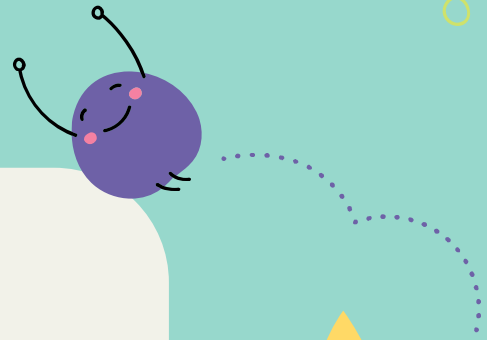
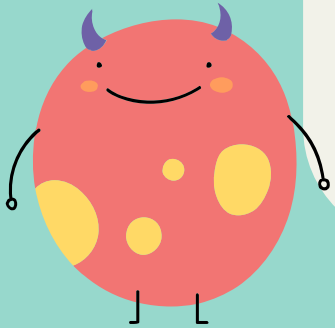


Body Awareness:

Personal Space

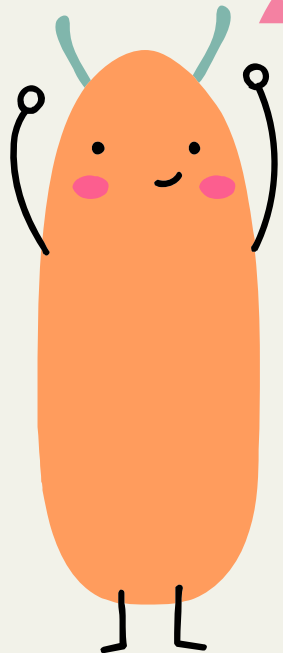
1st Grade
Unit 1.3 – Neuroscience
Lesson 4



Class Connect



Review



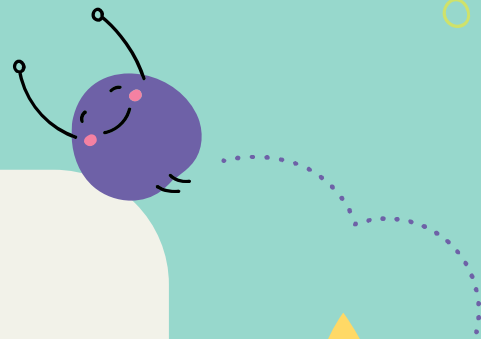
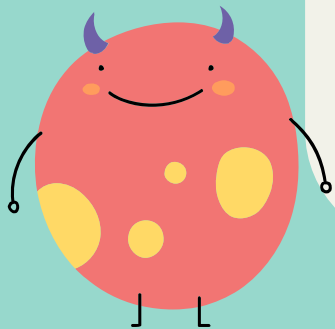
“flipping your lid”
👏 flip·ping · your · lid 👏
synonym-
fight/flight/freeze
antonym- calm,
regulated

**TODAY'S
LESSON**

Self-Awareness:

Personal Space

1st Grade
Unit 1.3 – Neuroscience
Lesson 4



Why are we learning this?

Connection



Adaptability



definition

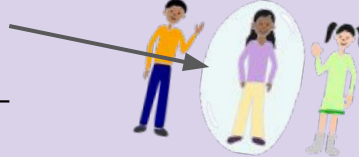
- the area around a person
- the distance between two people that makes them feel comfortable and safe

personal space

per·son·al · space

synonyms- distance,
“bubble”

antonym-
invasive



examples

- standing an arm's length when talking to someone
- asking for a high five
- sitting with space between

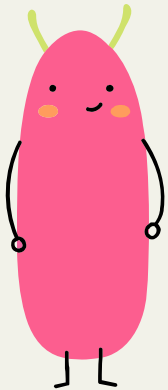
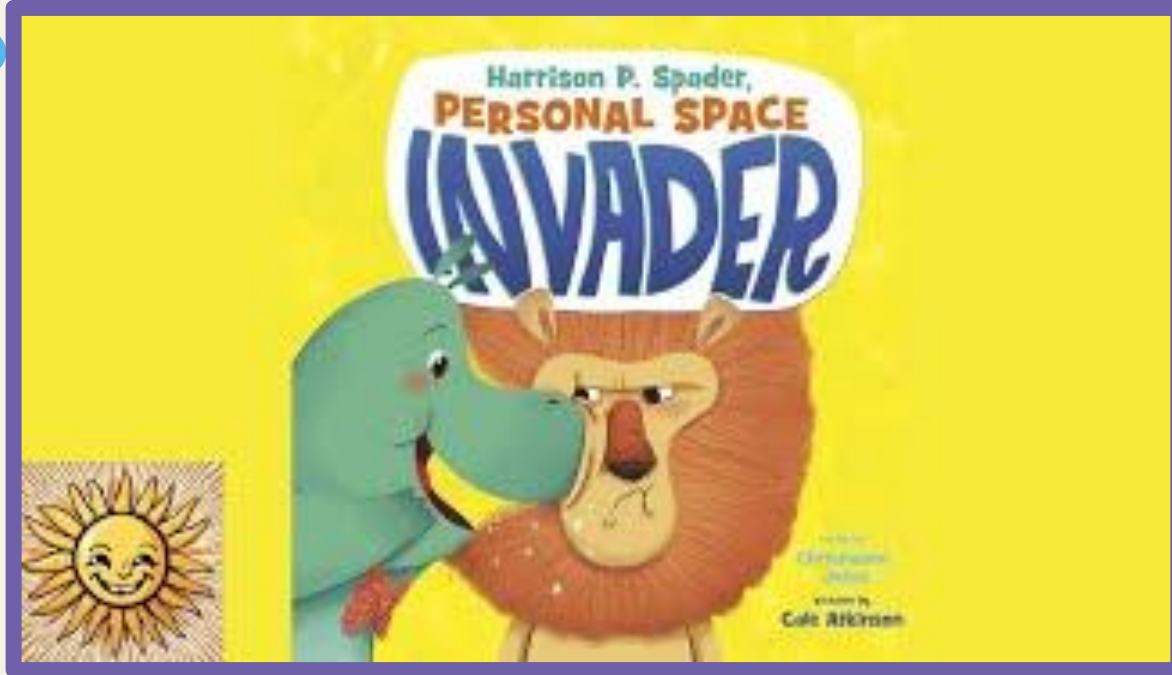


question

- Is there difference in okay **personal space** between family at home and people at school?
Why or why not?

non-examples

- hugging without asking first
- picking someone up
- jumping around/ dancing in line

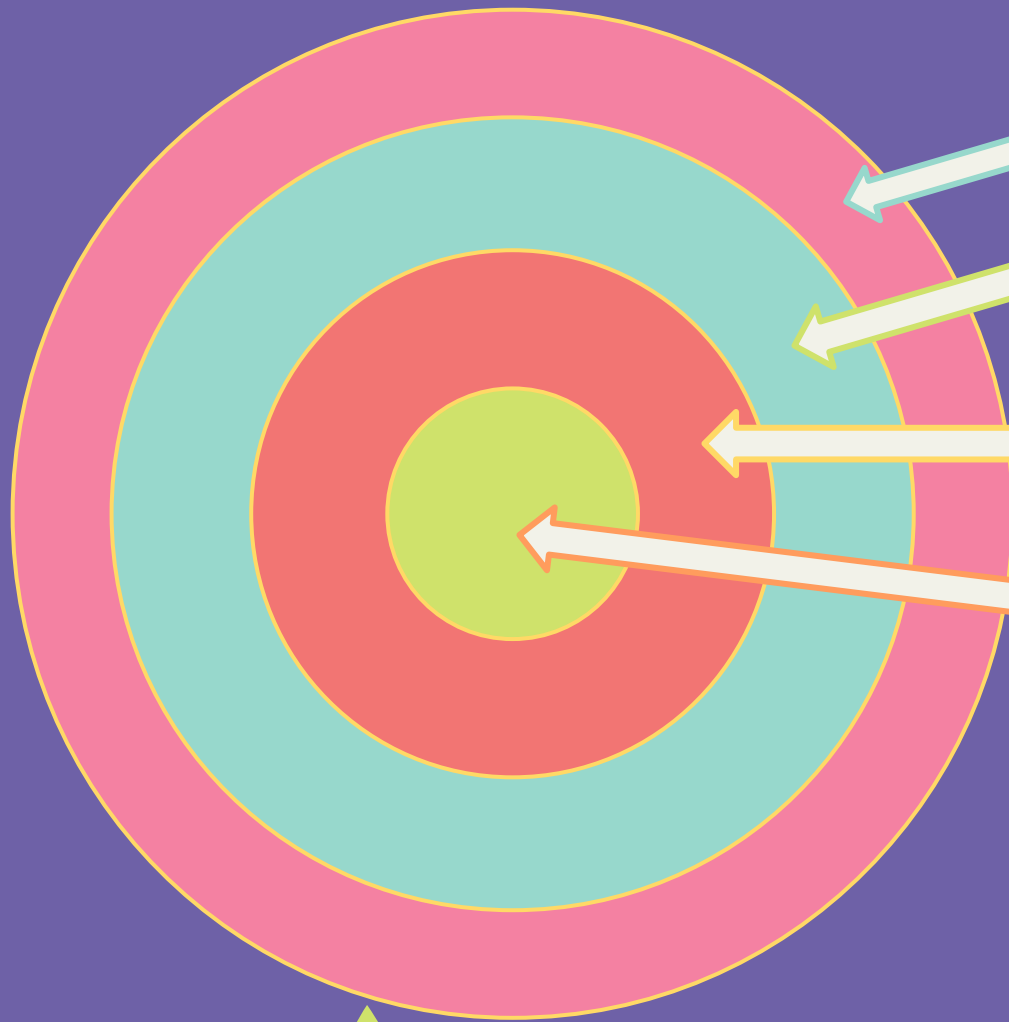


HOME

vs.

SCHOOL





STRANGER

FRIENDS/SCHOOL

FAMILY

YOU

Personal Space

▲ Movement Break



Let's Practice

THE SPACE SAVER

**ARMS OUT FRONT,
THEN REALLY WIDE.
NOW PLACE YOUR ARMS
BACK BY YOUR SIDE.**



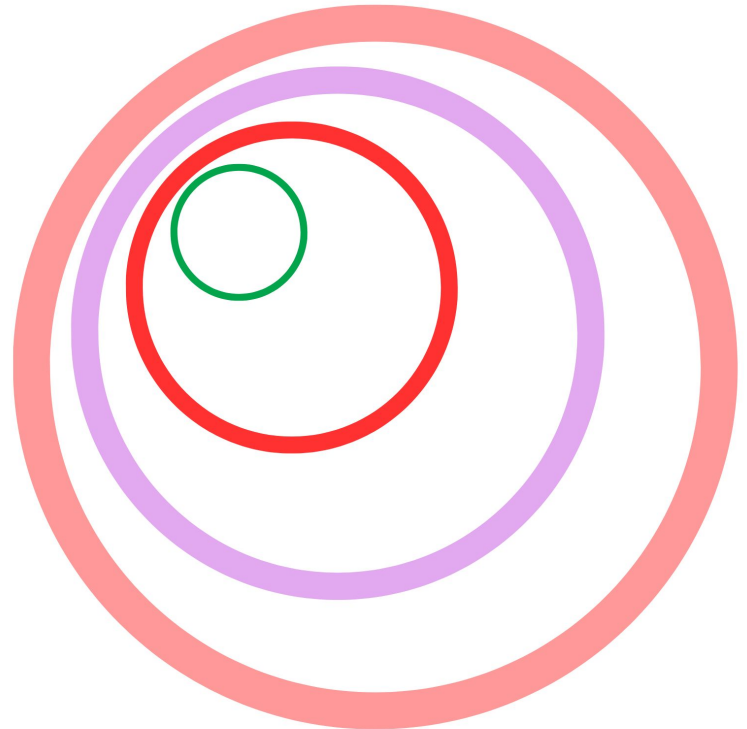
Activity Time

Who belongs in each circle?

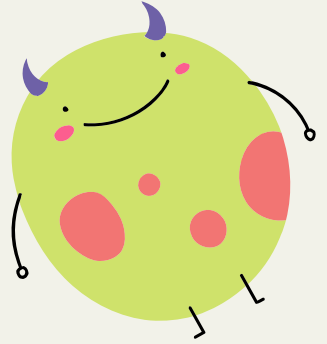
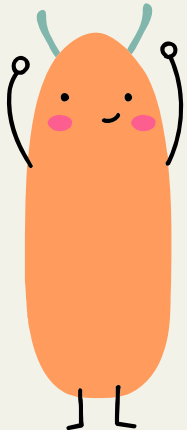
Name: _____

Personal Bubble

Who belongs in each bubble?



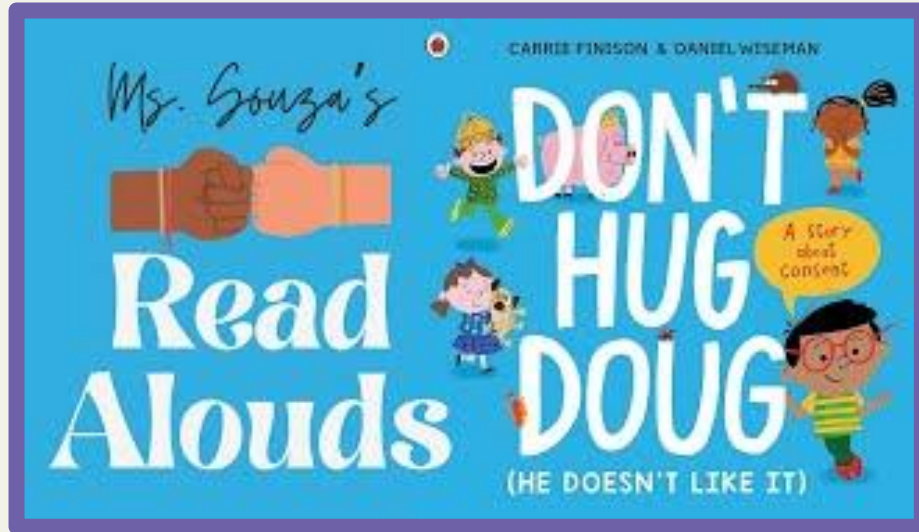
**Me
Teacher
Grandma
Uncle
Bus Driver
Best Friend
McDonald's Cashier
Brother
Principal
Dog Walker**



Peace Out



Guardian Extension



Discuss how personal space looks at home!

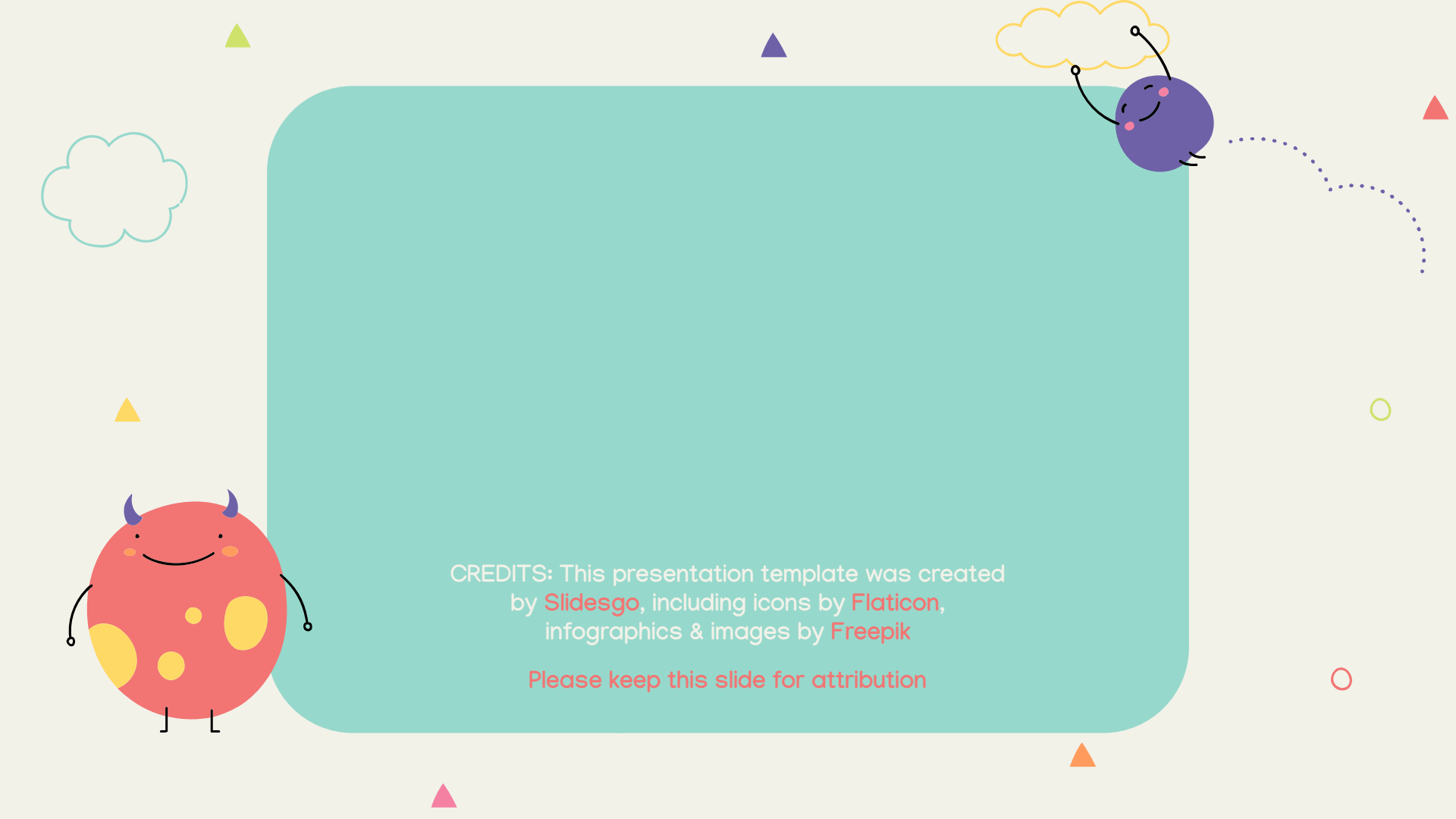


Teacher Extension



Discuss how personal space looks in the classroom!





CREDITS: This presentation template was created
by [Slidesgo](#), including icons by [Flaticon](#),
infographics & images by [Freepik](#)

Please keep this slide for attribution