

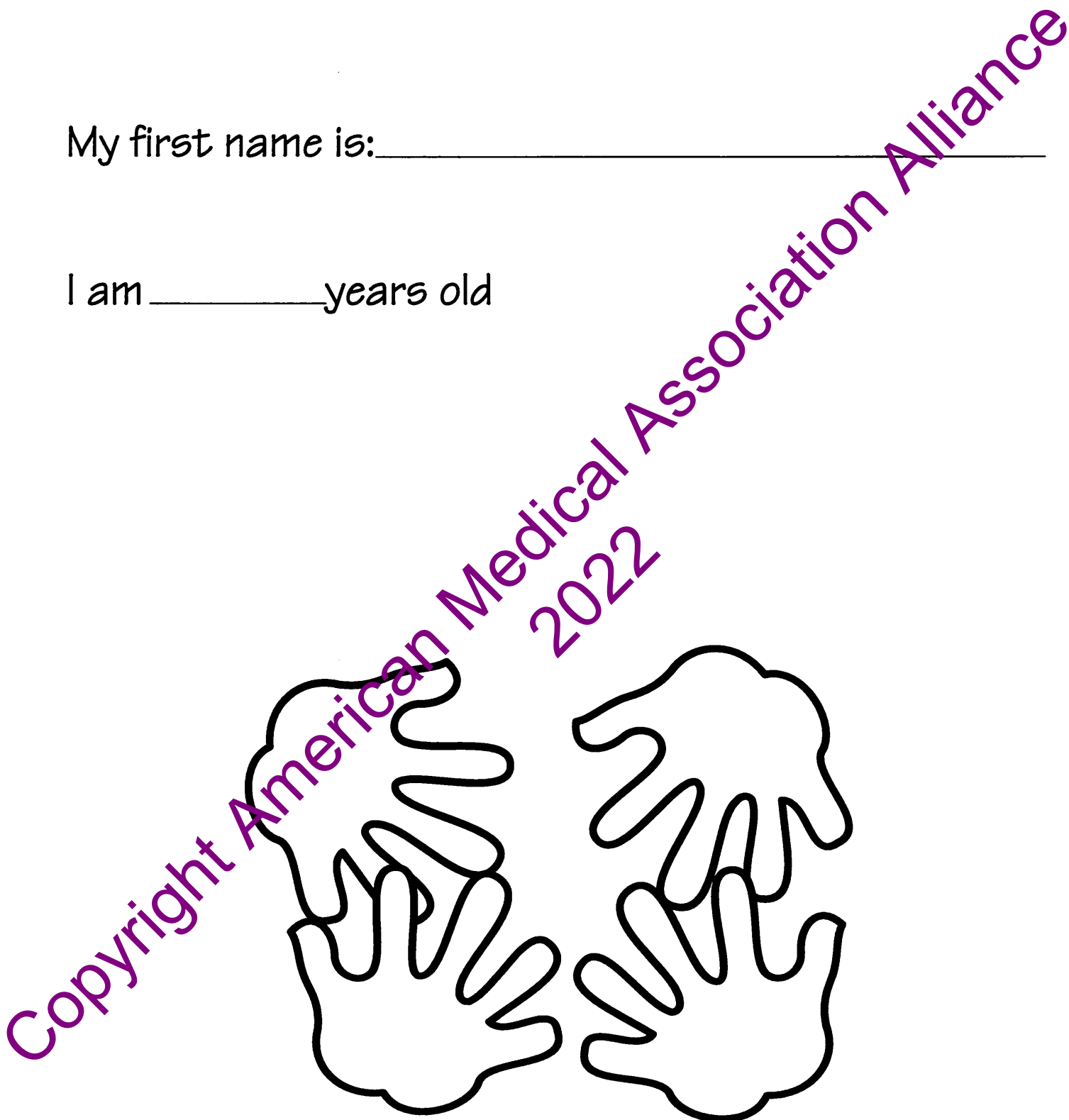
# Hands Are Not For Hitting



# This is MY Hands Book

My first name is: \_\_\_\_\_

I am \_\_\_\_\_ years old

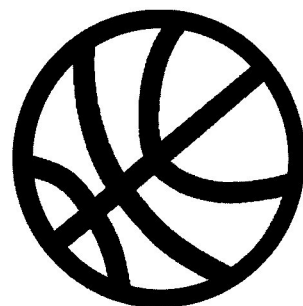
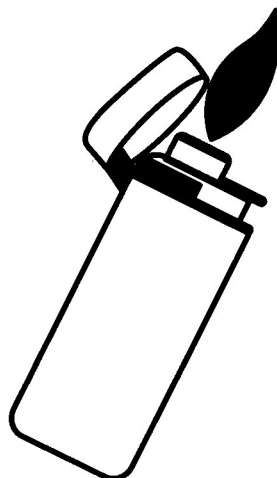
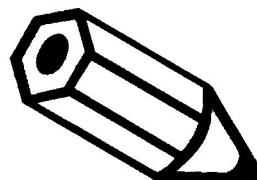
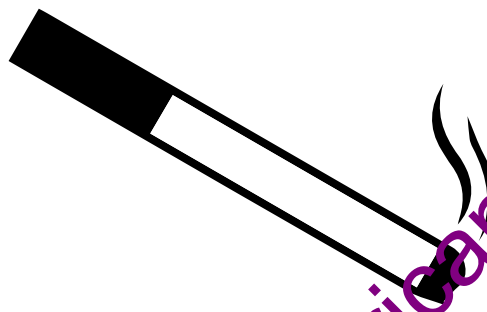
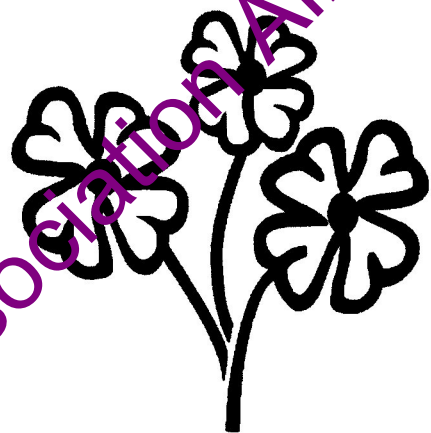
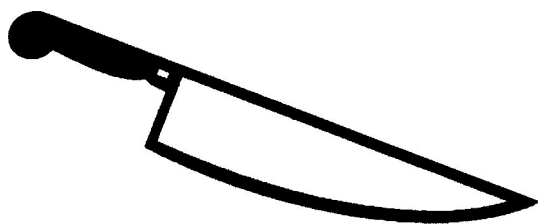


These Are My Hands  
(Trace Hands Here)



I promise NOT to use my hands to hit or hurt others.

Hands can be used for many things  
from playing with toys to wearing rings.  
Hands shouldn't be used to make people sad,  
so circle the good things and cross out the bad.



FIND AND CIRCLE THE HIDDEN WORDS IN THE PUZZLE BELOW

Good things to do with hands  
clap, color, draw, hug, pat, play, share, wave, write

W	D	R	A	W	C	C
R	A	B	W	A	V	E
I	D	L	L	P	O	R
T	C	E	C	L	A	P
E	O	S	H	A	R	E
G	L	S	R	Y	L	K
M	O	H	N	B	I	D
U	R	B	U	P	A	T
L	G	U	R	G	U	B

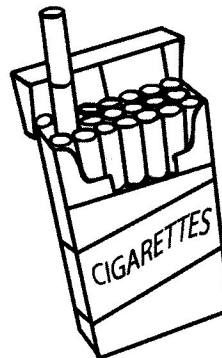
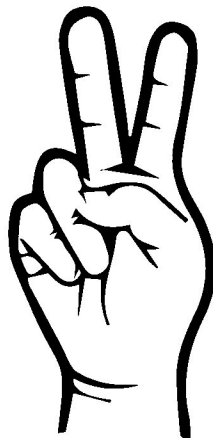
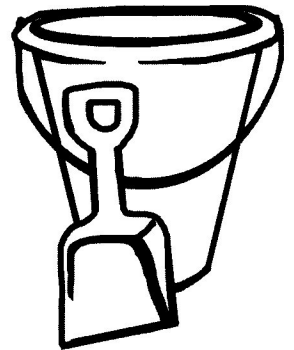
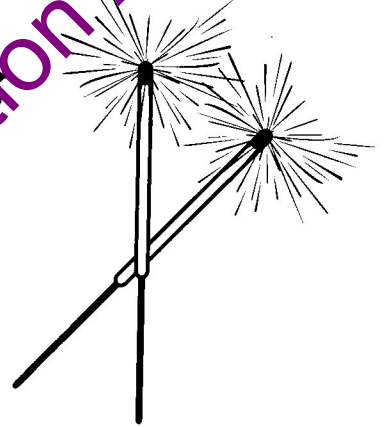
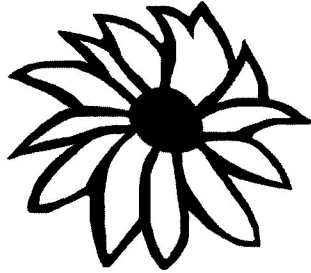
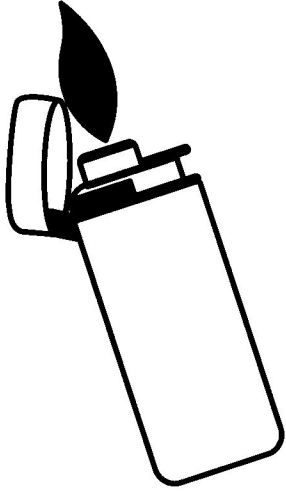
My hands can be helpful and make people glad  
As long as they don't do things that are bad

IN THE PLAYGROUND WHEN HAVING FUN  
PLAYING WITH FRIENDS IN THE BRIGHT WARM SUN  
THERE ARE WAYS YOU SHOULDN'T PLAY  
CROSS THEM OUT TO SAVE THE DAY



# Hands Should Be Used For...

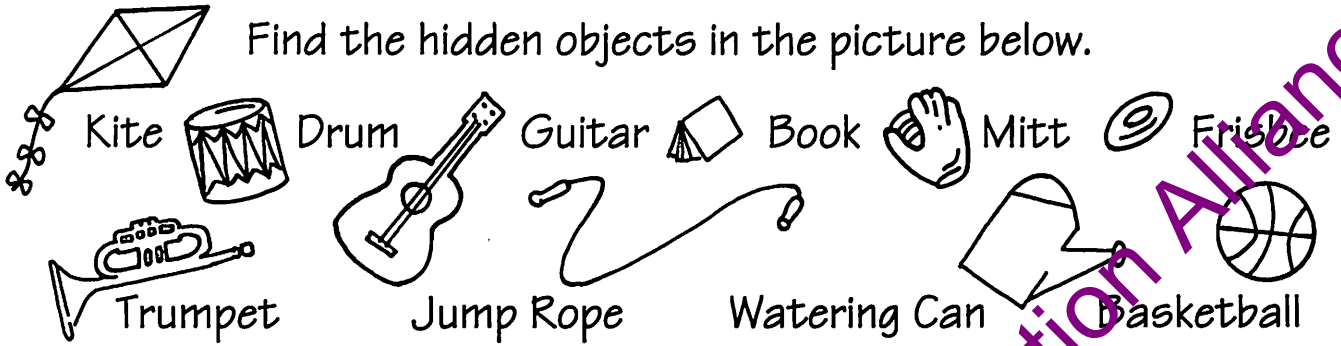
Draw a line from the "good things"  
to the HANDS in the center.



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# I USE MY HANDS FOR...

Find the hidden objects in the picture below.



Hands can be used to play a guitar  
to carry a backpack or put things in a jar.  
Hands can pet animals; like a cat or a dog,  
a hamster, a rabbit, or even a frog.

There are so many things your hands can do.  
In the space below, please draw a few.

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FROM NUMBER TO NUMBER  
DRAW A LINE  
AND SEE WHAT HANDS CAN DO  
THAT'S FINE



# HANDS SHOULDN'T HIT

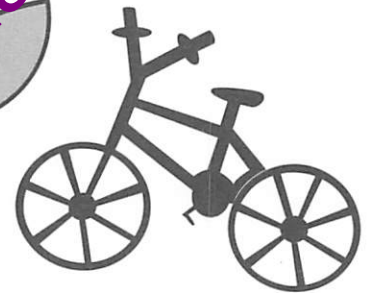
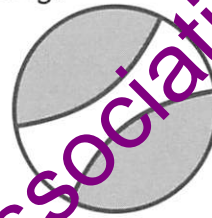
Hands are for playing and holding and shaking.  
Hands are for feeding your fish.  
Hands are for patting, for painting, for plucking,  
For stirring a favorite dish.

Hands are for bouncing a big rubber ball,  
Hands are for riding a bike.  
Hands are just great when you're wrapping a present  
For giving to someone you like.

Hands are for smoothing and sharing and caring,  
They never should pinch, hit or slap.  
Hands that are feeling a little bit clanky  
Should sit in time-out in your lap.

By Kerry Arquette

—COLORADO PARENT OCTOBER 1996—



## MEMBERSHIP CARD

\_\_\_\_\_  
(Name)

Has completed the AMA Alliance Hands  
are NOT For Hitting Activity Book and is  
a member in good standing of the Hands  
Are NOT for Hitting Club

The American Medical Association Alliance, is the largest, most influential grassroots organization representing the family of medicine. As the proactive volunteer arm of the American Medical Association, the Alliance is dedicated to promoting better public health, ensuring sound health care legislation and fund-raising for medical education.

In 1995, the AMA Alliance launched the SAVE program to Stop America's Violence Everywhere. Currently, more than 600 community SAVE programs are aimed at assisting victims of abuse, teaching conflict resolution skills and educating the public about the prevention of violence.

If you are a physician or a physician's spouse and not a member of the AMA Alliance, we encourage you to join. For more information please contact the AMA Alliance.

The AMA Alliance designed this activity book to help parents, educators and members of the family of medicine ensure child health and safety. Content for this book was originally developed in cooperation with the American Medical Association.



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