



One day, I was playing a game with my friend, and I wanted to hug them because I was so excited



My friend stepped back and said, 'Please don't hug me right now.' I felt confused, but I wanted to understand



Personal boundaries are the rules about what makes people feel safe and comfortable



Everyone has different boundaries. Some people like hugs, and some people don't



Keeping personal boundaries means respecting what others are okay with and letting them know what I'm okay with



If I'm not sure about someone's boundaries, I can ask politely, like, 'Can I give you a hug?' or 'Is it okay if I sit here?'



If someone says no, I can respect their boundary by saying, 'Okay,' and doing something else



When someone crosses my boundary, I can say, 'Please stop,' or, 'I don't like that'



**If someone tells me to stop,
I can listen and say, 'Okay, I
won't do that'**



**Sometimes, people don't know
my boundaries. It's okay to
remind them in a polite way**



Keeping boundaries also means asking for permission before touching someone's things



When I keep personal boundaries, I show that I care about how others feel



It's important to remember that boundaries help everyone feel safe and respected



If I accidentally cross someone's boundary, I can say, 'I'm sorry,' and make sure not to do it again



I can also practice telling others what makes me comfortable, like, 'I like high-fives instead of hugs'



Now I know that keeping personal boundaries helps everyone feel respected, safe, and happy



Vocabulary

- Boundary

A: A rule about what makes someone feel safe and comfortable

B: A type of game

- Permission

A: Asking if it's okay before doing something

B: Taking something without asking

- Respect

A: Ignoring others' feelings

B: Treating others with care and kindness

- Comfortable

A: Feeling calm and safe

B: Feeling nervous and upset

- Apologize

A: Ignoring the mistake

B: Saying sorry when you make a mistake



Spellings

A: Aplogize

B: Appologize

A: Rispect

B: Respect

A: Permission

B: Parmission

A: Baunday

B: Boundary

A: Personal

B: Parsonal

A: Hugg

B: Hug

A: Rools

B: Rules

A: Safe

B: Saffe



Comprehension

BASICS
by WELLNESS HUB

- **What are personal boundaries?**
A: Rules about what makes people feel safe and comfortable
B: Things we can take from others without asking
- **What should you do if someone asks you to stop?**
A: Ignore them and keep doing it
B: Listen and say, 'Okay, I'll stop'
- **How can you respect someone's boundaries?**
A: Take their things without asking
B: Ask for permission before touching their things
- **What can you say if someone crosses your boundary?**
A: 'Please stop,' or 'I don't like that'
B: Stay quiet and let it happen
- **Why are personal boundaries important?**
A: They make people feel confused
B: They help everyone feel safe and respected



Open-Ended Questions

BASICS
by WELLNESS HUB

- **What would you say if someone was standing too close to you?**
- **How do you feel when someone asks for permission before touching your things?**
- **What can you do if someone accidentally crosses your boundary?**
- **How can you practice keeping boundaries with your family or friends?**



Creative Activity

- **Boundary Chart**

Help the child draw or write examples of boundaries, like "Ask before using my toy" or "Give me space when I feel upset"

- **Draw Your Space**

Ask the child to draw a picture of themselves in their personal space, showing what makes them feel safe and comfortable



Role-Play Activity

- **Scenario 1**

Pretend the child wants to borrow a friend's toy. Practice asking, "Can I use this, please?"

- **Scenario 2**

Act out a situation where someone says, "Please don't do that." Practice stopping and saying, "I'm sorry, I won't do it again"

- **Scenario 3**

Pretend the child wants to sit close to someone. Practice saying, "Is it okay if I sit here?"