

Social Skills Activities

PERSONAL SPACE

K/1st

Christina Gives
Personal Space



Social Emotional Learning

note to the educator

This lesson on **Personal Space** can be used on it's own or as part of larger Social Skills unit. The activities are truly **developmentally appropriate** for your youngest learners (K/1st) and require zero independent reading.

It's flexibly designed to accommodate any SEL delivery method or schedule.

It was also created using SEL **research-based** best practices:

- Focus on 1 or more specific skills
- Includes activities to practice the skill(s)
- Incorporates cooperative learning
- Provides opportunity for self-reflection

resource includes:

- Short story
- Whole group activity
- Small group practice activity
- Closing circle questions
- Extension activity
- Poster/coloring pages
- Recommended book companions

short story



Christina and her class learn about personal space by giving room, looking at others' faces/bodies, and asking before entering.

short story

Christina was excited to share, but suddenly started to feel uncomfortable. She noticed Damon was raising his hand and was excited because he was leaning over her.

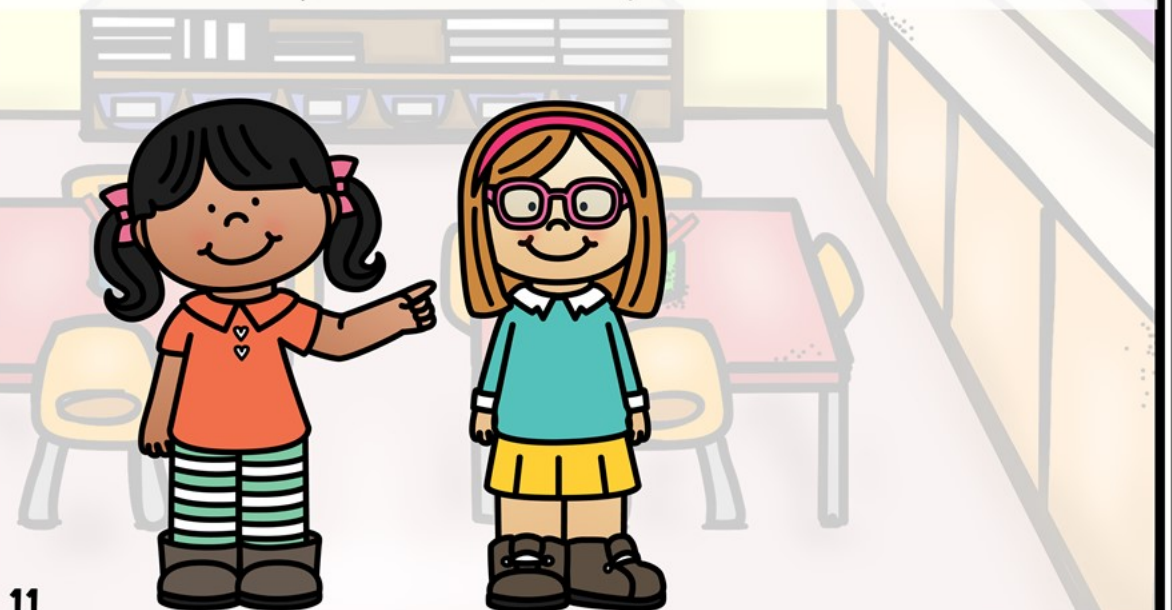


blast in Kindergarten. She had become an expert at making friends, made lots of new friends, and grew her brain by leaps and bounds! She was feeling pretty good about things and



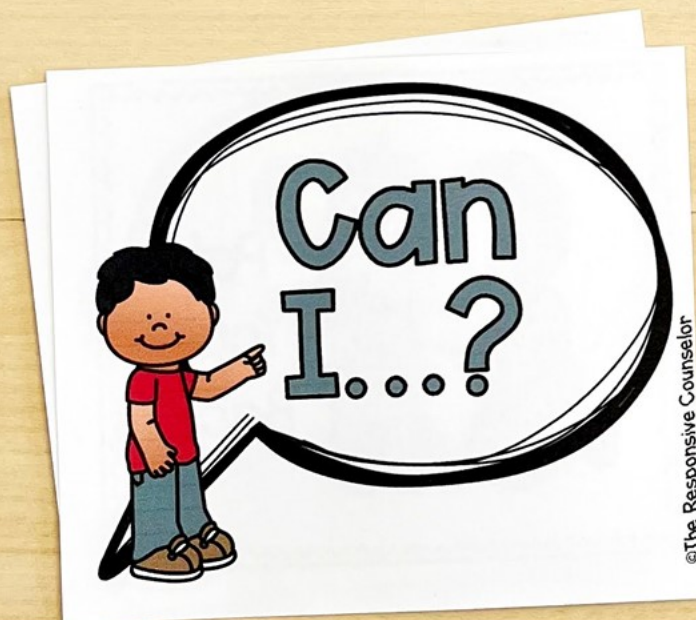
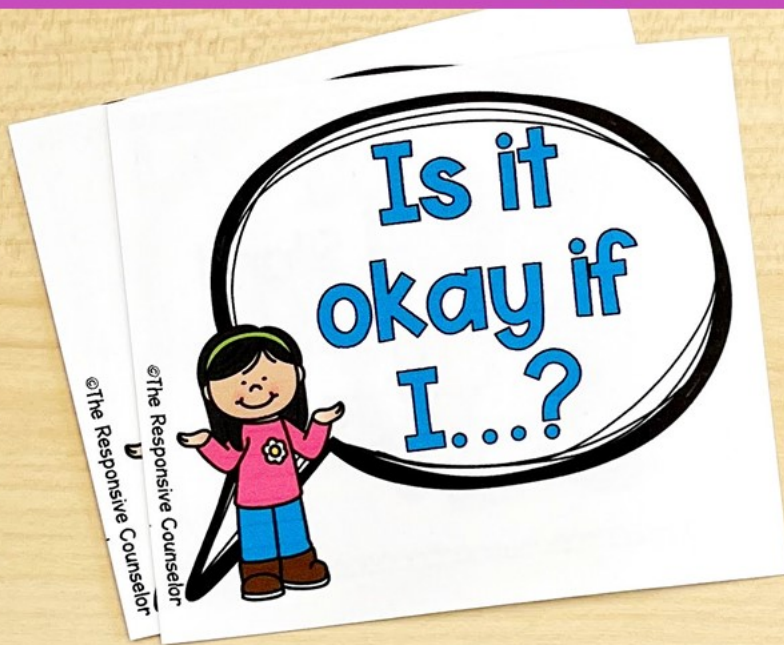
During story time later on, Christina noticed that Natasha was wearing a pretty headband. She reached out her hand to touch it and then stopped. She remembered that she should ask first before reaching to respect someone's personal space. "Can I please touch your headband?" "Okay," said Natasha, "but please be careful."

Ms. Perez noticed right away, and said, "Damon, I need to talk to you about personal space and it is making her feel uncomfortable. We need to talk about personal space before, but it meant. "Personal space is like an invisible hula hoop around your body. We need to stay *out* of people's personal space. It's an important rule to help everyone feel safe and comfortable."



12 pages

whole group activity



Structured practice to ask if it's okay to enter someone's personal space (and decide if you're comfortable if someone enters yours).

small group activity



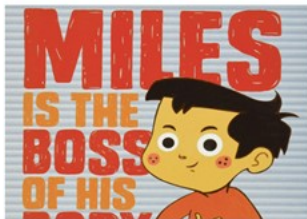
Practice identifying if personal space is being given or respected using visual sorting cards.

extensions

Book Companions



This lesson can be used without any stories, but the following picture books would make for great companions. Click on the covers to find them on Amazon.



Reinforcing Personal Space

Your students just received a lesson about PERSONAL SPACE. Below is an extension and reinforcement activity you can use with your class to make their learning stick!

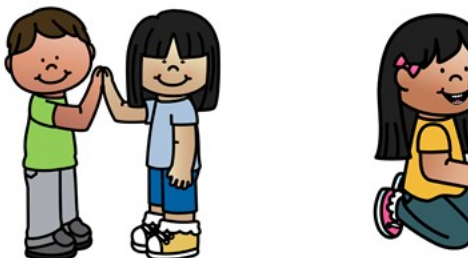
When _____ (school counselor) visited our classroom, you learned about personal space. Who remembers how we can respect someone's personal space?

- Ask before touching or getting close
- Pay attention to their face and body (are they happy & comfortable?)

Today we are going to practice our personal space by playing a game called Airplane Arms! You will have the opportunity to move around your area without touching others. You will use the length of your arms (like an airplane) to guide your personal space.

Name: _____

I can give
personal space
to myself
and others.



Name: _____



I can give
personal space
to myself
and others.



I can give
personal space to
myself & others.

how to use

Use for one lesson or multiple lessons.

Can also be used for small group/tier 2 support.

PACING GUIDE (25-30 minute lesson)

- Story (7-10 minutes)
- Whole group activity (choose just 4 cards – 5 to 7 minutes)
- Introduce small group activity (5 minutes)
- Small group practice activity (7-10 minutes)
- Closing circle question: (3-5 minutes)

PACING GUIDE (45 minute lesson)

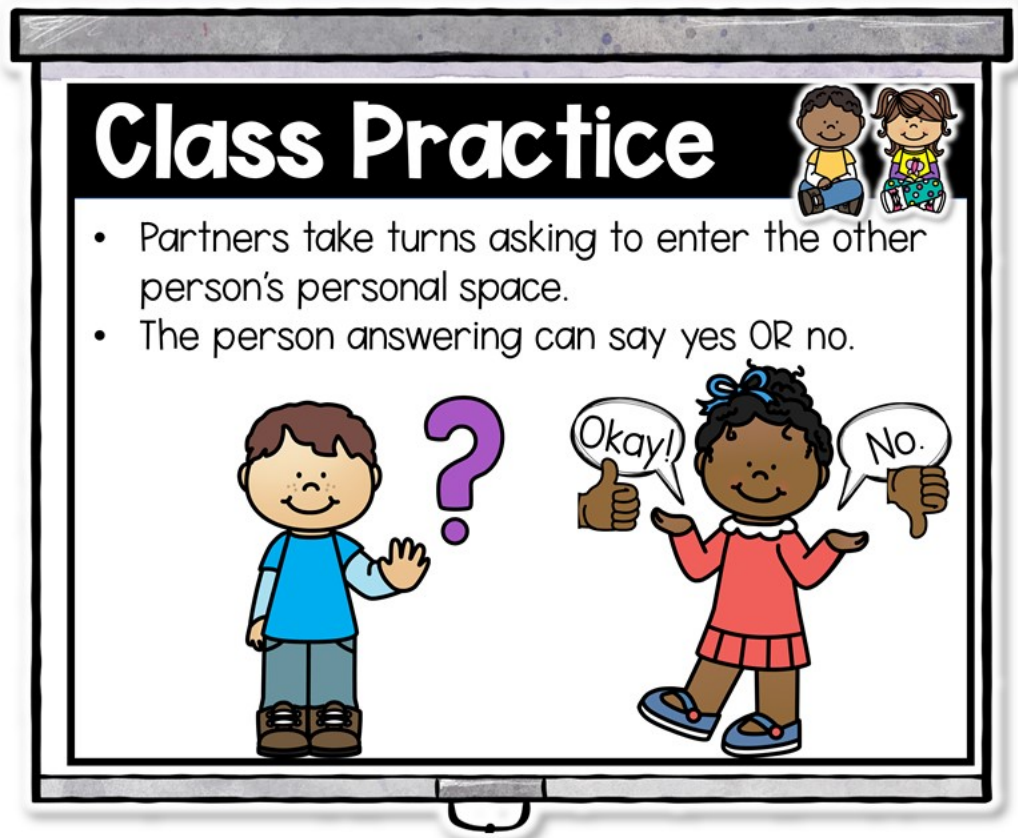
- Same as above, but use all of the cards for the whole group activity
- Students color the "I can" page
- Read a recommended book companion

PACING GUIDE (super mini lessons, weeklong)

Mon	Read and discuss story
Tues	Whole group activity
Wed	Small group practice activity
Thurs	Extension activity + 1 recommended read aloud
Fri	Color "I Can" page + closing circle

how to use

Love technology?
Use the included
slideshow to guide
the activities.



Want a tech-free
option?
Everything can be
done screen-free
with printables.

Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling & Mental Health

Experience

I'm a school counselor from a large southeastern school district with a wonderfully diverse group of students. I create and implement a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. I also share my ideas and resources to reach students and help educators across the world!

Let's
Connect:

