, let's review our 6 senses and how our senses keep us safe every day.

Can everyone follow me?

**SIGHT** - Everyone blink your eyes 3x – your eyes watch for things around you to keep you safe

**HEARING** - Point to your ears – your ears hear sirens and cars coming too!

**SMELL** - Point to your nose -- your nose smells things like a hot pizza or maybe even a burning fire!

**POINT TO YOUR MOUTH** - Your sense of taste lets you know how good ice cream tastes..but also if something is not safe, or poisonous **AND Your VOICE** lets you shout for help when you need it!

**WIGGLE YOUR FINGERS** - That's your sense of touch! your fingers will let you know if things are too hot, or dangerous to touch.

**AND THE 6<sup>TH</sup> SENSE** -- is that feeling in our tummy that something might feel unsafe...if this happens to you immediately tell an adult you trust like a teacher, parent or guardian...

That's great! That's our 6 senses review.

Now, let's talk about Keeping Our Hands to Yourself....

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, draw a picture, 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.

Kids who push do it for a reason...and it's always the wrong thing to do. Maybe they get frustrated and can't wait in line. Instead of waiting for their turn, they push you. Kids who get real upset should step back and take a deep breath to calm down. That's the right thing to do.

**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 adult you trust. Don't push back. Let this other person know that it's not ok to touch or push you.**

**Pushing and bad touching behavior is always wrong. It's disrespectful and breaks classroom and school rules.**

**If someone wants to use your crayon they must ask your permission first. You can't JUST TAKE it. If they want the toy you are playing with, they must ask permission from you first. What you can say is: "Can I use this crayon?" The other child can say: "Yes it's ok, you can use it".**

**It is never the right thing to just take things from others: at school, at home or in the neighborhood.**

**Let's all agree: We want to be kind, and always respect others...don't we?**

**Now, let's clap our hands when I say clap, to show that we all agree! Now Clap. Remember, be nice to your classmates, take turns, ask permission, and share with each other. It's the right and safe thing to do!**

***Now let's take the ROCKET PROMISE to be SAFE  
Raise your hand and Repeat after me:***

***I promise (I promise)***

***To always use my 6 senses (to always use my 6 senses)***

***To stay safe (to stay safe)***

**....and don't forget! When you complete this lesson with your teacher, you will receive a special certificate for each of you.**

**I enjoyed visiting with you...see you soon!**

#### **QUESTIONS FOR THE STUDENTS:**

- **What are some good things you might do with your hands?** (eat, hug your friends, play ball, draw a picture)
- **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)

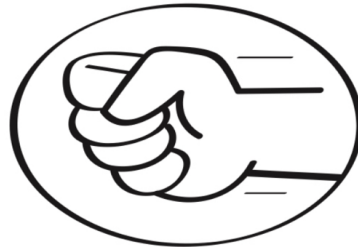
# KEEP YOUR HANDS TO YOURSELF



Tell a teacher, parent or trusted adult if someone uses their hands to hurt you.

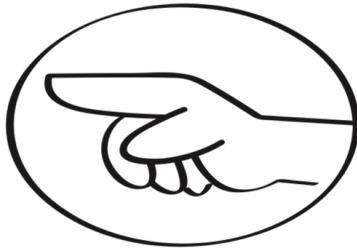
Color the pictures that show using your hands doing the right thing.

Clapping



Hitting

Poking



Eating

Writing



Tickling

Touching things that aren't yours



Using computer

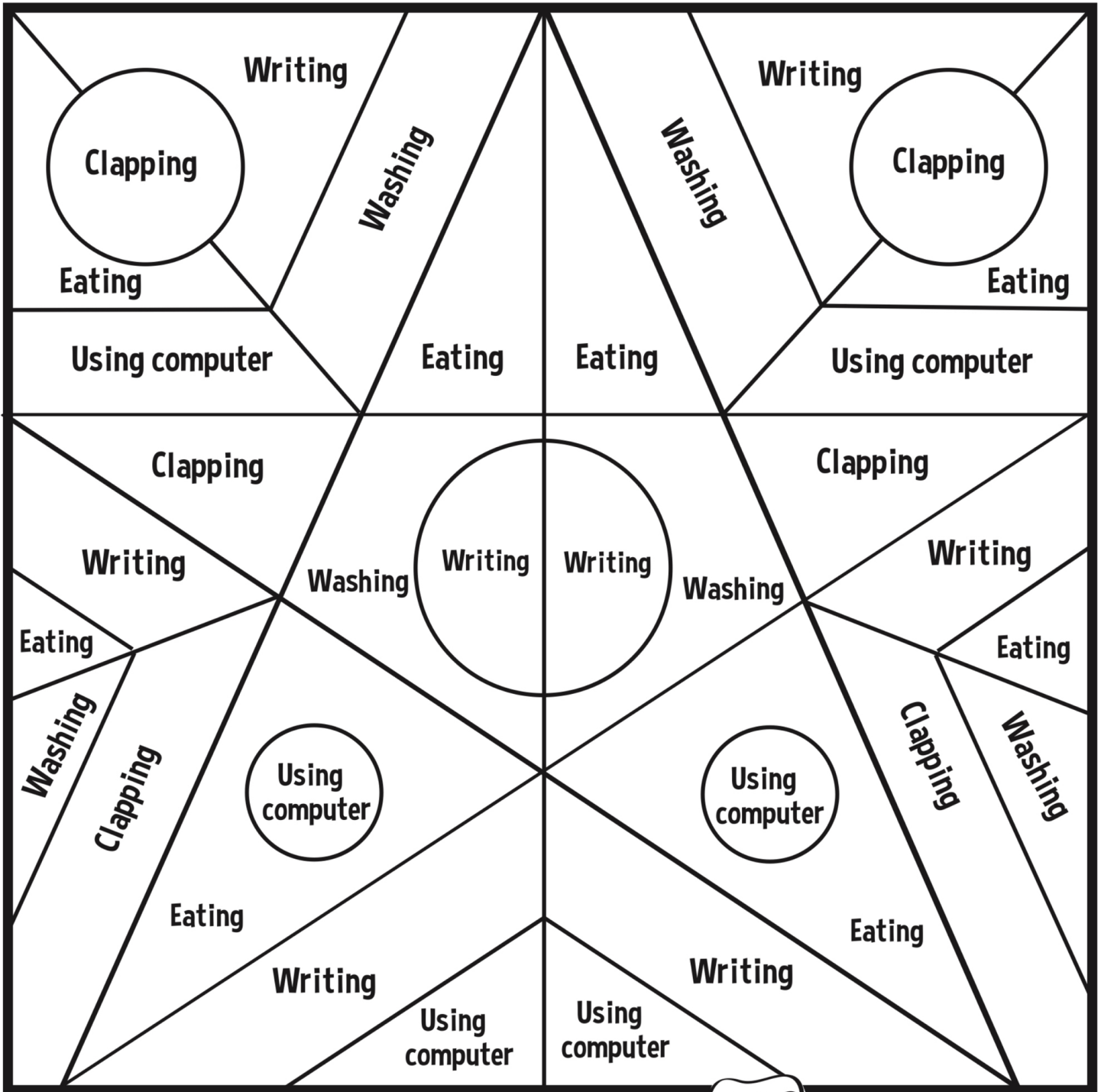
Make a heart



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 \_\_\_\_\_