

# Keeping My Hands to Myself

My name is \_\_\_\_\_ and  
I am \_\_\_\_\_ years old. I go to \_\_\_\_\_  
\_\_\_\_\_ School.



Sometimes I touch my friends and  
teachers.

They might not like this.

This might make them sad.



I am learning how to keep my hands to myself.

This means not touching other people.

I will try to keep my hands to myself.

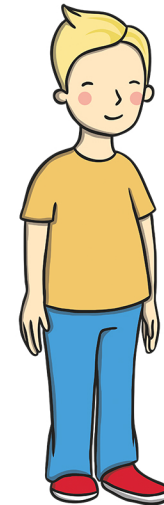
I can put my hands on my knees.

or

I can cross my arms.

or

I can use a fidget toy or hold something soft.



This will make my friends  
and teachers happy.

