

Stop Hitting, Kicking and Biting

worksheet

Step 1: Put your arm out.

Intervene using the least amount of physical intervention needed. This usually looks like placing an arm between the kids to block them from continuing to hit or kick.

Step 2: SAY WHAT YOU SEE®.

"You're hitting AND it looks like that hurts him."

"You're angry AND it's not okay to hit people."

Step 3: Offer a CAN DO.

"You can hit this pillow / chair / stuffed animal over here."

"You can play more gently. Show me gentle play."

Step 4: Name those STRENGTHS.

"You found a way to play well together. That shows you're cooperative."

"You hit the chair. That's right! You know what to hit. You kept everyone safe."

"You bit the stuffed animal. That's right. You know what to bite without hurting anyone!"

"You were so angry about xyz. You really wanted to hit me, but you hit the chair instead. That took a ton of self-control!"

Learn more about this Language of Listening® approach at LanguageofListening.com