



"I AM MINDFUL"

Awareness Of Others

TODAY WE DID:

Today we did a 15 minute lesson about awareness of others around us and how we connect with them while respecting their space. We then did 30 minutes of physical activity with your child.

TODAY WE TALKED ABOUT:

Today, we talked about personal space being like a bubble.

This bubble is a person's personal space and should be their safe space.

We had each child build their own "bubble" and talk about what and who would be in that bubble.

This bubble represents everyone's personal space. We all have a bubble and we must respect our own as well as those of everyone around us.

HEALTHY HABIT OF THE DAY:

I will set a personal goal for how much TV I watch each day this week.



Healthy LifeStars

TAKEAWAYS FROM TODAY: FOR PARENTS

Learning about personal space is important for elementary school-aged children. Understanding and keeping good personal space helps kids interact with other kids and with adults in a more successful way.

Understanding personal space can also help keep kids safe, as they understand who should be in their personal space and who is not welcome there.

Giving kids the chance to talk about personal space and the words with which to do it is super important, which is why we talked a little bit about it today.

QUESTIONS TO ASK YOUR CHILD TO CONTINUE THE DISCUSSION FROM TODAY:

Q: What does a space bubble mean?

Q: Who would be in your bubble?

Q: What does it mean to respect other peoples' bubbles?

Q: How does your bubble keep you healthy and safe?

Teaching Your Child About Personal Space

Let Him Feel “Too Close”

Have your child stand about two feet away from you. Ask if that distance feels comfortable. Then tell him to slowly walk toward you until he feels uncomfortable. Explain that this is how people feel when he stands too close—except their “personal bubble” is larger than his is.

Show the Right Distance

Generally, 18–24 inches is a good amount of space. Use a prop to make this distance concrete. Take a hula-hoop, for example, and stand in the center. Have your child stand just outside the rim. Then take it away and let him practice finding the right place to stand. You can also use a tennis racquet or similar-length object to show the proper space between people who are talking.



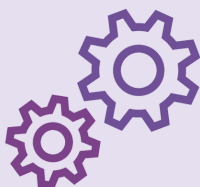
Stage Conversations

Have family members (including your child) take turns standing too close or just the right distance when talking to each other. Take videos of these scenes, and review them together so your child has a clear idea of what appropriate spacing looks like.



Help Him Look for Clues

Explain that if someone he’s talking to takes a step back, your child should remain in place. The person is signaling he’d like more distance between them. Discuss other social cues he can look for to see if the other person is uncomfortable.



Practice, Practice, Practice

With enough repetition, kids can learn the rules of personal space and more easily call up strategies to keep a proper distance. Give your child a reminder phrase, such as “To be cool, an arm’s length is the rule.”

My Bubble

Draw things and people you would like to have with you inside your bubble

