

Personal Space Strategies

1. Use a story like *Ruby's Bubble* to practice relaxing and visualizing personal space.
2. Use a visual cue, like a bubble the length of your outstretched arms that surrounds you, to illustrate personal space.
3. Explain the difference between private space, family space, social space and public space.
4. Ask how it might feel when people are too close in their personal space.
5. Teach what to say when someone is standing too close. "Please give me some space".
6. When we talk to other people, we need to remember to step back and leave some space.
7. When we are playing with our friends, we must remember their bubbles too.
8. It is not polite to stand too close. It is polite to respect other's personal space.
9. When we are careful around each other and respect each other's personal space bubbles we create a happy and safe world.

