

Social Story

**No
Hitting**



**A social story about
hitting.**

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Help children understand and regulate their emotions with this social story about hitting. Social stories act as “instruction manuals” with simple phrases for readers or recognizable pictures for younger children.

Use the book with individual students, in a cozy corner, or with the full class to foster and encourage social emotional development.

The book can be simply printed or laminated and bound. Color and black and white versions included.

Book features Dyslexia-friendly font for ease in reading.
from www.opendyslexic.org

No Hitting



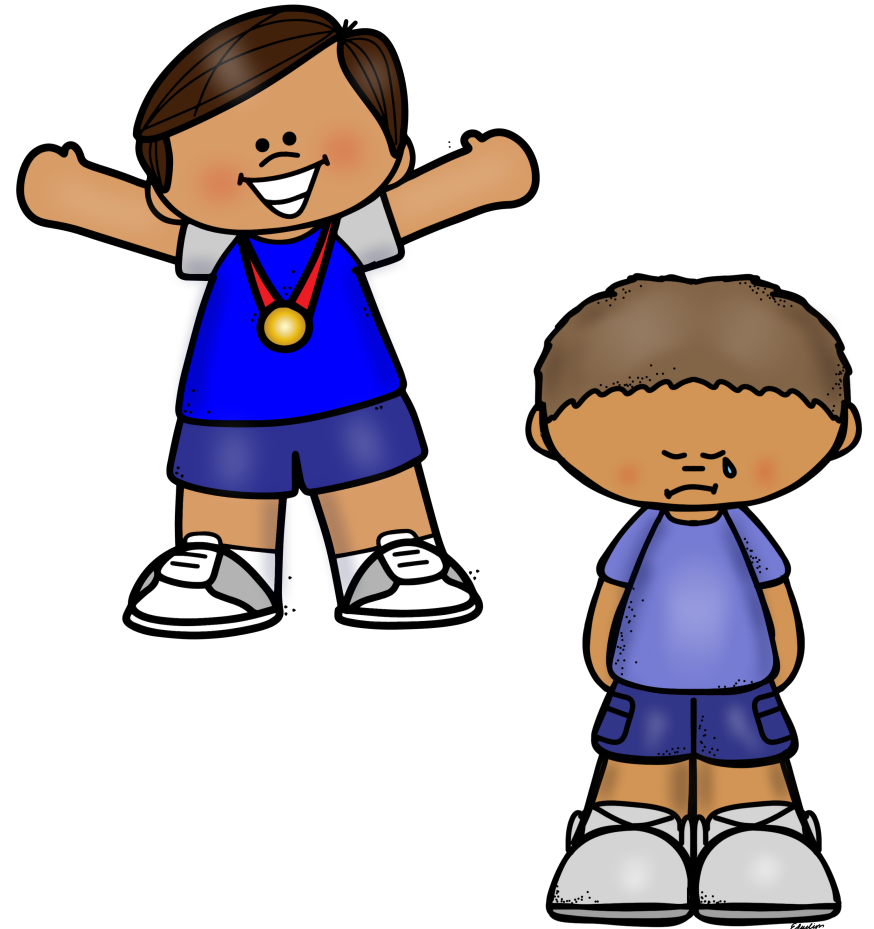
A social story about
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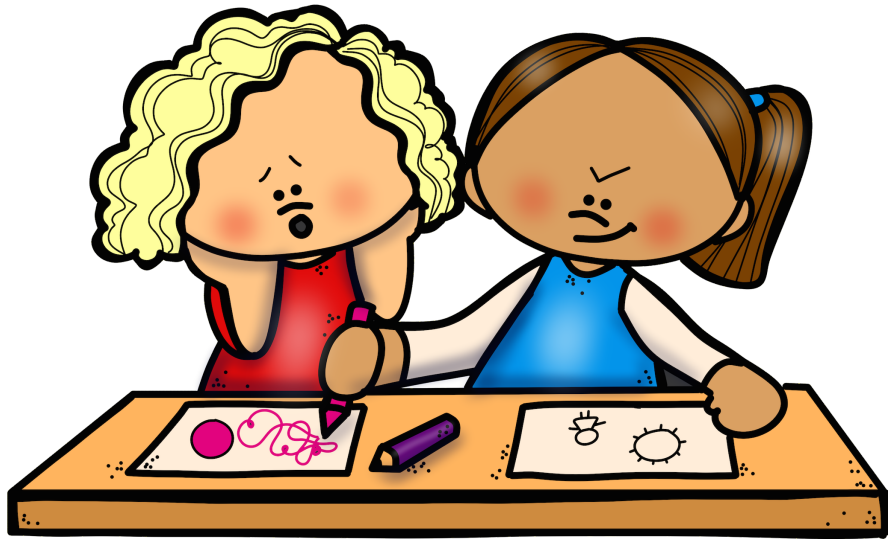
Everyone gets
upset or unhappy
sometimes and
that's okay.



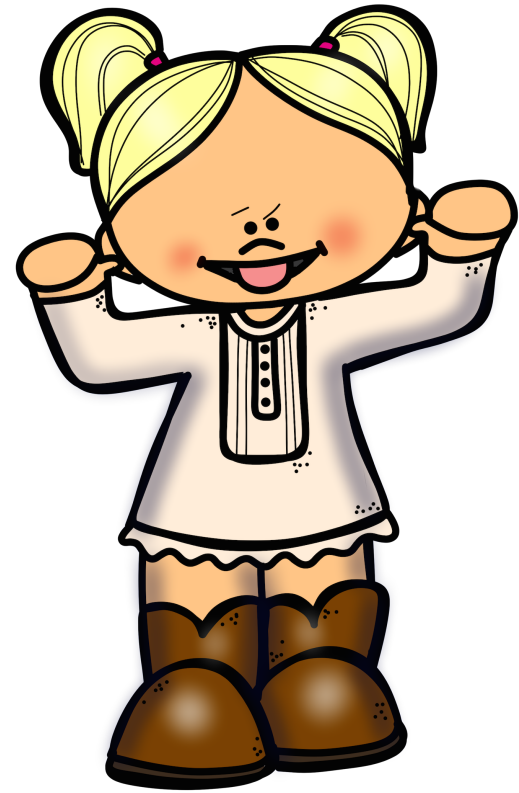
But, hitting
someone is not
okay.



You might be upset
because you lost a
game or race.



Or someone
messed up your
artwork.



Someone might
have been teasing
you or saying
mean things.



Or maybe
someone pushed
you down.



They might have
even hit you first.



Hitting someone is
not okay!



Before you choose
to hit someone, it
is important to
stop and think.



First, you need to
think about what
your hands are for.



Your hands are for
building blocks.



Your hands are for
cooking and eating.



Your hands are for
helping.



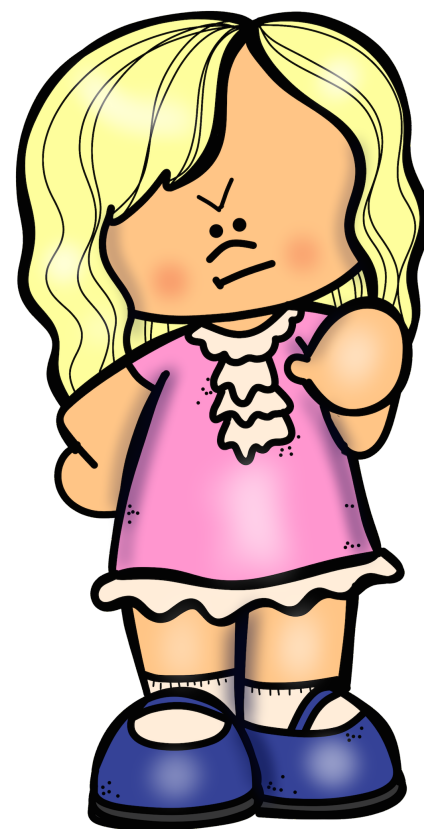
Your hands are for
giving high fives.



Your hands are for
hugging.



Next, you need to think about what you can do instead of hitting.



You can tell the other person to stop what they are doing.



You could walk
away from the
area to calm down.



Or you can talk to
the teacher about
what happened.

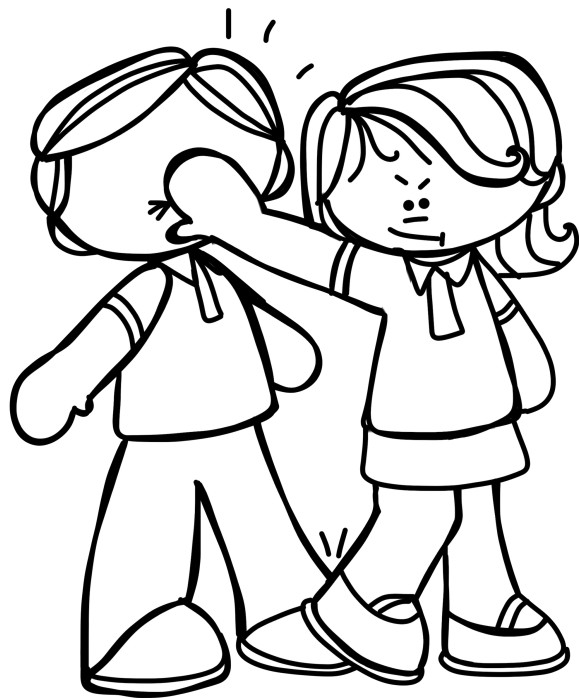


Hitting someone is
not okay!



Last, be happy
that you made a
good choice.

No Hitting



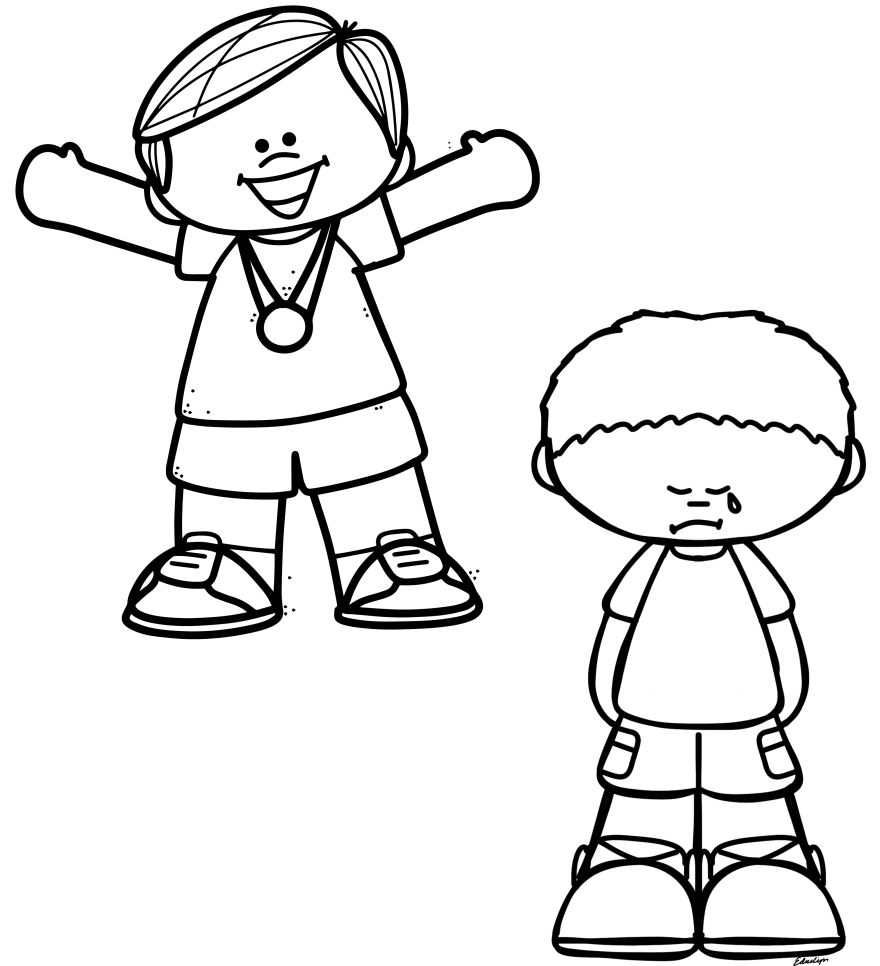
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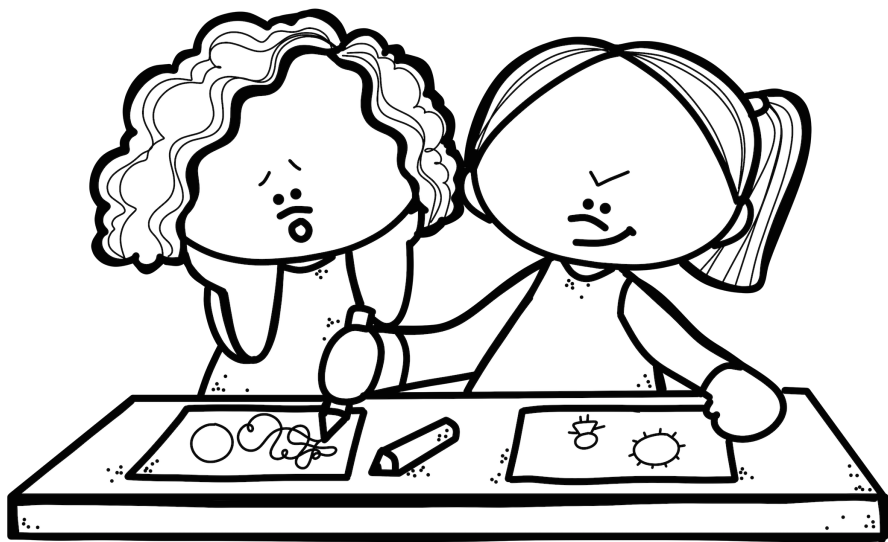
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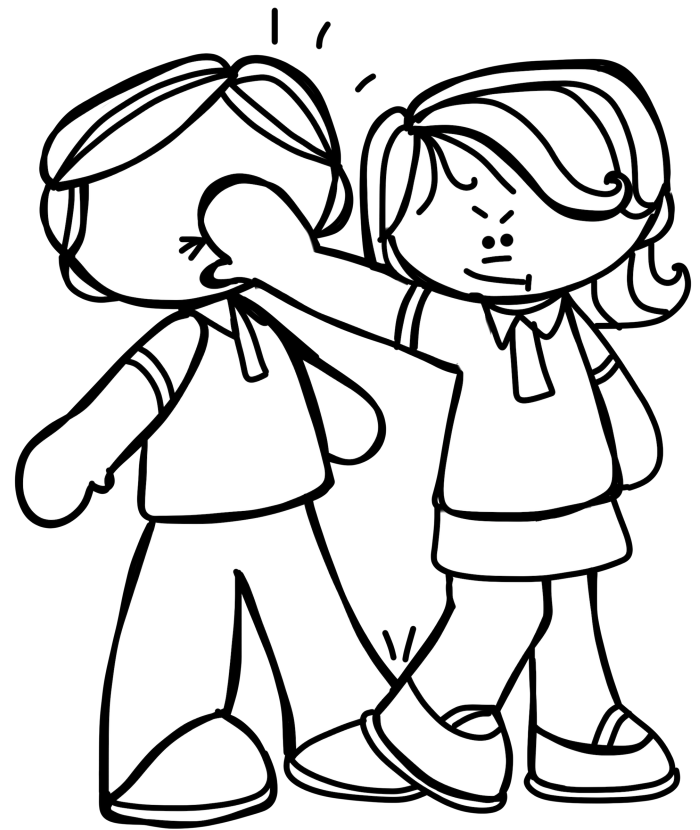
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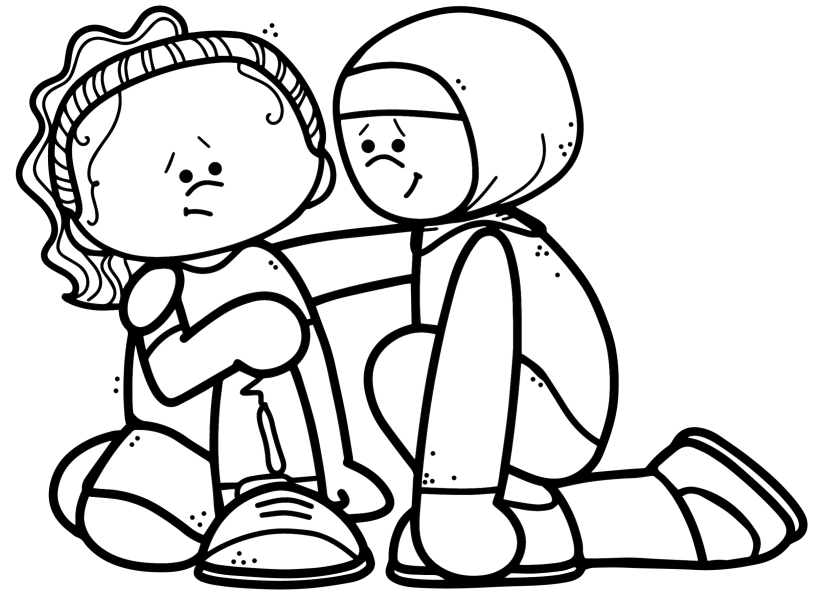
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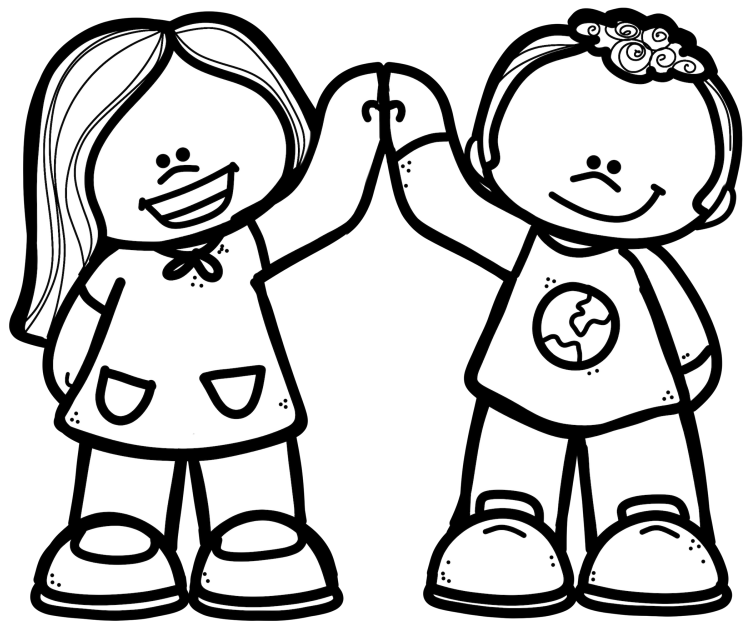
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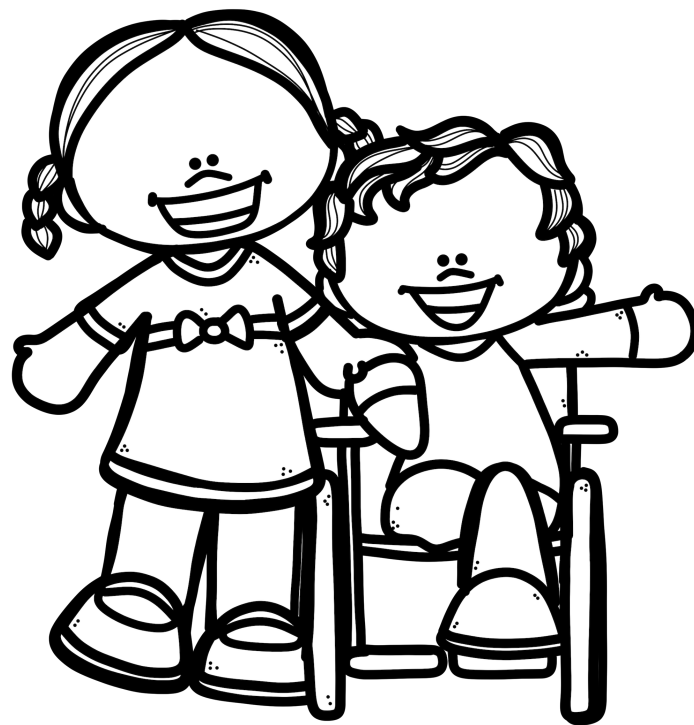
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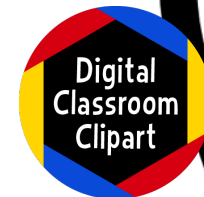
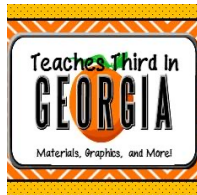
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