

Hands Are Not for Hitting

Las manos no son para pegar



Martine Agassi, Ph.D.

Ilustrado por
Marieka Heinlen

English-Spanish
Inglés-Español

For Ages 4-7
De 4 a 7 años

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To J.C., whose faithfulness in my life gives me purpose, strength, and peace.

Acknowledgments

Thank you to Andre; you'll never know the extent to which your generosity has enriched the lives of our family.

Forever thanks to my parents, Mona and Jack. Amongst so much, you've always been my safety net. My gratitude overflows.

To my daughter, Carter, God's love is ever present in you. Thank you for making my heart smile.

Finally, to my husband, Phillip, thank you for always encouraging my every dream. Because of you, I've become a better person.

Para J.C., que al creer en mí, me da razón de vivir, entereza y paz.

Agradecimientos

Gracias, Andre. No sabes cómo tu generosidad ha enriquecido la vida de nuestra familia.

Agradezco eternamente a mis padres, Mona y Jack, quienes me han dado apoyo y seguridad. Mi gratitud hacia ustedes es enorme.

A mi hija, Carter, el amor de Dios vive en ti. Gracias por hacer sonreír mi corazón.

Finalmente, a mi esposo, Phillip, gracias por alentar cada uno de mis sueños. Gracias a ti me he convertido en una persona mejor.

A portion of proceeds from the sales of this book will be donated to the Andre Agassi Foundation, which lends a helping hand to children in need or at risk.

Una parte de las ventas de este libro serán donadas a la Fundación Andre Agassi, que brinda ayuda a los niños necesitados o en riesgo.

Dear Grown-Ups,

It's a great privilege to be involved in the life of a child, whether as a parent, stepparent, teacher, childcare provider, group leader, or friend. It's also an awesome responsibility. Part of our job as caring adults is to instill and nurture values that will guide the child now and in the future. One of the most important values is a commitment to peaceful actions and nonviolence.

We must help children know and understand that violence is never okay, and that they are capable of constructive, loving actions—of making good choices. These are the central themes of *Hands Are Not for Hitting*. These themes go hand-in-hand with messages of love, kindness, acceptance, responsibility, patience, encouragement, perseverance, honor, and loyalty. All children can learn to use their hands to care for themselves and others.

Hands Are Not for Hitting is meant to be read aloud—to one child, a group, or a class. It gives simple, straightforward reasons why hitting is harmful and unhealthy. It encourages children to think about and practice behaviors that build a sense of self-esteem, self-awareness, respect, caring, responsibility, and fun.

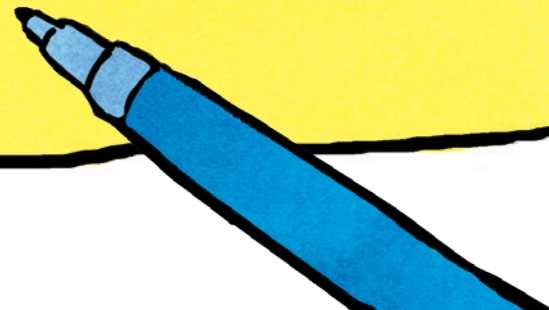
At the end of the book, you'll find background information, ideas for more activities to do together, and resources that support and expand the book's message.

I hope you'll share this book again and again to reinforce children's understanding and appreciation of their own abilities. Emphasize that all children have the power to use their hands—and the rest of their body—in positive ways.

A big hand to you!

Love,

Marti



Queridos adultos:

Es un gran privilegio formar parte de la vida de un niño, ya sea como padres, padrastros, maestro, líder de grupo, amigo o todos aquellos que tienen a su cargo el cuidado de los niños. Es también una enorme responsabilidad. Parte de nuestro trabajo como adultos responsables es inculcar y nutrir los valores que guiarán a los niños hoy y en el futuro. Uno de los valores más importantes es comprometerse a actuar en forma pacífica.

Debemos ayudar a los niños a comprender que la violencia no conduce a nada, y que ellos son capaces de realizar acciones constructivas y afectuosas, eligiendo las opciones apropiadas. Estos son los temas centrales de *Las manos no son para pegar*. Estos temas van de la mano con mensajes de amor, bondad, tolerancia, responsabilidad, paciencia, voluntad, perseverancia, honor y lealtad. Todos los niños pueden aprender a usar sus manos para cuidarse a ellos mismos y a los demás.

Las manos no son para pegar es un libro para leer en voz alta a un niño, a un grupo o a toda la clase. Ofrece razones simples y directas de por qué golpear es peligroso y dañino. Anima a los niños a pensar en un comportamiento que los ayude a construir autoestima, autoconciencia, respeto, dedicación, responsabilidad y diversión.

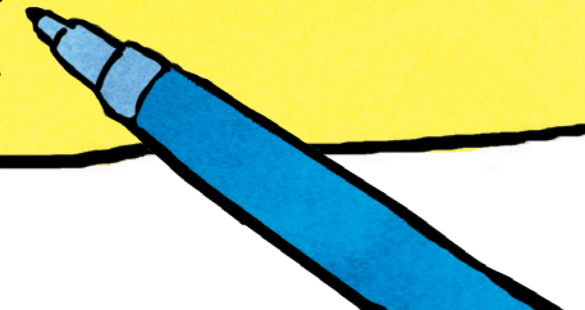
Al final del libro encontrará información e ideas de actividades para realizar junto a los niños, y recursos que apoyan y amplían el mensaje del libro.

Espero que comparta este libro una y otra vez con los niños para ayudarlos a comprender y apreciar sus capacidades. Recuérdeles a cada momento que ellos tienen el poder de usar sus manos —y el resto de su cuerpo— en forma positiva.

¡Un aplauso para ti!

Cariños,

Marti



Hands come in all shapes, sizes, and colors.
There are lots of things your hands are meant to do.

Las manos son de varias formas, tamaños y colores.
Tus manos sirven para hacer muchas cosas.



Guten Tag

¡Hola!

Ni hao

Hands are for saying hello.

Las manos son para saludar.



¿Cómo estás?

Glad to see you

Jambo

Bonjour!

Activities, Discussion Starters, and Tips for Grown-Ups

Hello Hands

Talk about all the ways people use their hands to say hello. Try different types of greetings and come up with new ones of your own.

Talking Hands

Discuss ways we use hands to talk. Then do activities that let you communicate in a variety of ways: Use crayons or finger paints to write your names. Use charades, picture drawings, or sign language to communicate actions such as eating, sleeping, or building. Use your hands, along with faces and bodies, to show different feelings.

Talking About Hitting

Discuss the ways hitting hurts: It hurts people's bodies and feelings. It hurts both the person being hit and the person who does the hitting. Talk about why people sometimes want to hit: because they may feel angry or upset about someone or something.

Feelings Faces

Together, think of as many words for feelings as you can. Have children draw or make a face to correspond to each feeling.

Handling Feelings

Tell children that it's okay to have strong feelings like anger, jealousy, or fear. There are acceptable ways to show these feelings and to help them go away—ways that are safe and that don't hurt people's feelings. Discuss the ideas shown in the book and also encourage children to suggest other ways to deal with intense feelings.

Paired Hands

Put one hand in your pocket and keep it there. Then work in pairs, each person using one hand so that together you have two hands. Talk about how two people working together can create something fun and unique. What if the two people decided to fight instead of work together? Take time to discuss the many ways people use their hands to play, learn, and work together.

"No" Talk

An important part of children's safety is knowing what to do when another child or an older person tries to get them to do something that doesn't feel right. Tell children that they can say "no" in a big voice, run away to a safe place, and tell an adult they trust about what happened.

Talk about the kinds of things children say "no" to (fighting, being mean to others, dangerous play). Encourage children to find words as well as hand and body gestures for saying "no." Discuss different ways they can say "no": "Stop it." "I don't want to play like that." "NO."



Feeling Safe at Home

Children need to know that they have safe recourse from violence in their own home. Help them figure out a safe place to go if there is fighting at home. Teach them that, if they don't feel safe at home, they can call 911 and tell the operator their name and address and that there's a fight going on.

Help children identify trusted adults they can talk to about things that feel wrong to them. If they can't get help at home, they might talk to a grandparent, an aunt or uncle, a teacher, a caregiver, or a leader at a place of worship.

If there is fighting in your home and you need help, reach out. Call 911 or a local shelter hotline. Stay with friends or family. Talk with a family counselor, therapist, or clergy person. Your child's school counselor may also be able to refer you for help. Low-cost or free services are often available. Keep looking until you find a person or an organization to help you.

If you suspect that a child is being abused, contact your local Social Service Department, Child Welfare Department, Police Department, or District Attorney's office. If you teach in a public or private school setting, consult first with your school principal or director to learn the established course of action.

Helping Hands

Use your hands to pantomime helping activities. Talk about ways children help at home and school. Also pantomime and discuss the many things people do each day to take care of themselves: sleeping, getting exercise, eating healthy foods, and so forth.

Kindly Hands

Talk about the many ways people can use their hands to show kindness and love. When talking about hugging, emphasize that hugging feels good when both people want the hug. Let children know that they can say "no" to a hug and that it is often appropriate to ask others if they want a hug.

Good-Bye Hands

Make up your own special signal for saying good-bye.

