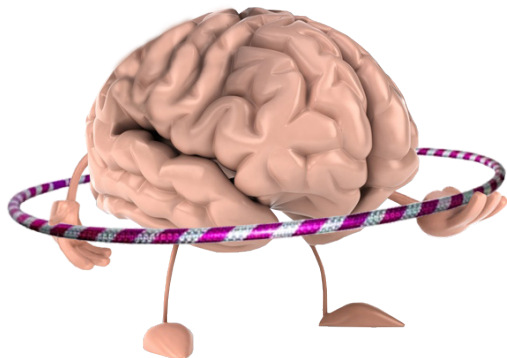


My Boundaries Activity Guide Grade K-2



Know Your Neuro

Quiz Questions



1. What does the brain do? Ask students what they remember from the video “My Boundaries” about what the brain does. **Answer:** Thinking and making choices.
2. What is a boundary? **Answer:** It is like an imaginary hula hoop that surrounds your body. It is always with you.
3. Can you see your boundaries? **Answer:** No, but they are always there.
4. Who has boundaries? **Answer:** Everyone has boundaries.
5. What do boundaries do? **Answer:** They protect you and keep you safe.
6. Who says what comes inside and what stays outside of your boundaries? **Answer:** You do!
7. How can you tell if someone or something crosses your boundary in a way that is NOT okay with you? **Answer:** You may feel weird, bad, uncomfortable, or like you need to move away to get more space.
8. How can you get good at setting your boundaries? **Answer:** Practice choosing what you are comfortable with and letting others know.

Long-Term Learning

Hula Hoop Halt

Pair students facing each other. Ask students to imagine their boundary like a hula hoop surrounding their body. Each student takes a turn slowly walking toward the other.

- a) Ask students to say ‘Stop’ when the other person comes too close. Ask them to describe how they feel when someone gets too close inside their hula hoop, and how it feels to say stop.
- b) Ask students to practice asking the other to move back by saying things like ‘Could you move back please?’ or ‘I’m uncomfortable, could you give me some space?’
- c) Praise students for using assertive language to communicate their boundaries.

The Boundaries Song

Watch The Boundaries Song at the url below and sing along:
<https://www.youtube.com/watch?v=aSFvJbSQdA4>

Please stop. I don’t like that.
I’m feeling uncomfortable. I need more space.
Not around me. Don’t take it personally.
That’s just a boundary. A boundary.

Thumbs Up, Thumbs Down

Read the following scenarios and ask students to show a thumbs up if they would be comfortable with the action inside of their hula hoop or a thumbs down if they would want the action to happen outside their hula hoop or not at all :

1. A friend asks if they can give you a hug.
2. A stranger tries to give you a hug without asking.
3. A friend keeps tickling you after you have told them to stop.
4. A classmate asks you for a picture of yourself with no clothes.
5. A teacher gives you a high five for trying hard on a test.
6. A neighbor wants you to play with them in their bedroom.
7. Your parent gives you a hug when you get home.



Communicating My Boundaries

Ask students to practice saying the following boundary communications out loud until they feel comfortable....

1. No, I don’t want a hug. Let’s high five instead.
2. May I give you a hug or do you want a high five instead?
3. I feel uncomfortable with that. Let’s do something else.
4. I will respect your boundaries, please respect mine.