

Rules help me show respect.



I keep my hands and feet to myself.  
I won't use them to bother or hurt anyone.



**The Free Spirit  
“Learning to Get Along®”  
Series**

Books that help young  
children learn to behave  
responsibly and respectfully  
toward themselves  
and others.

Here’s what people are saying about this and other books in the  
**“Learning to Get Along®”** series:

*“Children and adults will love these gentle, empowering books.”*

—Dr. Stephen R. Covey, Author, *The 7 Habits of Highly Effective People*

*“A wonderful resource for teaching social values to all children.”*

—Carol Cavanaugh, Kindergarten Teacher

*“Surely needed. . . I heartily applaud this important series.”*

—Jay A. Monson, Ph.D., Professor of Elementary Education, Utah State University

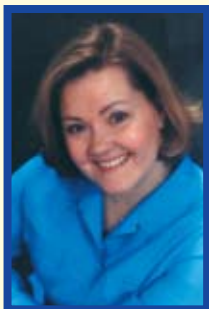
*“Thoughtful, sensitive, comforting. . . An outstanding resource.”*

—Glenn R. Schiraldi, Ph.D., Author, *The Self-Esteem Workbook*

# Know and Follow Rules

A child who can’t follow rules is a child who’s often in trouble. In simple words and welcoming illustrations, this book teaches children basic rules and why they matter: because they help us learn, stay safe, be fair, and get along. The focus throughout is on the positive sense of pride that comes from learning to follow rules, not the negative consequences of breaking them.

Made to be read aloud, this book also includes a special section for adults, with discussion questions to share, games to play, and activities that reinforce these important social skills.



**Cheri J. Meiners, M.Ed.**, has her master’s degree in elementary education and gifted education. A former first-grade teacher, she has taught education classes at Utah State University and has supervised student teachers. Cheri and her husband, David, have six children.

The Free Spirit **“Learning to Get Along®”** series supports all ten Domain Elements in the Head Start Child Outcomes Framework Domains of “Language Development,” “Social and Emotional Development,” and “Approaches to Learning.”

free spirit  
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help themselves®  
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