



*if* INTERFACE  
CHILDREN & FAMILY SERVICES

# Hands Are **NOT** For Hitting

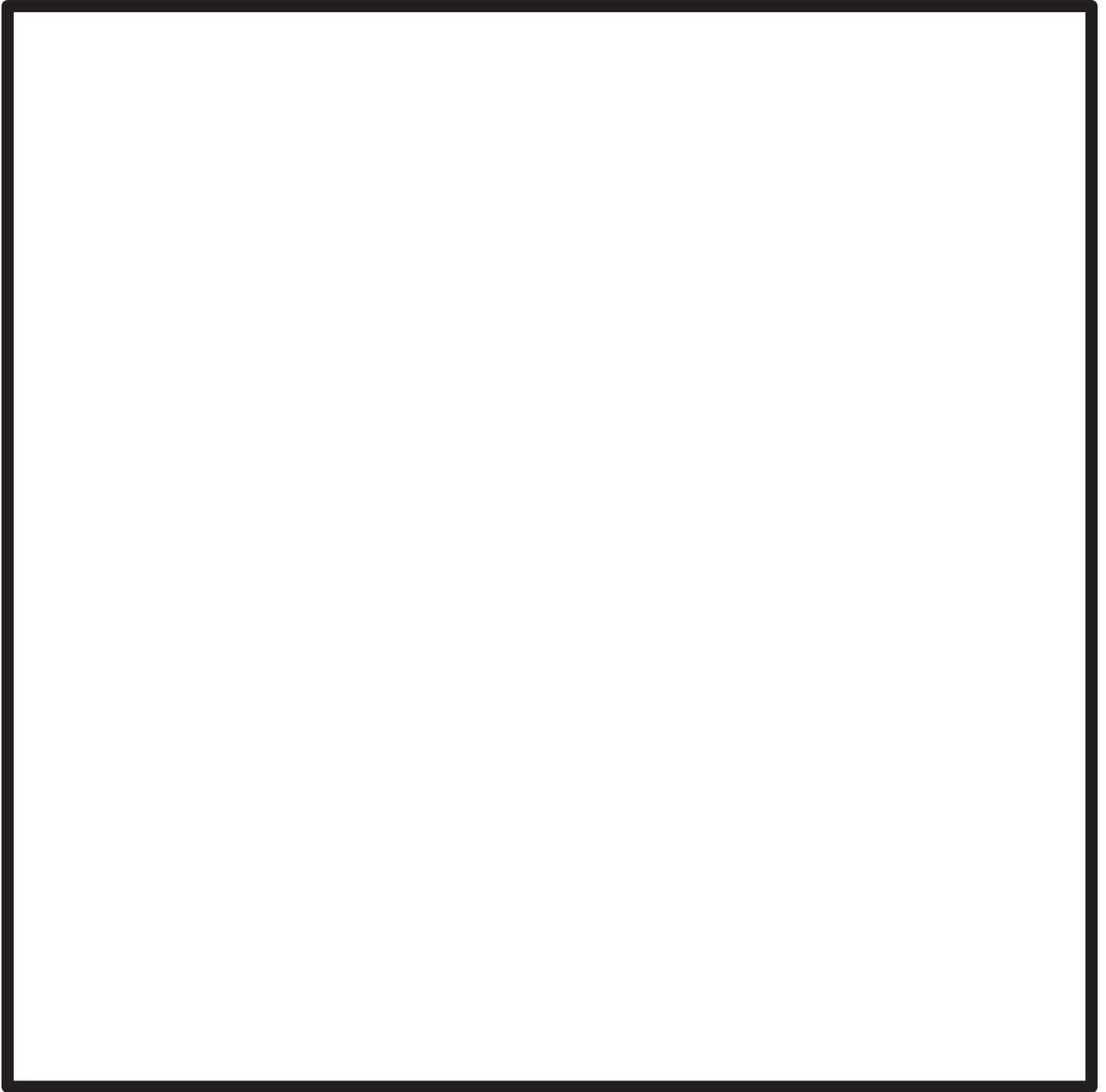
ACTIVITY BOOK



# Show Your Creativity

Drawing is just one of the many things you can do with your hands.

**Draw a picture of yourself in the box below.**

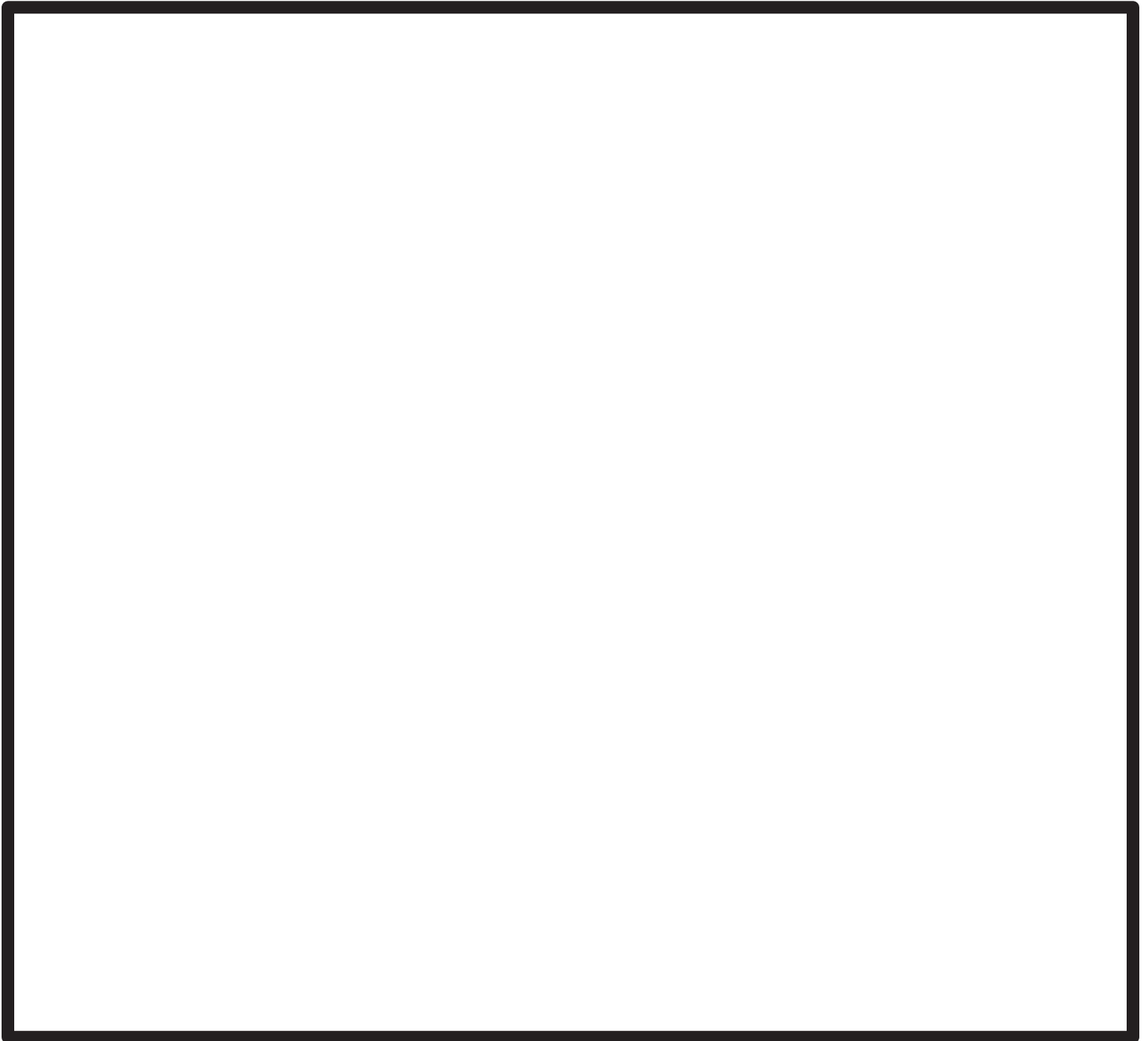


# Show Your Creativity

Knowing your address is IMPORTANT in case of an emergency.

Do you know your address?

**Draw a picture of your house in the box below,  
and practice your address with your parents.**

A large, empty rectangular box with a thick black border, intended for a child to draw a picture of their house.

# Word Search

Hands should NEVER be used for hitting.  
What are some things you can do with your hands?

**Find some things you can do with your hands in the Word Search below:**

G	S	C	U	L	P	T	N	L	C	P
R	G	I	V	E	P	H	Q	I	L	L
E	M	E	A	S	U	R	E	F	A	A
E	C	D	R	A	W	O	C	T	P	Y
T	O	H	U	G	R	W	H	T	A	H
C	L	I	M	B	I	A	E	Y	I	O
J	O	U	E	A	T	V	E	P	N	L
C	R	E	A	T	E	E	R	E	T	D

**Cross out the words you've found in the list below:**

CREATE	WRITE	GIVE	SCULPT	CLAP
DRAW	PLAY	CHEER	HOLD	CLIMB
GREET	EAT	COLOR	THROW	LIFT
HUG	TYPE	PAINT	MEASURE	WAVE

# Creative Coloring

People come in all shapes, sizes and colors. We are all different.

**Color the picture below.**



# Word Scramble

Bullies use their words to hurt others and their hands for hitting. When you're being bullied, you need a plan of action to deal with the situation.

**Unscramble the words in the boxes below to reveal the plan of action for dealing with bullies.**

1. 

A	V	E	E	L
---	---	---	---	---

 the situation. Try to do this before things get worse.

2. Ask 

M	O	O	N	S	E	E
---	---	---	---	---	---	---

 you trust, who is standing, nearby for help.

3. Go tell an 

T	A	L	U	D
---	---	---	---	---

, teacher or find a police officer.

Has someone ever tried to get you to hurt someone else with your words or with your hands? Did you know you can use this same plan of action when that happens?

**Don't be a bully! Be a friend!**

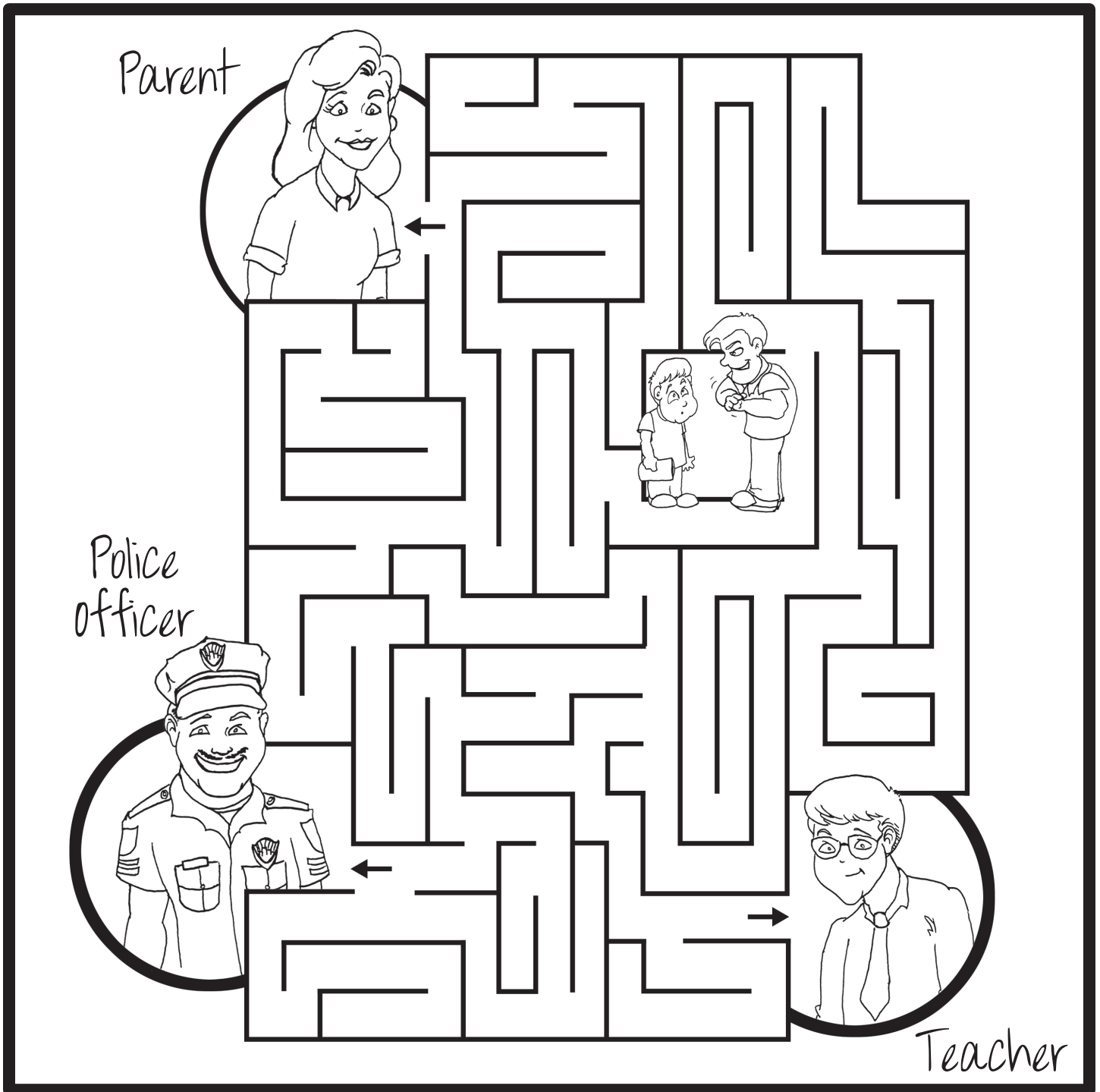
**ANSWERS TO THE PUZZLE ABOVE:**

1. LEAVE 2. SOMEONE 3. ADULT

# Find Your Way to Safety

There are three ways out of the maze below. Can you find them all?

**Deal with this bully by finding a trusted adult.**





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For More Information or to Speak with a  
Domestic Violence Advocate 24/7 Call:

**1-800-636-6738**