## I need to Keep My Hands To Myself

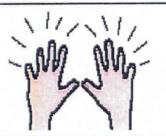
When I feel upset, I sometimes put my hands on other people.



When I put my hands on other people, I need to stop.



I need to keep my hands to myself.



I can take 5 big breaths. This will help me to stay calm.



My teacher is happy when I keep my hands to myself.

