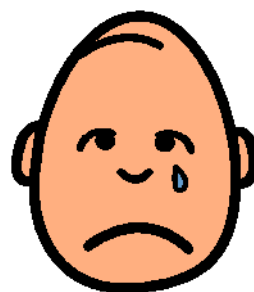
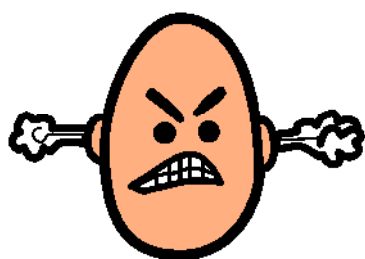
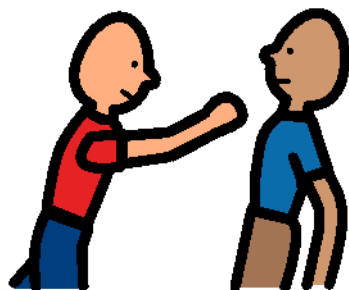
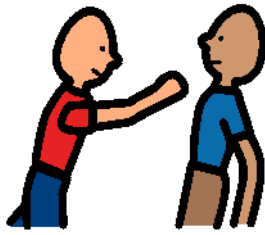


My Hands and Feet

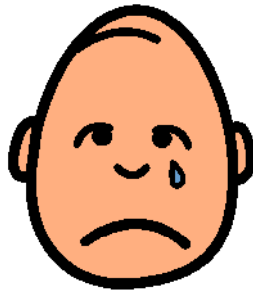


Sometimes when I am angry or upset,
I want to hit or kick other people.



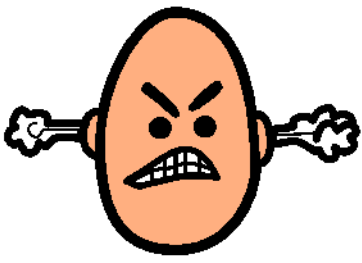


Hitting and kicking other people hurts them. It makes them sad.

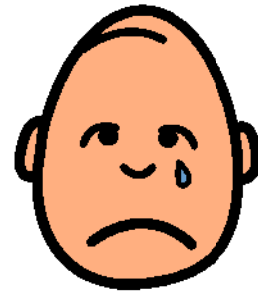


Other people do not like to be around someone who hits or kicks them. They do not want to be hurt.





take a break



When I am angry or sad, I will ask to take a break. Taking a break means I get to leave the area for a short time.

I will try to keep my hands and feet to myself. This will make others feel happy and safe around me. That is a good thing!

