Gentle Hands: Things to Do Instead

Build-Your-Own Gentle Hands

Same 6-card layout — write in whatever actually works for your family.

This belongs to: _____

Fill in your own actions or words — whatever actually works for your family.

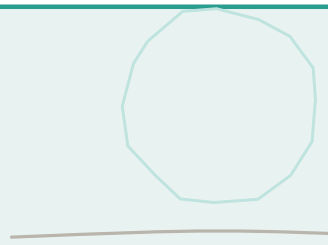
Practice them together when everyone's calm, same as the filled-in version.

Any one of these, any order — this is a menu to choose from, not steps to follow in sequence.

1



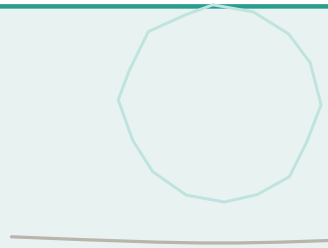
2



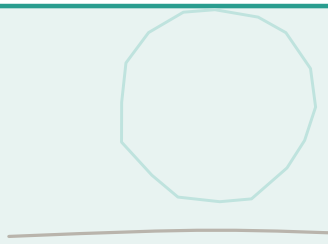
3



4



5



6



Hands are for helping.

The goal isn't zero hitting overnight — it's giving the feeling somewhere else to go.

Practice when calm. In the moment, just naming one of these is enough.