



In general...

Read or ask children to read the words on each page, including the directions. Involve the children in all of the activities and encourage them to talk about what they are doing.

### **Page 1—These Are My Hands**

- Ask the children to trace their hands in the space provided.
- Read or ask the children to read the pledge at the bottom.
- Discuss why hitting or hurting others with their hands is bad.
- Talk about positive behaviors.

### **Page 2—Hands Can Be Used for Many Things**

- Review each object and discuss whether or not it is good or bad.
- Ask the children to identify the good objects and circle them.
- Next have them cross out the bad objects.
- Discuss why certain things are bad and harmful.
- Discuss how each of the good objects is used.
- Allow the children to color in the good objects.

### **Page 3—Good Things to Do with Hands**

- Read the words and discuss their positive meanings.
- Have the children circle the nine words in the word-find.

### **Page 4—On The Playground When Having Fun**

- Discuss the six illustrated situations with the children.
- Talk about playground rules and ways children should interact.
- Ask the children to cross out the pictures that do not represent good behavior at the playground.
- Talk with them about why behaviors such as pulling hair, pushing and slapping are bad and what children should do instead.
- Ask the children to color the pictures that represent good ways to play.

### **Page 5—Hands Should Be Used For...**

- Review each item with the children so they understand each picture.
- Tell them to draw a line from the “good things” to the hands.
- Ask them to color the hands and the items that are “good things.
- Discuss other “good things” they can do with their hands.

### **Page 6—I Use My Hands For...**

- Review the objects and talk about them...
- Ask the children to find the nine hidden objects in the picture and to circle them.
- Ask the children to explain why such objects are good things to use with their hands.

### **Page 7—Hands Can Be Used To...**

- Talk about positive things to do with hands in school and around the house.
- Go around the class and make up sayings.
- Ask the children to draw examples of what they enjoy doing with their hands.
- Have the children color the objects they have drawn.

### **Page 8—Connect the Dots**

- Have the children connect the dots and color in the picture.
- Ask them to describe what the children in the picture are doing.
- Ask the children to think of other things, they can do with a friend, besides holding hands.

### **Page 9—Hands Shouldn't Hit**

- Read the poem to the children.
- Have the children act it out with their hands.
- Discuss how important it is to be a member of the Hands Are NOT for Hitting Club.
- Ask the children to sign, color and cut out the membership card and to show it to their parents.

American Medical Association Alliance, Inc.  
515 N. State Street, 9th floor  
Chicago, IL 60654  
Phone: (312)464-4470 Fax: (312)464-5020  
E-mail: [AMAA@ama-assn.org](mailto:AMAA@ama-assn.org)  
[www.amaalliance.org](http://www.amaalliance.org)