

Student Directions

Keeping **Safe Hands and Safe Feet** helps us and others stay happy and safe. If we don't keep **Safe Hands and Safe Feet**, others will feel upset or uncomfortable around us. If we have trouble keeping **Safe Hands and Safe Feet**, we can use strategies to help us. Read each question below and think of a behavior to do instead (For example, count to 10, repeat a positive phrase, etc.).



Practice Cards - Cut & Use

Someone is standing too close to you in line.

Your friend knocks into you at lunch.

You need help with your work, but your teacher is busy.

Your sister is making you mad.

Your mom isn't listening to you.

A boy throws a ball at you at recess, and it hits you.

A classmate takes a toy from you.

You really want a turn to play, but everyone is going slowly.

You can't get your friend's attention.