Gentle Hands: Things to Do Instead

Gentle Hands Cards

6 things to practice together — so hitting isn't the only tool in the toolbox.

This belongs to: _____

Practice these together during calm moments — not mid-incident. Then, when you see a big feeling building, point to the chart: "remember, gentle hands."

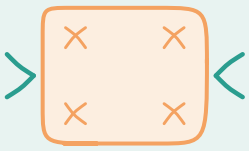
Any one of these, any order — this is a menu to choose from, not steps to follow in sequence.

1



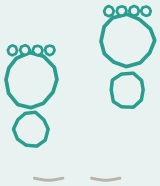
Use Big Words

2



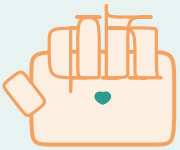
Squeeze Something Soft

3



Stomp It Out

4



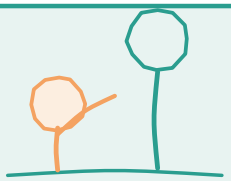
Gentle Hands

5



Ask for a Hug

6



Tell a Grown-Up

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.