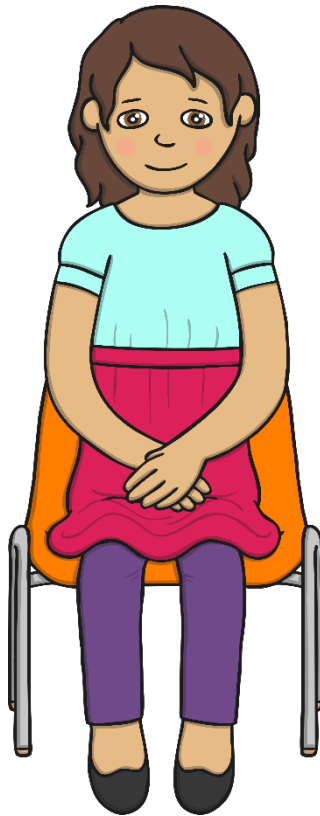


Kind Hands and Feet

A Social Story



My name is _____.

I go to _____.

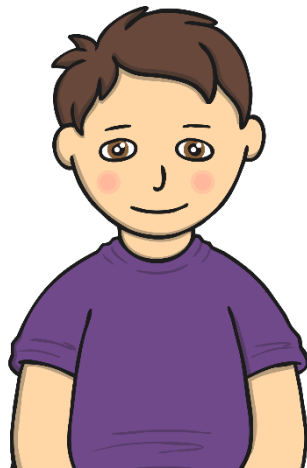


Sometimes at school I might feel angry, sad or upset.

I find it hard to talk when I am angry, sad or upset.

Sometimes when I am angry, sad or upset, I might hit or kick.

This can make my friends and teachers sad.



My teacher will help me when I am upset.

I can try different things to help me calm down.



My teacher will help me with this.

When I am upset I can:

- Take a break
- Have a drink of water
- Take a depth breath
- Count to 10

Please add any other strategies below...

This is OK. Soon, I will feel better.

