



Hitting At School

- Hitting is when we use our hands and arms to hurt someone.
- Hitting someone can hurt them and that is not OK. For this reason hitting is always against school rules.
- Sometimes we might get angry or annoyed with someone at school. This is OK. Trying to hit or hurt them is never OK.
- When we feel angry with someone we can try to manage our feelings and follow school rules. We can try:
 - walking away
 - telling an adult
 - doing a calming activity
 - finding a friend to talk to
 - writing down what made us angry
- It is never OK to hit someone in school. When we get angry with someone we can try to stay calm and follow school rules.

