

Safe Hands Social Situation

I Will Use Safe Hands



Sometimes I feel angry and frustrated.

When I hit others my family, friends and teachers feel sad and hurt.



When I feel angry or frustrated I will make a safe choice from my choice board.

I can choose a sensory tool to help my body feel better.



I can use my voice to ask for help.

I can tell an adult I need a break and find somewhere else to have some quiet time.



My family, friends and teachers will be happy when I have safe hands.



Safe Hands Social Situation

Choice Board

take some
deep breaths



read a book



do some
drawing



relaxation



ask for help



play with
playdough



use a
sensory tool



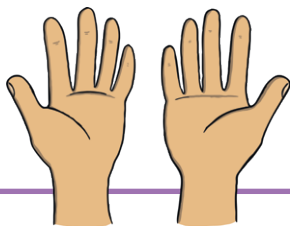
have some
quiet time



take a break



count to ten



say 'stop'



art and craft

