



*Together for Neurodiversity*  
Empowering Futures, Embracing Differences



# Kind Hands



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I can use kind hands.



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Kind hands help people feel safe.



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Kind hands can wave hello.



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Kind hands can give a high five.



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Kind hands can help my friends.



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Kind hands play gently with toys.



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When I feel angry or upset, it's okay.





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Even when I feel big feelings, I can try  
to use kind hands.



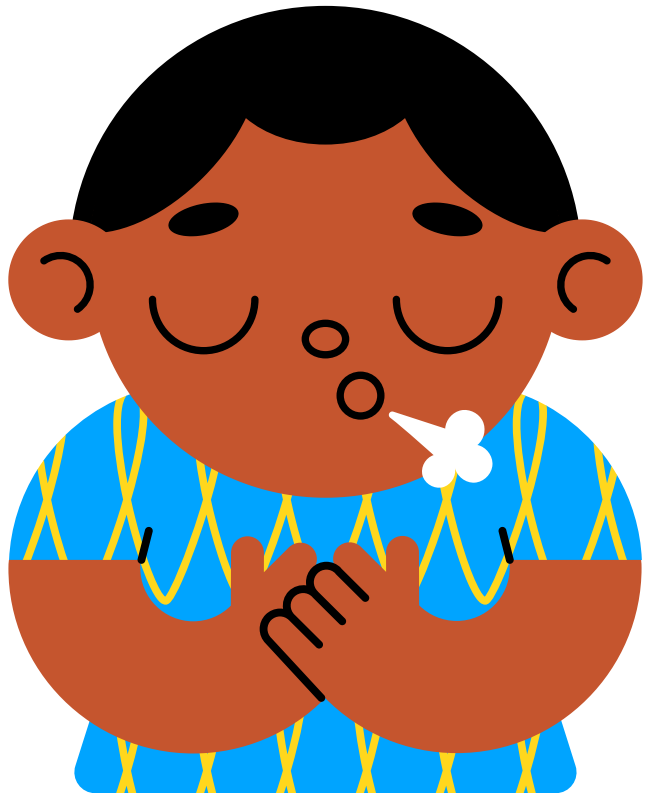
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If I want to hit or squeeze, I can ask for  
help.



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I can squeeze a toy or take deep  
breaths instead.



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I am learning to keep my hands kind  
and safe.



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Kind hands make me and others feel  
happy.



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I can remember: I use kind hands every  
day.