



My hands plant flowers.



My hands color a picture.

My hands share toys.

My hands play games.

These are _____ hands.



My hands bounce a ball.



My hands pet my dog.

My hands show love.



My hands splash water.




My hands hold a book.



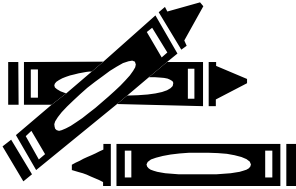
The Anti-Bullying Campaign (A.B.C.)

1. Read this activity sheet with your child.
2. Show your child how to plant, hug, color, and play.
3. Do these and other "hand" activities with your child.
4. Have your child color each activity that you see him doing. Give a "thumbs up" for a job well done.
5. **Call the Parent Help Line at 544-5808 or 1-888-727-5889 for other good ideas.**

Activity




Holding or looking at a book.




Coloring a picture.




Splashing water.









Caring for a flower or plant.



Taking care of a pet.



Sharing toys.

- Always**  **Caring**
- Always**  **Calm**
- Always**  **Careful**
- Always**  **Considerate**
- Always**  **Cool**
- Always**  **Concerned**
- Always** **Consistent**
- Always** **Creative**
- Always** **Cheerful**
- Always** **Comforting**

Hands are not for hitting.
Ask your child how can hands can show love?