

MY GENTLE HANDS



Body Awareness

This adapted book teaches how to use gentle hands.
Gentle hands help the student touch others safely.



HOW TO USE THIS ADAPTED BOOK

What is an Adapted Book?

This adapted book is a hands-on learning tool designed for children with special needs.

It uses simple pictures, labels, and short sentences to support understanding, communication, and independence.

Adapted books help students:

- Build functional vocabulary
- Improve comprehension
- Practice making choices
- Increase attention and engagement
- Follow routines and expectations

How this book supports the student:

- Each page presents one clear idea only
- Pictures support understanding of the text
- The student interacts by choosing and placing pictures
- Repetition helps with learning and routine building

Differentiation Note:

This adapted book may not fully align with your student's routine or current learning goals. Please feel free to edit this resource according to his or her learning needs.

HOW TO PREPARE THE BOOK

PRINT

- Print pages 3 to 9 using A4 paper
- You may print it on regular bond paper or cardboard.

CUT AND LAMINATE

- Cut each page neatly
- Cut out all mini pictures
- Laminate all pages and mini pictures

BINDING OPTIONS

OPTION 1: Wire Binding (Recommended)

- Use a wire or coil binding machine
- Bind the pages on the left side

OPTION 2: Ring Binding

- Punch one hole on the upper left corner of each page
- Use a loose ring or ring binder

VELCRO SETUP

- Add soft Velcro to the back of each mini picture
- Add rough Velcro to the designated answer spaces

BASE PAGE (LAST PAGE)

- This page holds all Velcro-backed mini pictures
- Remember to replace the word "student" with the student's name to add personalization.



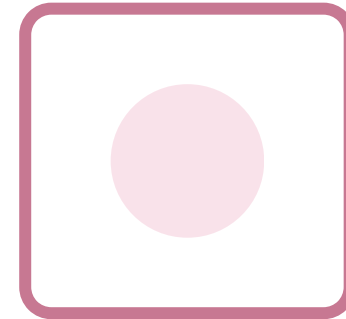
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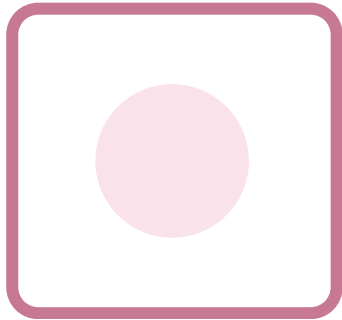
Gentle hands are soft and safe.



I use my gentle hands with
people.

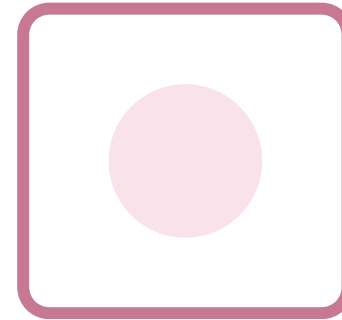


When I hug my friend,



I use my gentle hands.

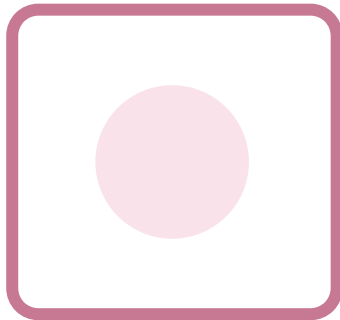
When I pet a dog,



I use my gentle hands.

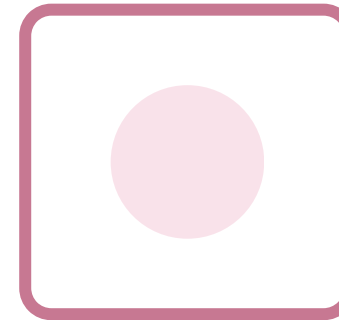


When I help a classmate,



I use my gentle hands.

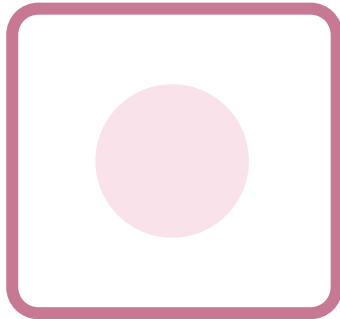
When I use my school materials,



I use my gentle hands.

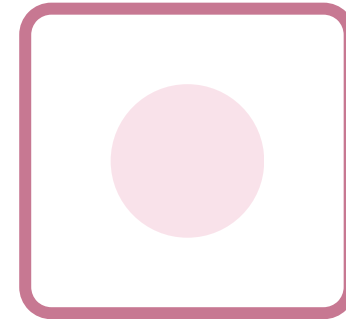


When I share toys,



I use my gentle hands.

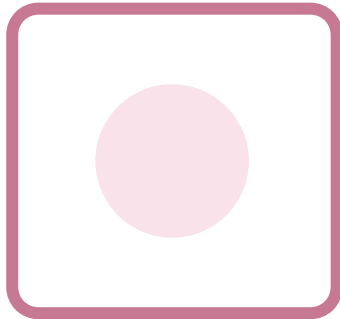
When I tap someone on the shoulder,



I use my gentle hands.



When I play with my friends,



I use my gentle hands.

? Comprehension Questions:

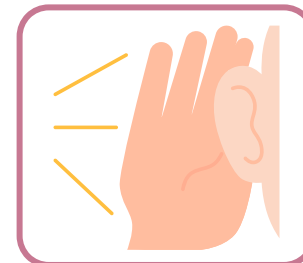
1. What kind of hands are soft and safe?



2. When I hug my friend, what do I use?



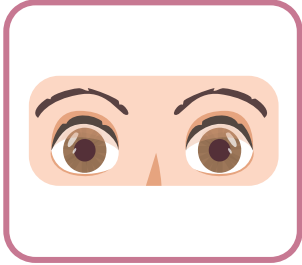
3. When I pet a dog, what do I use?





? Comprehension Questions:

4 . When I help a classmate, what do I use?



5 . When I share toys, what do I use?



6 . When I play with my friends, what do I use?



Mini picture choices :



Gentle hands



Gentle hands



Gentle hands



Gentle hands



Gentle hands



Gentle hands



Gentle hands



Gentle hands



**GOOD JOB,
STUDENT!**



I know how to use
gentle hands!

