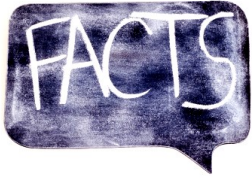


AIM: PERSONAL SPACE

OUR TARGET: We're looking at how to talk to our kids about personal space. Our kids need to know how to keep their own boundaries and also how to handle it when someone tells them, "No," because of their boundaries or rules.



Your personal space is also known as your "space bubble."

- If you're next to a person you don't know, your space bubble will always be larger, keeping the stranger at a distance.
- If you know the person you're talking to, your space bubble is smaller, allowing them to get closer to you.
- Different cultures are accustomed to different bubble sizes.

Targeting More Meaningful Parental Involvement

Leaps Correlations:
This is My Space
For Beginners



TEAM UP! Try these simple tips to help your child want to talk.

Go get in your child's personal space. Put your nose right up to their face and start telling them about how your day went. When your child starts to back away, ask them why they are backing away. They might not know why! Now that you have their attention, it's time to sit and talk for a little while about personal space.

TALKING TIPS to help you sit down and start the conversation...

- Let your kids know that everyone is allowed their own space bubble. Some people need more than others, but it is up to that person to decide their own personal space boundaries.
- As parents, we need to be giving of our personal space with our kids when they need us, but we still have our own boundaries too. Be honest but gentle with your kids when they are clingy and you need some breathing room. This will help them understand what you mean when you're trying to talk to them about their own personal space.

Classmates and friends will say "NO" to our kids as they are all learning about their own personal rules and boundaries. Our kids can't freak out when they don't get their way. It is bad for your child's growth as a friend, classmate, student and son or daughter. Make your kids calm down if you see them act this way anywhere.

"No" happens.

Help prepare your child for life by talking to them about how to take it well.

BE APPROPRIATE: Our kids are curious. Our teachers are in school to teach our kids how to learn as well as how to act. The world needs you, the parent, to tell your kids about how serious it is to not touch other kids' private body areas. Our kids also need to know to tell a trusted adult immediately if someone tries to touch their private body areas on purpose.

AIM: PERSONAL SPACE



DECISION TIME: It's time to be a team and CHOOSE to protect your personal space & work hard everyday to respect the personal space of others. Work on being gentle when telling someone, "No," and work on being mature and accepting when someone chooses to tell you, "No."

GIVE IT A TRY! A chance to practice the target skills together at home:



Exercise Together!

Taking time to exercise is important, so find a good time to join forces with your child, and get moving! Use these tips to turn your exercise time into practice becoming familiar with some differences in personal spaces.

- **STRETCH!** Sit on your bottoms and reach for your toes for 10 seconds. Look at how much space it takes for you and your child to sit on the floor and do this. Now, **STAND UP** and touch reach for your toes by bending forward. You are doing the same stretch, but it takes so much less personal space for both of you to reach for your toes standing up.
- **JUMPING JACKS!** Stand face-to-face with your child and do 10 jumping jacks. Move toward each other and see how close you can get without running into each other (or without laughing!). Now, move to where you're standing side-by-side. Both of you put your arms straight out, and move away from each other until the tips of your fingers are just far enough apart that they no longer touch. Do another 10 jumping jacks like this. Talk about how much farther away you had to be doing the same exercise in a different way!
- Since you and your child are comfortable with each other and have a closeness naturally, end your exercise time and have fun with the idea of personal space by running around & playing tag! Set a timer for 10 minutes and work up a sweat running around and having fun with your child.

Instead of yelling,
"Tag. You're It!." yell,
"Personal Space Invader!"

- By touching someone, you have definitely entered their personal bubble. This game should be a fun way for you and your child to get used to words and ideas about personal space.

TELL YOUR CHILD THAT THESE STRETCHES AND EXERCISES ARE DIFFERENT JUST LIKE OUR COMFORT LEVELS WITH DIFFERENT PEOPLE ARE DIFFERENT. THE STRETCHES, EXERCISES, AND OUR RELATIONSHIPS WITH PEOPLE ALL CALL FOR DIFFERENT SIZES OF PERSONAL SPACE.

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Stay On Target

Tips to help keep your child's new skills in action at home and school.

- Sometimes as parents we make excuses for our kids because they're young. We act like bad behavior is okay and will change on its own over time. It takes a force to change behavior. Be that force in your kid's life.
- If you see your kids acting in a way that you wouldn't want a co-worker to act, **STOP** your child and change the behavior. They will be adults before you know it.

Help your kids everyday grow into positive, pleasant adults for the world to share this life with.