

My Hands Want to Hit

A social story for Kairav — What to do when I feel angry and want to hit someone



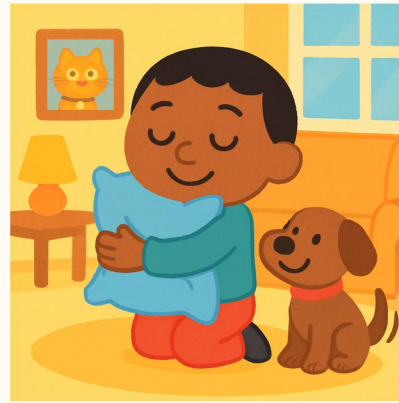
1

Sometimes my body feels hot and angry inside. My hands make fists.



2

My hands want to hit someone. That feeling is big and scary.



3

I can squeeze my pillow instead. Hitting hurts people but pillows are safe.



4

I tap angry and help on my Avaz. Mummy comes to help me.



5

We breathe big together. My angry feeling gets smaller. My hands are safe hands.