



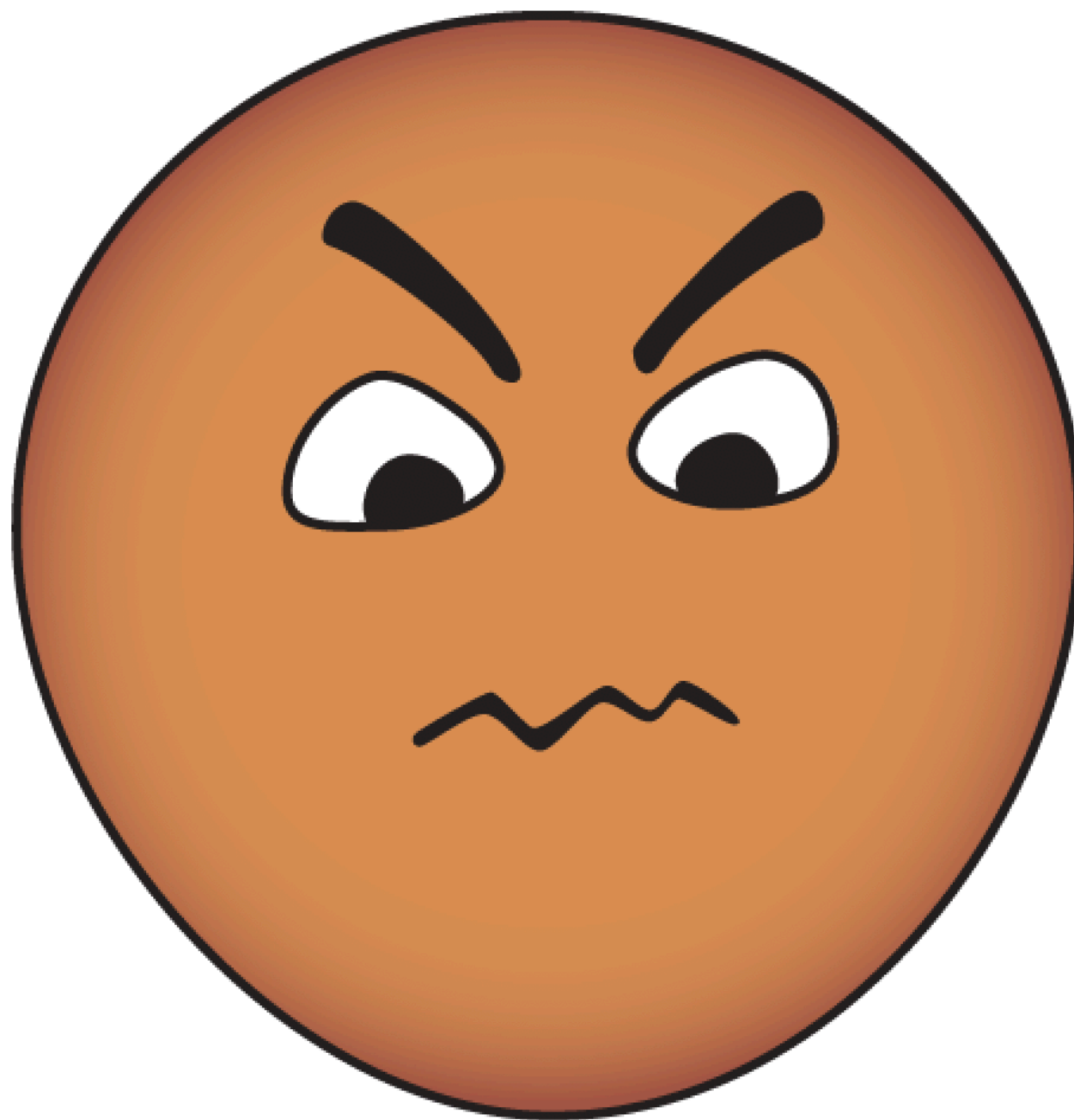
## **Hitting Book**

Do you have a child who expresses anger through hitting? This printable book will assist in helping your child find alternative ways to handle life when things don't go his or her way. This type of book is called a social story and is designed to help children learn socially acceptable alternative ways to get their needs met. You may choose to print this book as is or use it as a prototype to develop your own. It is best to make your own book using photos of the child needing new skills

Read the book daily with your child. Practice the breathing techniques everyday with your child when he or she is calm. When the child is unable to breathe for themselves, an adult must breathe for the child.

Print the book on 8.5" x 11" paper, landscape layout and staple at the left margin. You may wish to laminate the pages and hole-punch at the top before placing in a 3-ring binder for long-term use.

# I Can Handle **Angry**

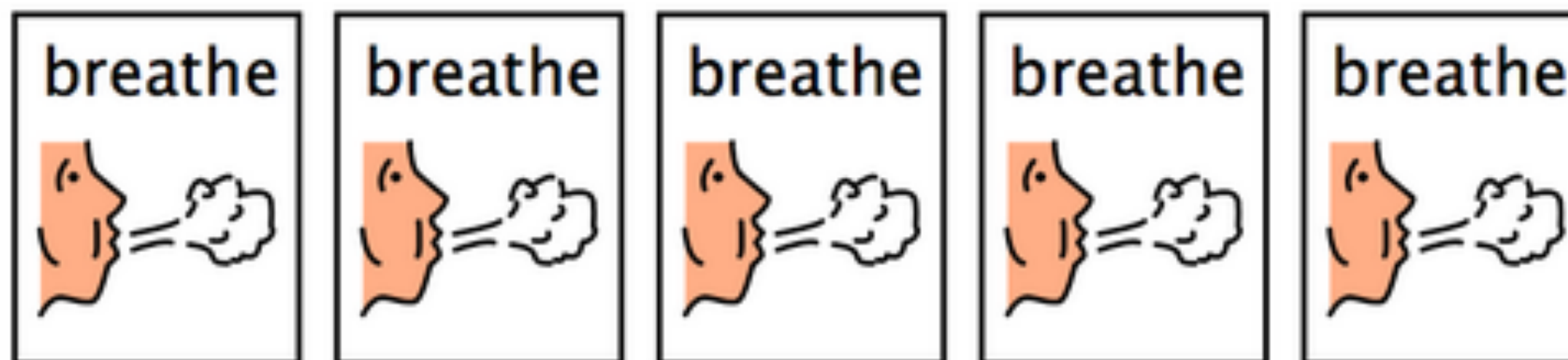


**I'm safe. Keep breathing. I can handle this.**

When I feel angry there is something that will always help me; that is **BREATHING!**

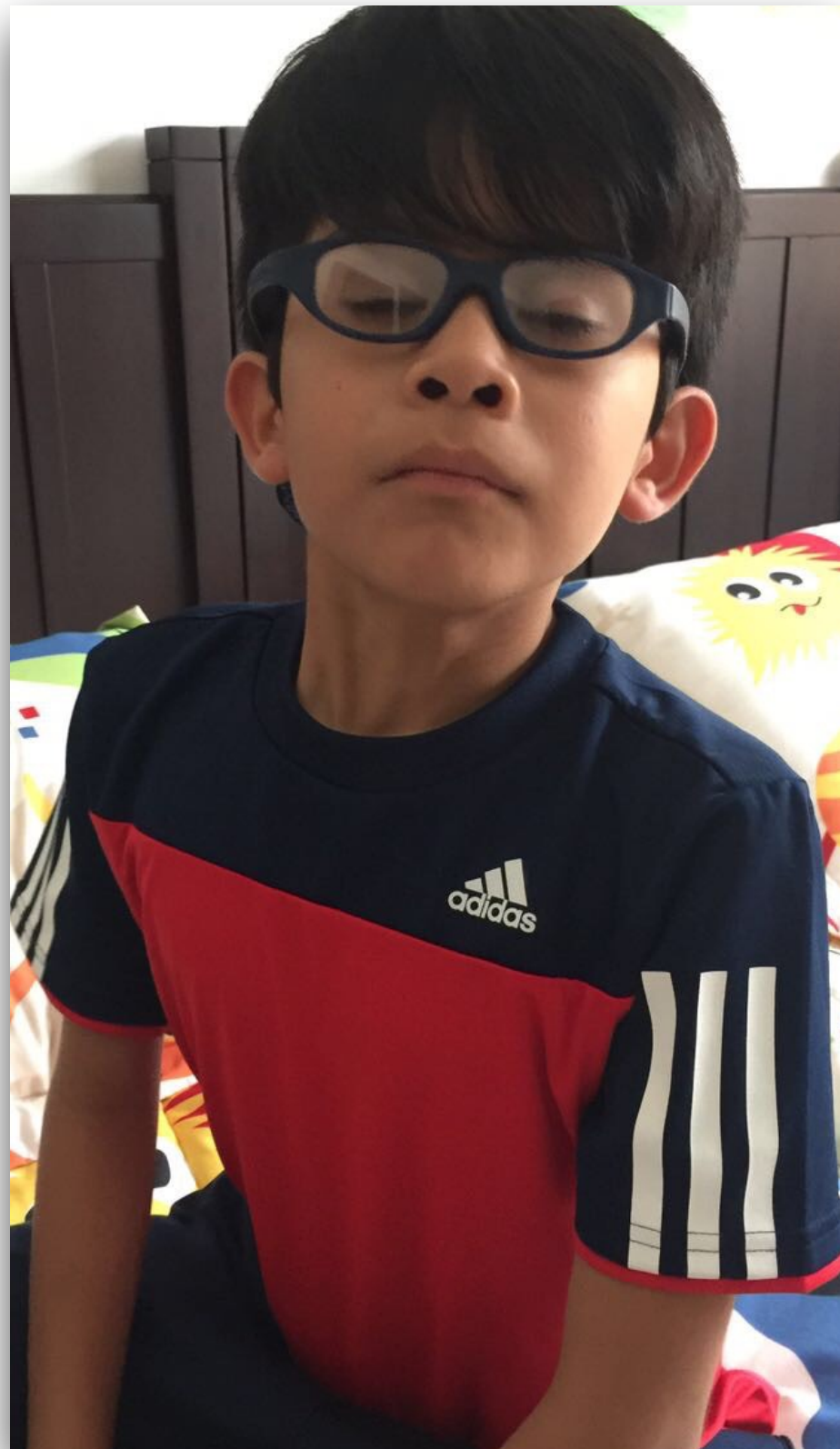
Breathing helps me pause so I can calm myself.  
I will breathe deeply 5 times now for practice.

**I will take 5 deep breaths**



When I want something I can breathe briefly,  
then say: **“May I have a turn?”**  
But I may not hit, hitting hurts.

May I have  
a turn?



If I want to walk by, I can say:  
**“Excuse me.”** But I may not push,  
pushing hurts.

Excuse me.



If I want a friend's attention I can tap them on their shoulder, say their name and wait for them to look me in the eye. But I may not pull on their clothes, scream, grab or hit; these actions bother others.



**Tap on shoulder**



**Say their name**



**Wait for eye contact**

If I feel angry because I didn't win, I can breathe deeply and say to myself: **“I can handle this.”**  
But I may not hit, hitting hurts.



I can handle this. Breathe! I've got this!

If I feel angry at someone, I can say: “I feel angry, I was hoping to play longer.” But I may not hit, hitting hurts.



I feel angry,  
I was hoping to  
play longer.



If I feel angry I can ask my teacher, my mom, dad or another adult for help. But I may not hit, hitting hurts.



Will you help me? I feel very angry! I was hoping to play longer.

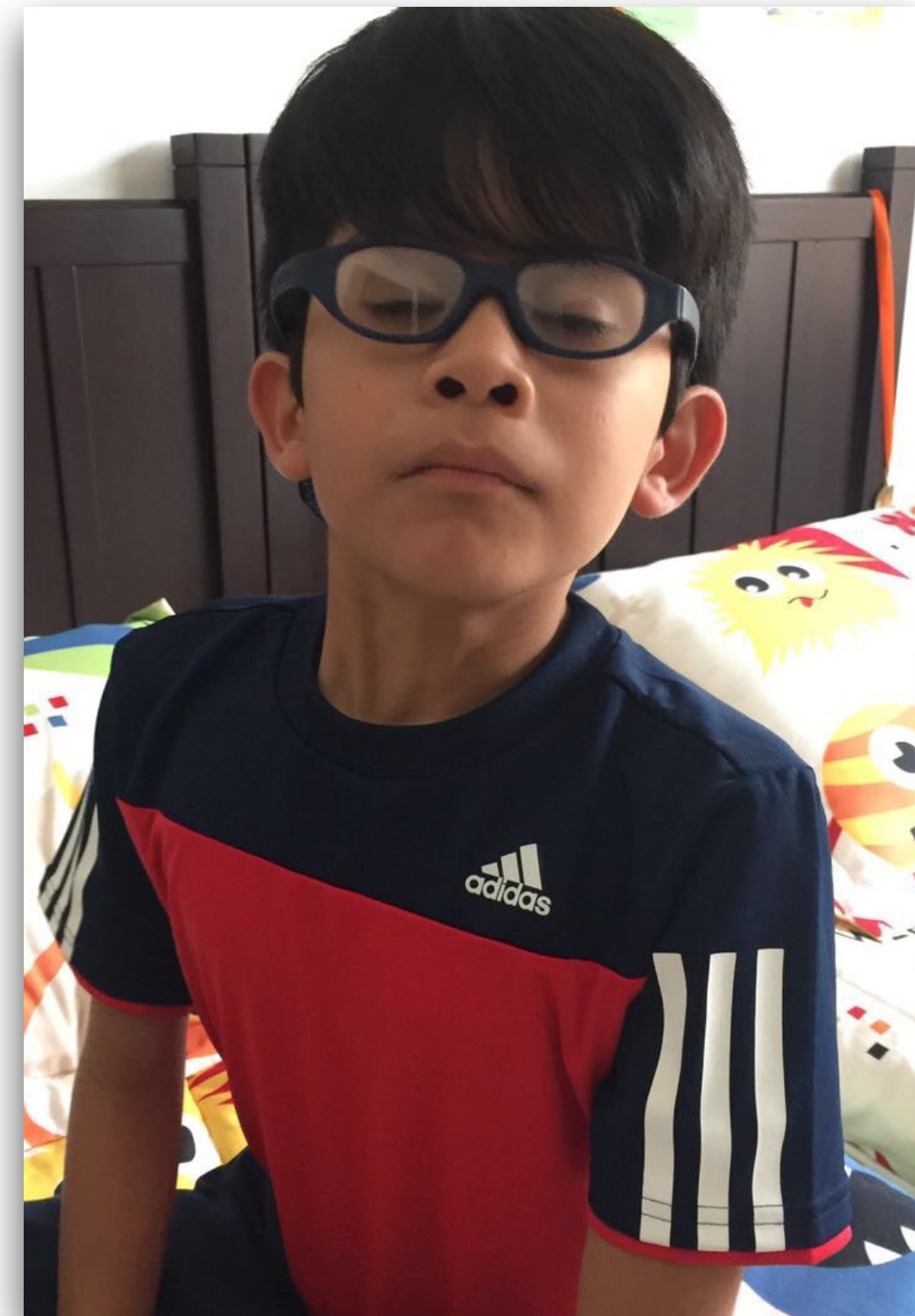
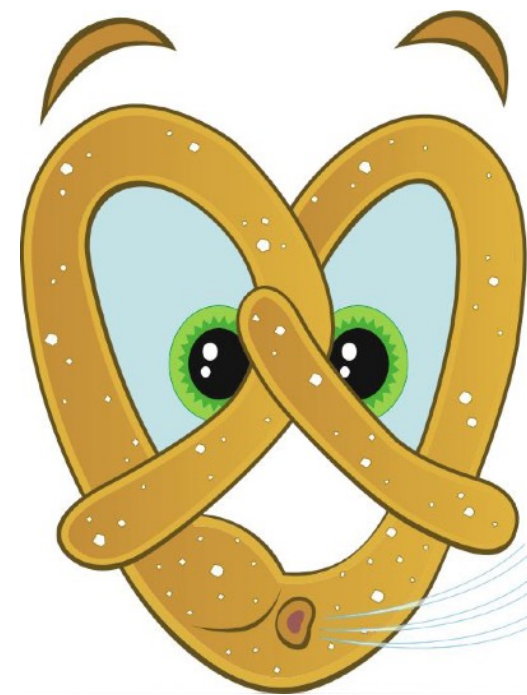
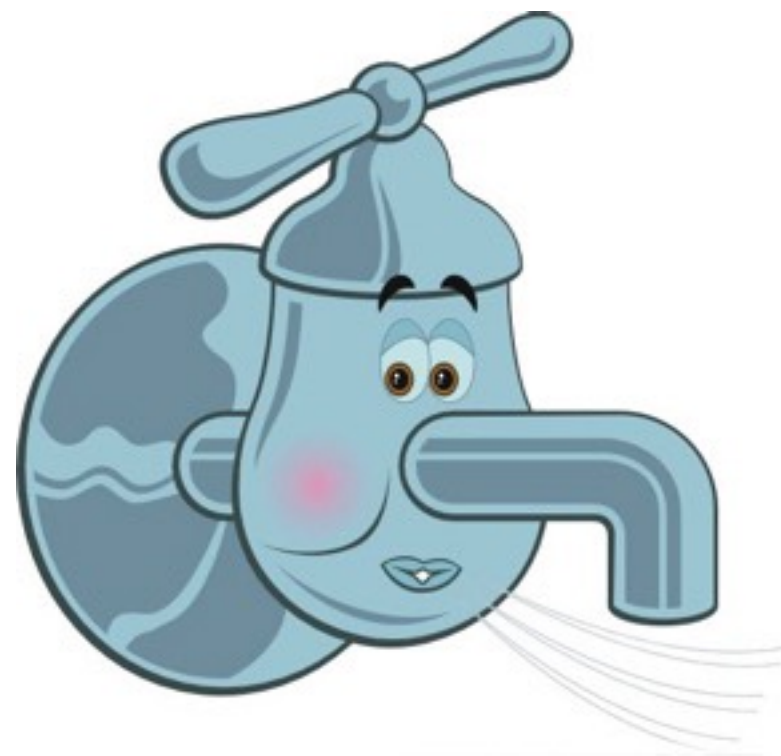
**These faces are saying: “I don’t like it, please \_\_\_\_.”**  
(Tell child what you want them to do instead.  
Example: walk around me or back-up or  
give me a little space.)



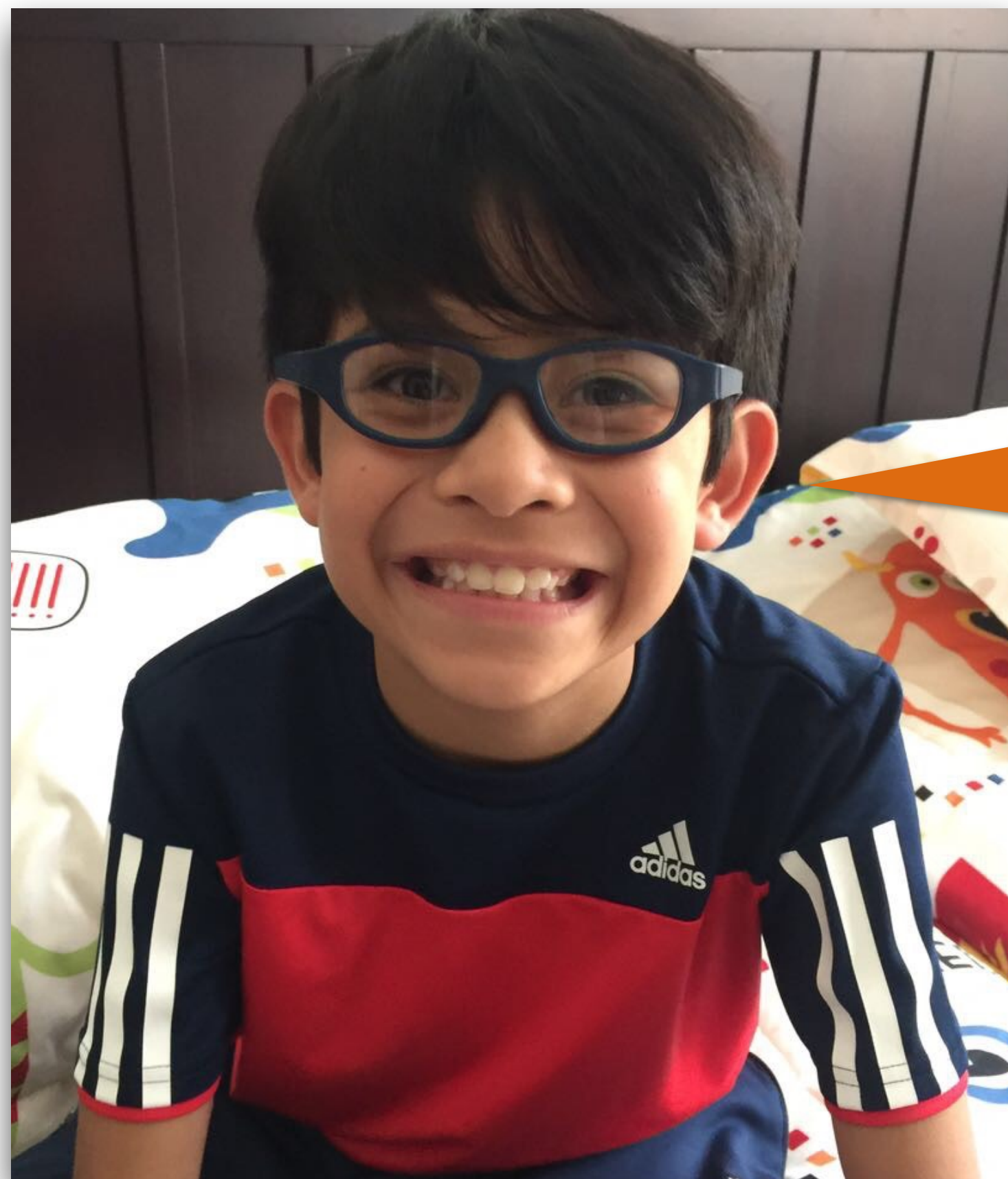
These faces are saying:  
“I enjoy being with you.”



I am calm, breathe, I can handle this.  
I can handle my anger. Keep on breathing.



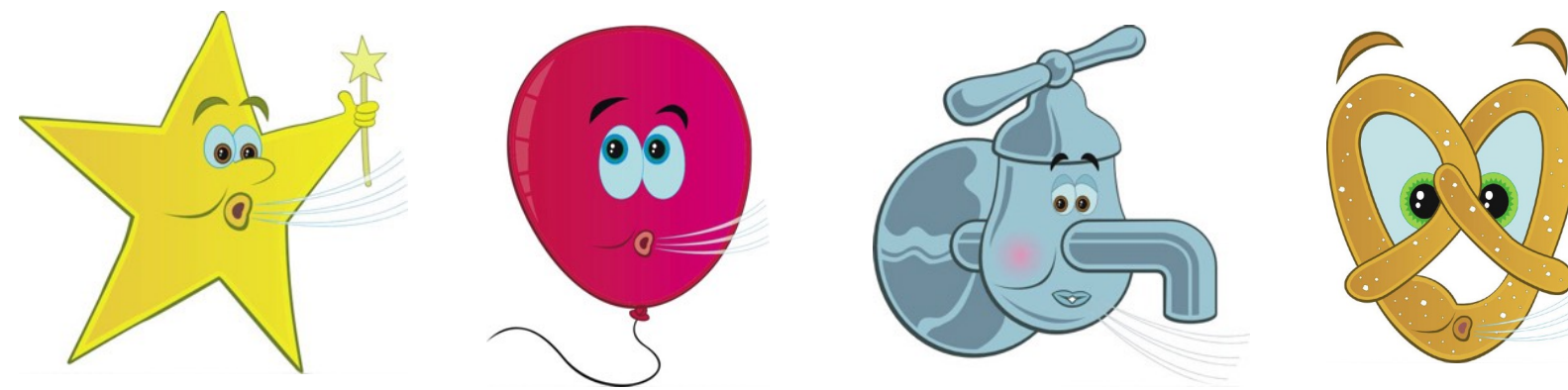
# Now I know what to do!



I can handle  
my anger.

# How can we help Rafa?

- **Be close to him, connect with him.** When he hits others he gets rejected and that is what he needs the least. This triggers more aggression. Help him feel loved, accepted, seen, heard and valued. This connection must start with parents, teachers and a few classmates. Engage in activities that require eye contact, touch, presence and playfulness.
- **Practice breathing techniques everyday:** Teach and practice daily with Rafa when he is calm. When Rafa is angry, an adult should breathe for him until he is able to breathe for himself.



- **Read this book to him everyday.** Have him role play and repeat the sentences. Use this book as a form of connection as well. Cuddle up as you read it.

# How can we help Rafa? (continued)

- **When he hits someone, allow yourself some space to breathe and CALM yourself.** Acquire the same state you wish he had. Then say: “YOU WANTED (something positive)”. For example: “YOU WANTED to walk by and forgot to say: excuse me”. Wait for him to look at you and take a few deep breaths. Then set the limit: “You may not hit, hitting hurts” ALWAYS end teaching a skill. **“When you want \_\_\_\_ say \_\_\_\_” “When you want \_\_\_\_ do \_\_\_\_”**.
- **Be conscious of your own state;** how are you responding to Rafa when he hits? Respond from a calm state even when he hurts someone. When you do that you are bringing calm to the situation and you are modeling that even when something is frustrating one can be calm.
- **Our constant composure is transmitted** to Rafa moment by moment.
- **Rafa must be seen differently to behave differently.** We must all see his hitting as a call for help because he is missing a skill.