

If you hit
it is time to quit!



*A rhyming social
story to discourage
hitting*

Sometimes you get so mad you could throw a fit.
You look around and then you start to hit.

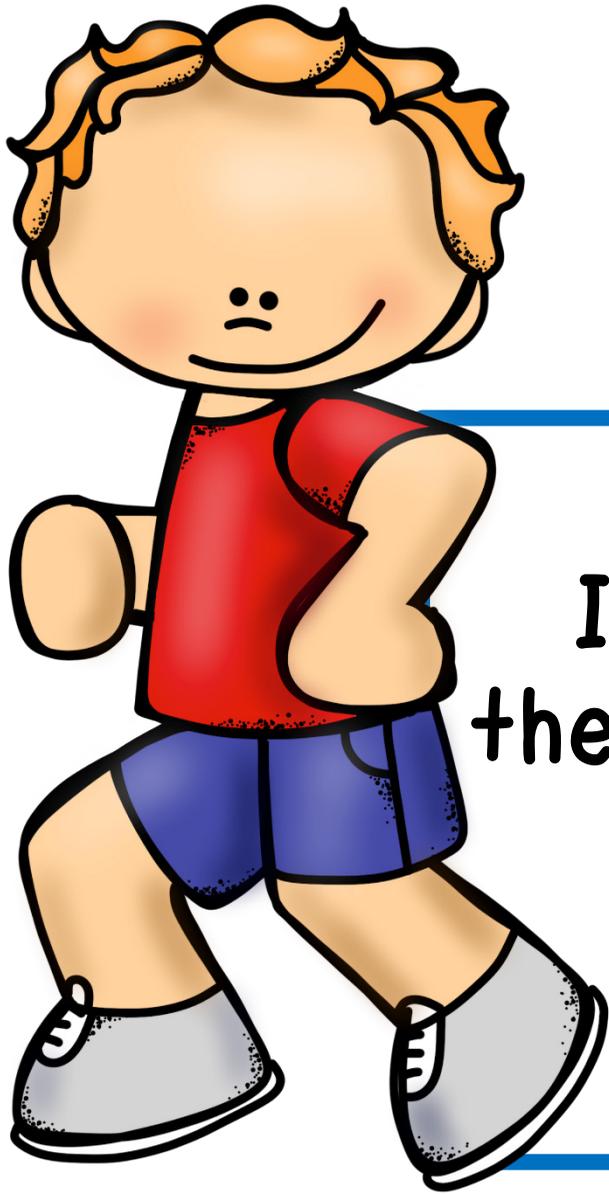


After you hit,
what happens next?
You may have
consequences you don't
expect.

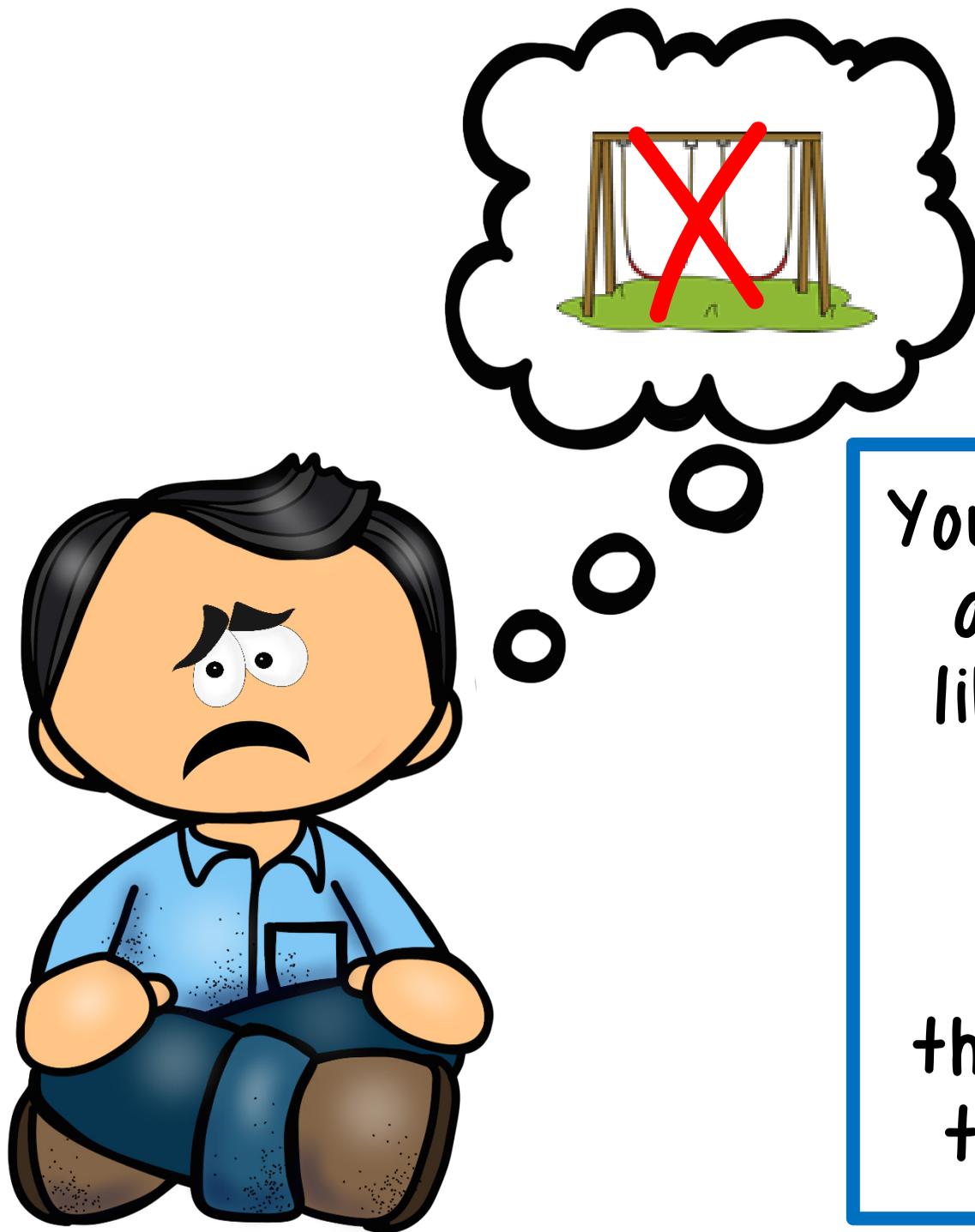




You may hurt someone and
your friends will be sad.
Your teachers and your parents
will usually be mad.



If you hit your friends
they will not want to play,
so don't be surprised
when they go away.

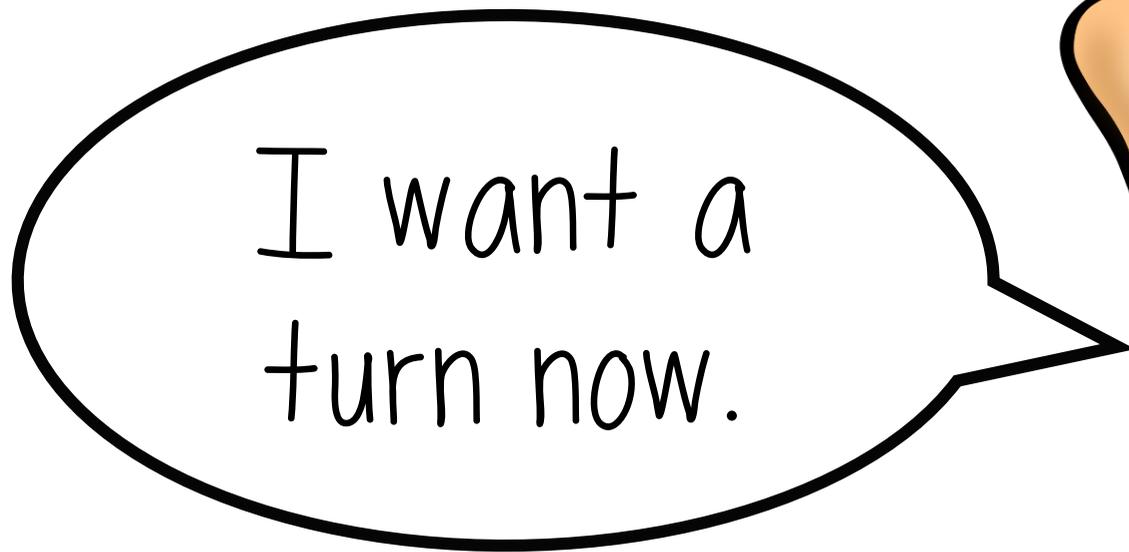


You may also have
a consequence
like lost recess
or time-out.
Before you
hit again,
these are things
to think about.

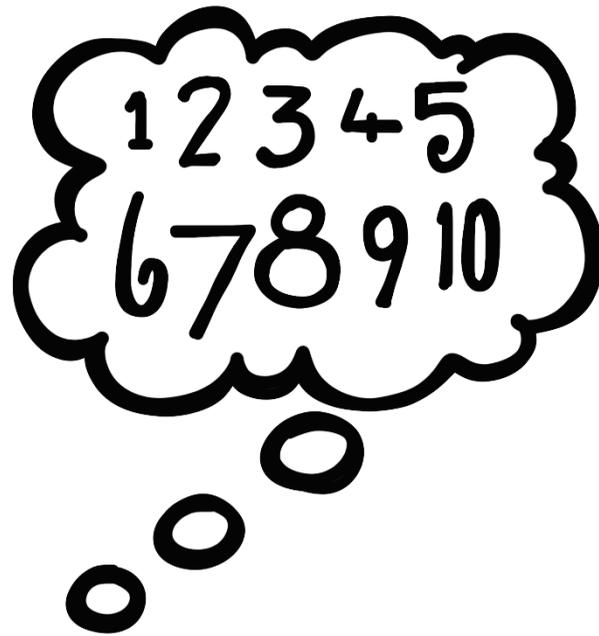
If hitting is still
what you want to do,
here is a list you need
to read and review.

Before you are done,
I hope that
you will admit,
there are much
better things
to do than hit.





When you are upset using words
is a better choice.
Instead of talking with your hands
you can use your voice.



Try not to have a temper
that is so quick.
Counting to 10 can calm you down.
It is a great trick.

There is
another way
to stay calm
without a doubt.

Take deep breaths,
slowly
breathing in
and blowing out.





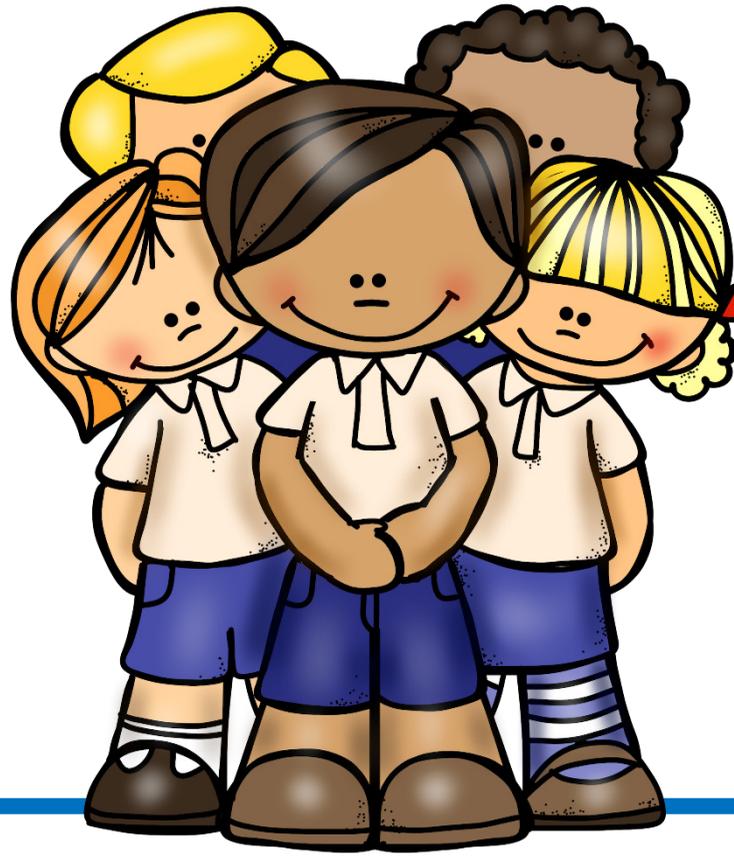
It is okay to ask
your teacher for
a short break.

Going for a walk
is better than
making a mistake.



If your hands
don't like to listen
you can put
them away.

Stick them
in your pockets
and tell them
to stay.



Remember you are your own boss.
You tell yourself what to do.
Whether or not you hit
is all up to you!



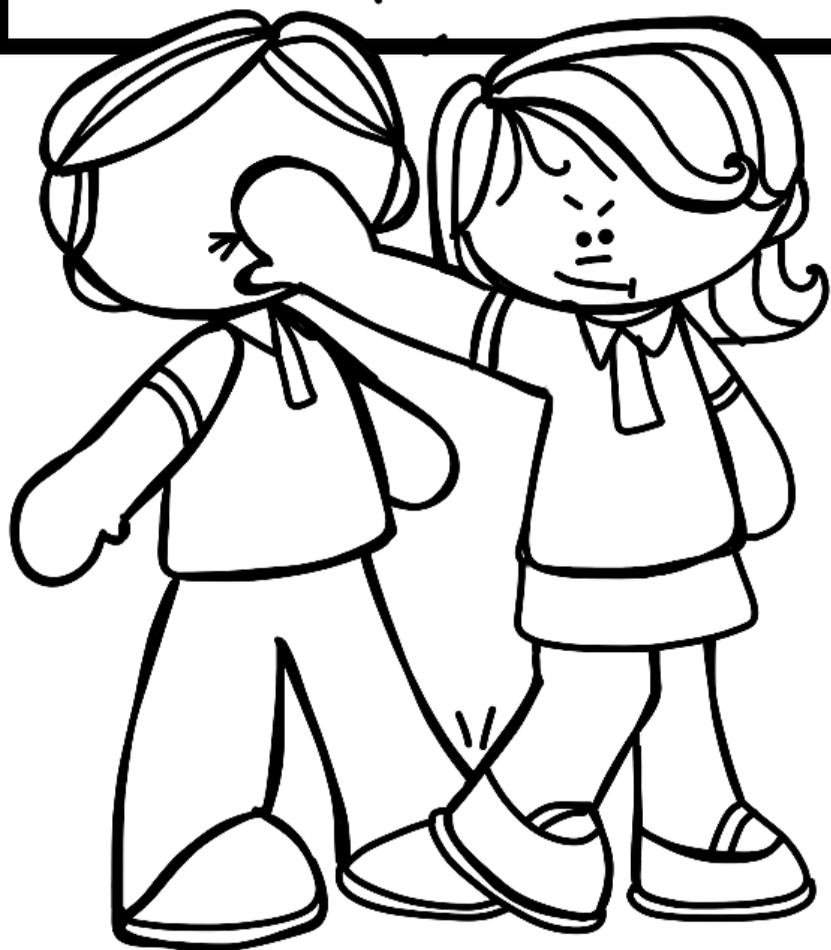
So check your clocks. It is time!
Kids everywhere are committing.
"We will keep our hands to ourselves
because we are quitting hitting."

The End

We are
quitting
hitting!

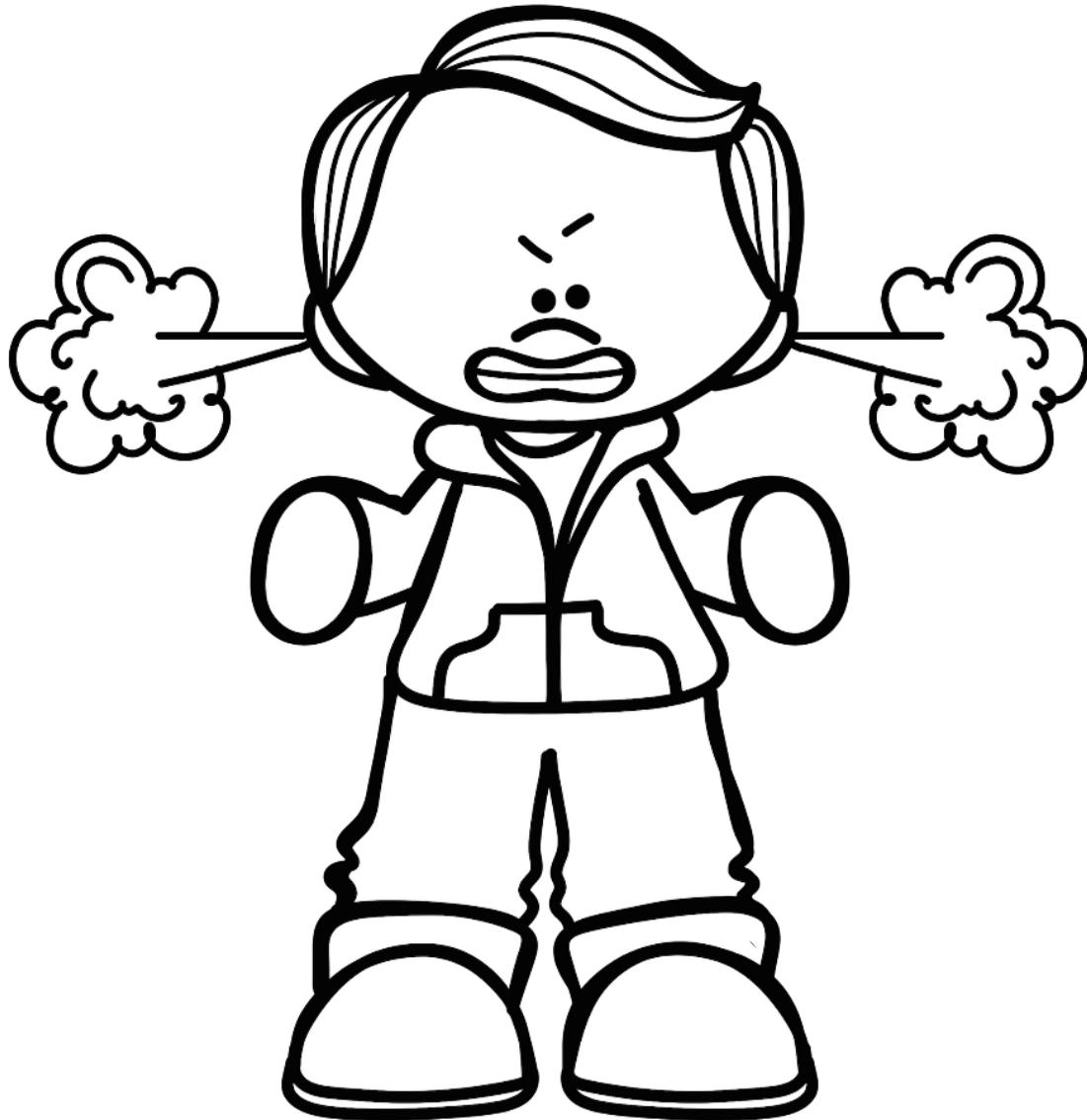


If you hit
it is time to quit!

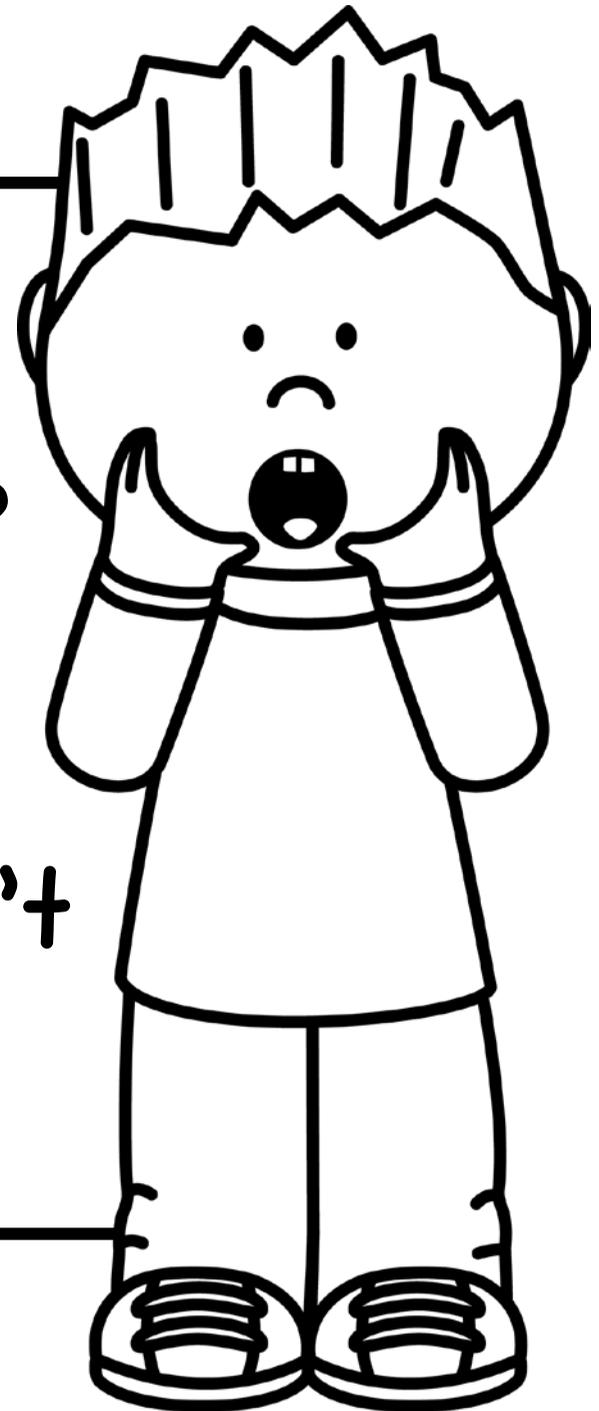


*A rhyming social
story to discourage
hitting*

Sometimes you get so mad you could throw a fit.
You look around and then you start to hit.

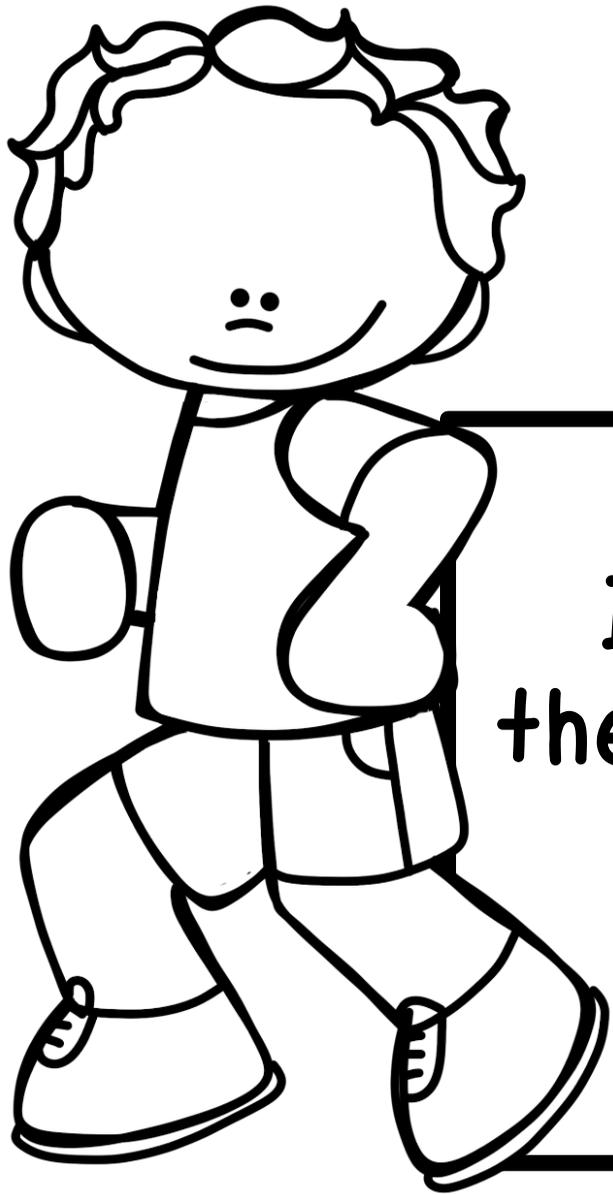


After you hit,
what happens next?
You may have
consequences you don't
expect.

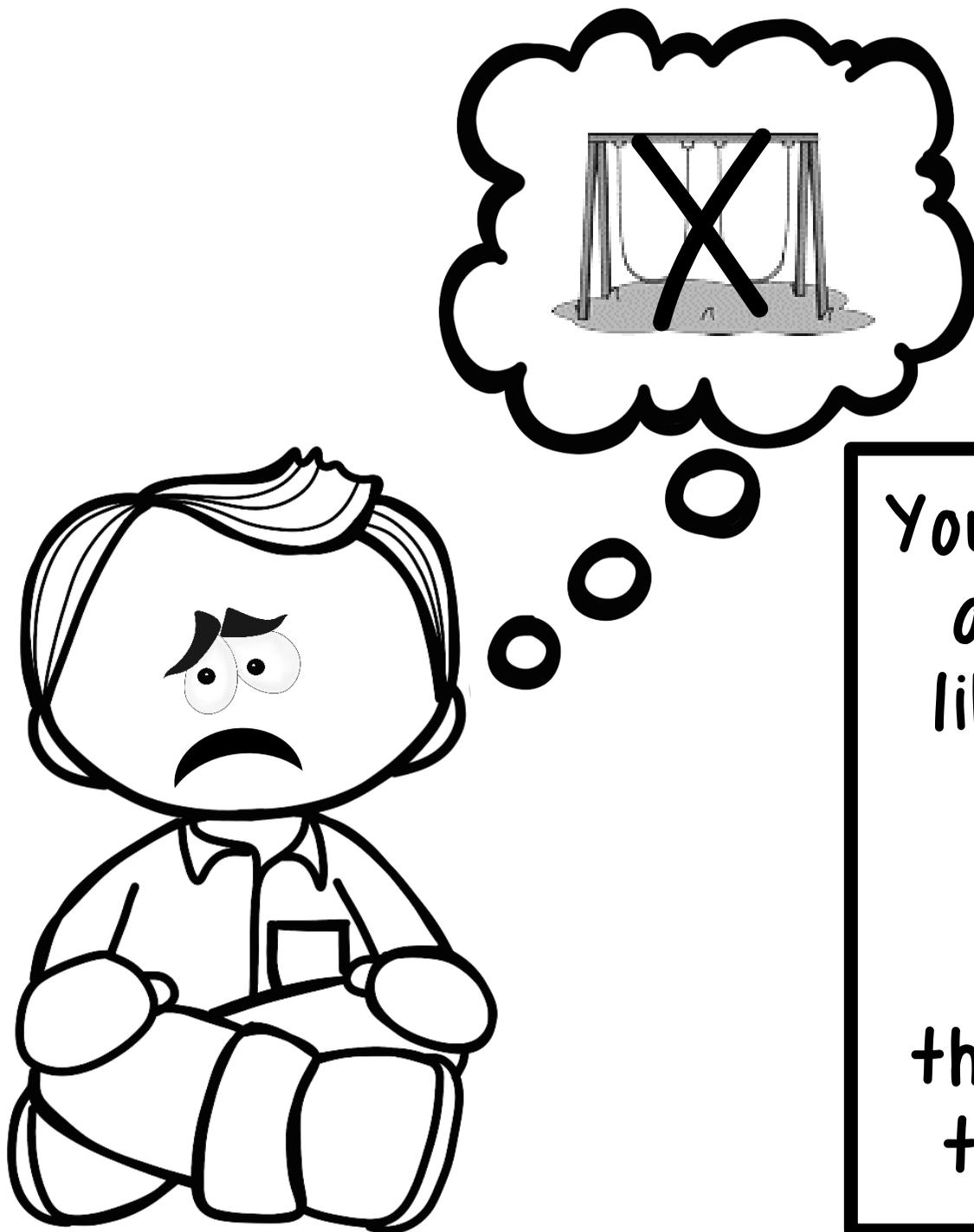




You may hurt someone and
your friends will be sad.
Your teachers and your parents
will usually be mad.



If you hit your friends
they will not want to play,
so don't be surprised
when they go away.

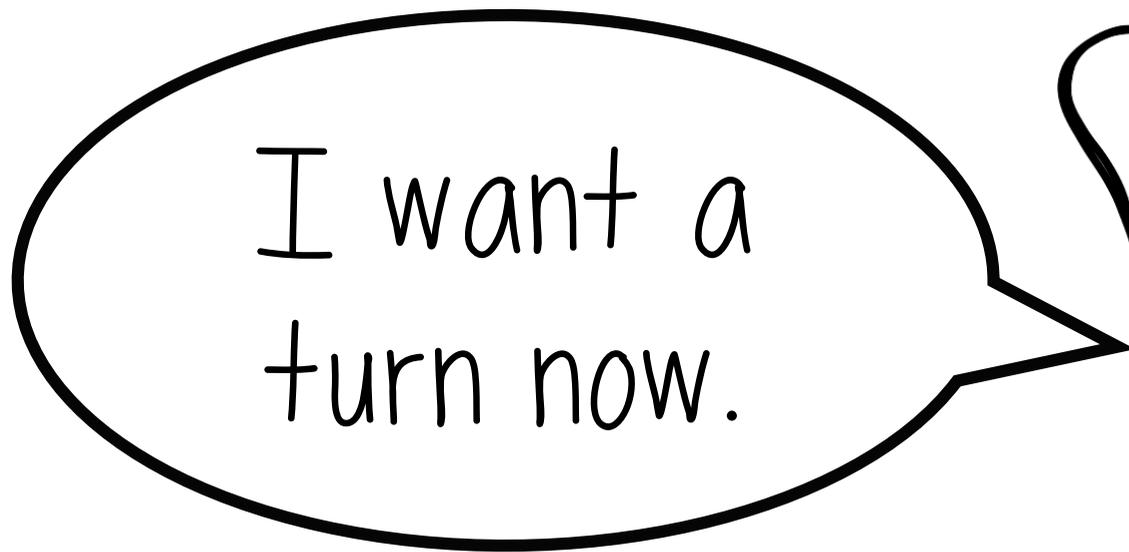


You may also have
a consequence
like lost recess
or time-out.
Before you
hit again,
these are things
to think about.

If hitting is still
what you want to do,
here is a list you need
to read and review.

Before you are done,
I hope that
you will admit,
there are much
better things
to do than hit.





**When you are upset using words
is a better choice.
Instead of talking with your hands
you can use your voice.**



Try not to have a temper
that is so quick.
Counting to 10 can calm you down.
It is a great trick.

There is
another way
to stay calm
without a doubt.

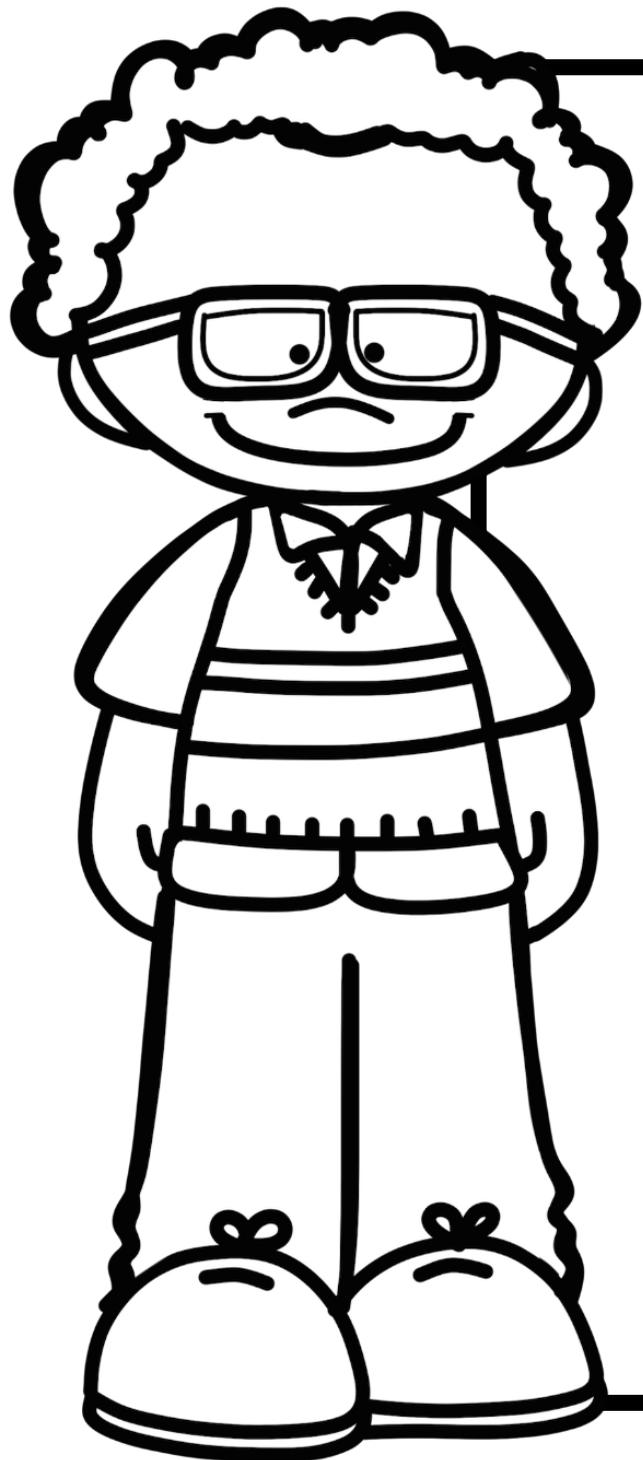
Take deep breaths,
slowly
breathing in
and blowing out.





It is okay to ask
your teacher for
a short break.

Going for a walk
is better than
making a mistake.



If your hands
don't like to listen
you can put
them away.

Stick them
in your pockets
and tell them
to stay.



Remember you are your own boss.
You tell yourself what to do.
Whether or not you hit
is all up to you!



So check your clocks. It is time!
Kids everywhere are committing.
"We will keep our hands to ourselves
because we are quitting hitting."

The End

We are
quitting
hitting!



Activity Sheets



Quitting Hitting

1. Use my words.

I want a
turn now.

2. Count to ten.

1 2 3 4 5
6 7 8 9 10

3. Take deep breaths.



4. Take a break.



5. Put my hands in my pockets.



Quitting Hitting

1. Use my

I want a
turn now.

2. Count to

1 2 3 4 5
6 7 8 9 10

3. Take deep



4. Take a



5. Put my hands in my



ten

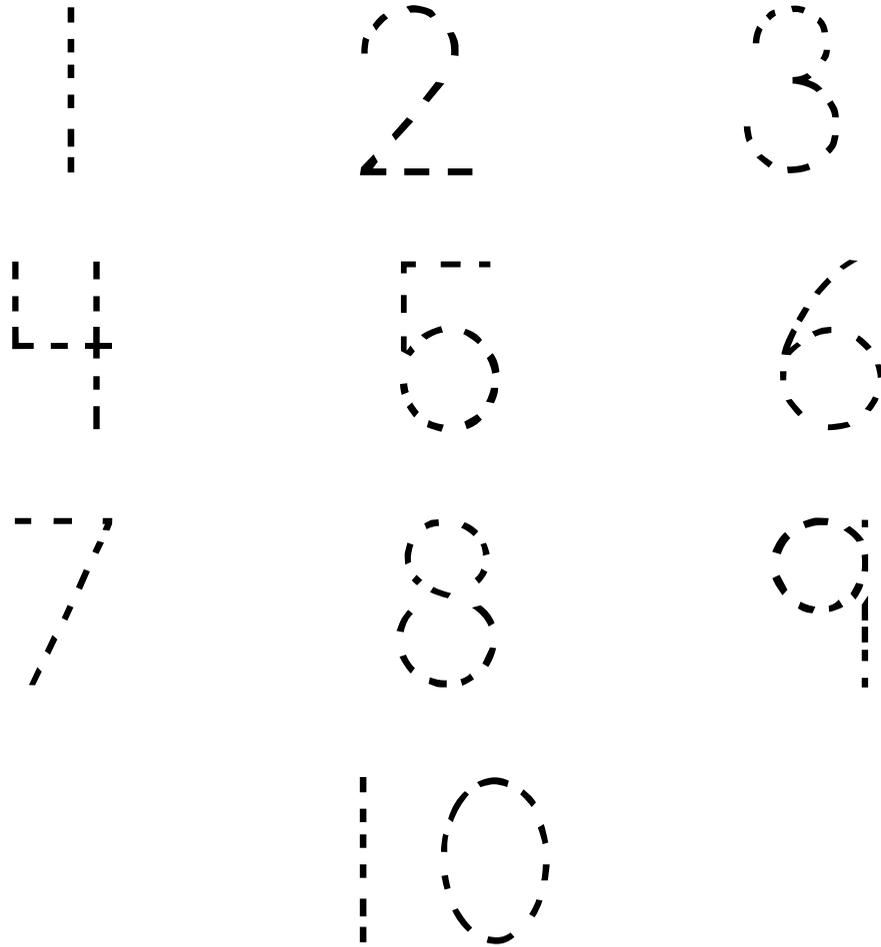
pockets

break

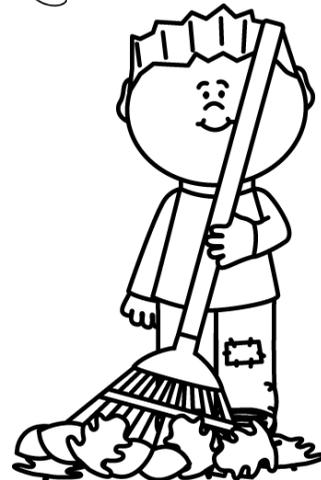
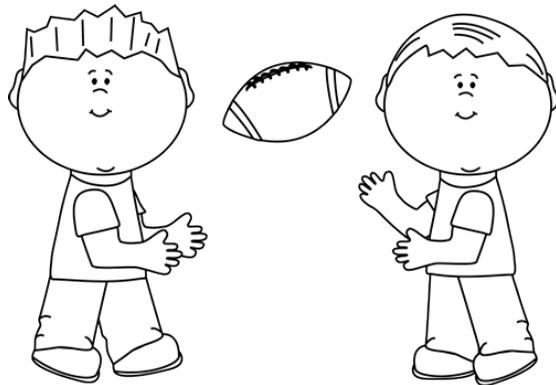
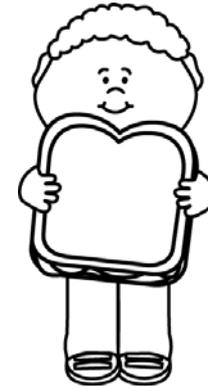
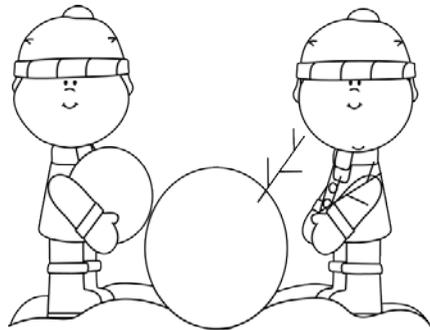
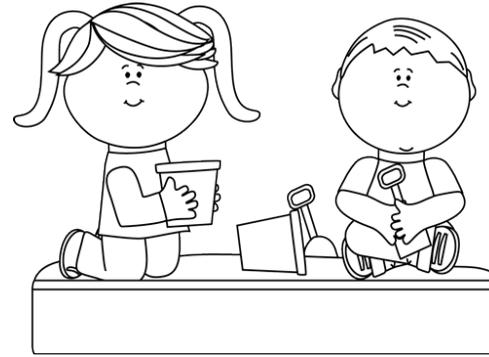
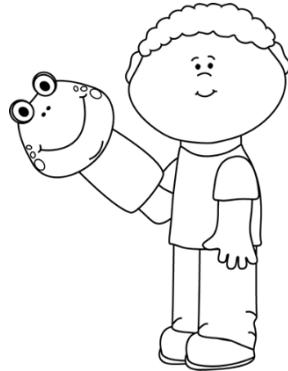
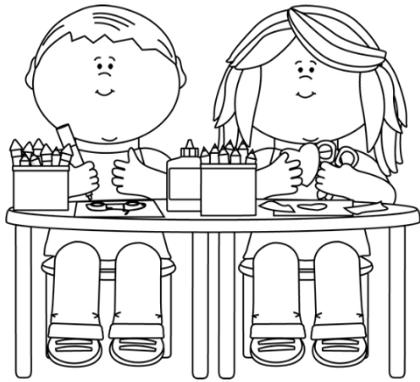
words

breaths

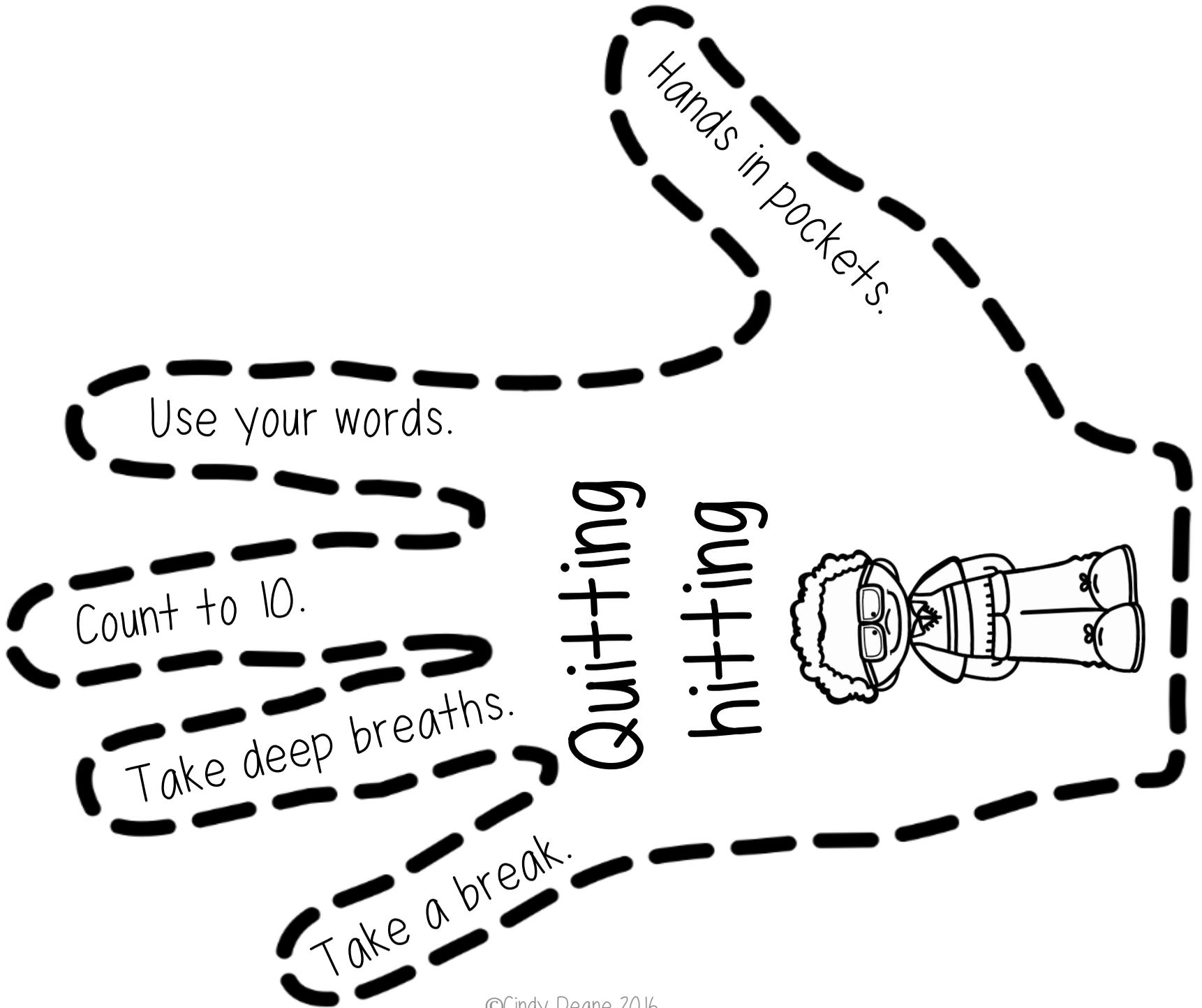
I can count to 10 to calm down.



What can you do with your hands besides hitting?



Trace the hand.



Use your words.

Count to 10.

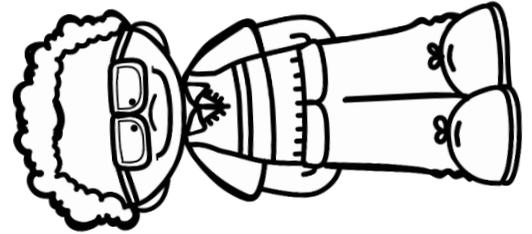
Take deep breaths.

Take a break.

Hands in pockets.

Quitting

hitting



Thank you for purchasing this product! I would love to hear from you with feedback or questions. Feel free to email me at csd229@yahoo.com.

Thanks--
Cindy

Follow me on Facebook for updates and freebies!

The DE **A**NE'S List

Please rate this product.

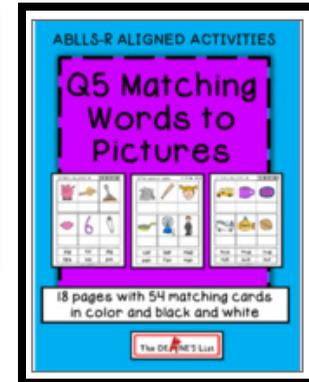
Fonts and graphics from the following:



MyCuteGraphics



Check out these products from The Deane's List!



Terms of Use

This product is a digital download from my TPT store

<http://www.teacherspayteachers.com/Store/The-Deanes-List>

and it is for single classroom use. This work is bound by copyright laws and editing, selling, redistributing, or posting all or part of this document on the internet without the author's permission is strictly prohibited. Violations are subject to the Digital Millennium Copyright Act. All rights reserved. Please contact me if you would like to obtain special permissions.