

Body Awareness: Personal Space

2nd Grade
Unit 1.2 Neuroscience
Lesson 4



A decorative graphic on the left side of the page, resembling the spiral binding of a notebook. It consists of a series of teal-colored loops connected by a vertical line, with horizontal white lines passing through the loops.

Class Connect

- Who do you share space with?
 - At home?
 - At school?
 - In your community?
 - Sports/clubs/activities

Review

flipping your lid

👏 flip·ping · your · lid 👏

synonym-
fight/flight/freeze

antonym- calm, regulated



neuroscience

👏 neu·ro·sci·ence 👏

synonyms- brain science,
nervous system

antonyms - astronomy,
geology, mathematics



**Today's
Lesson**

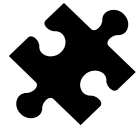
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Why are we learning this?

Connection



Adaptability



definition

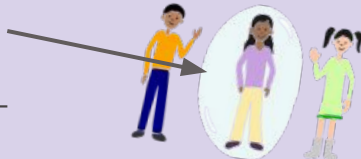
- the area around a person
- the distance between two people that makes them feel comfortable and safe

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

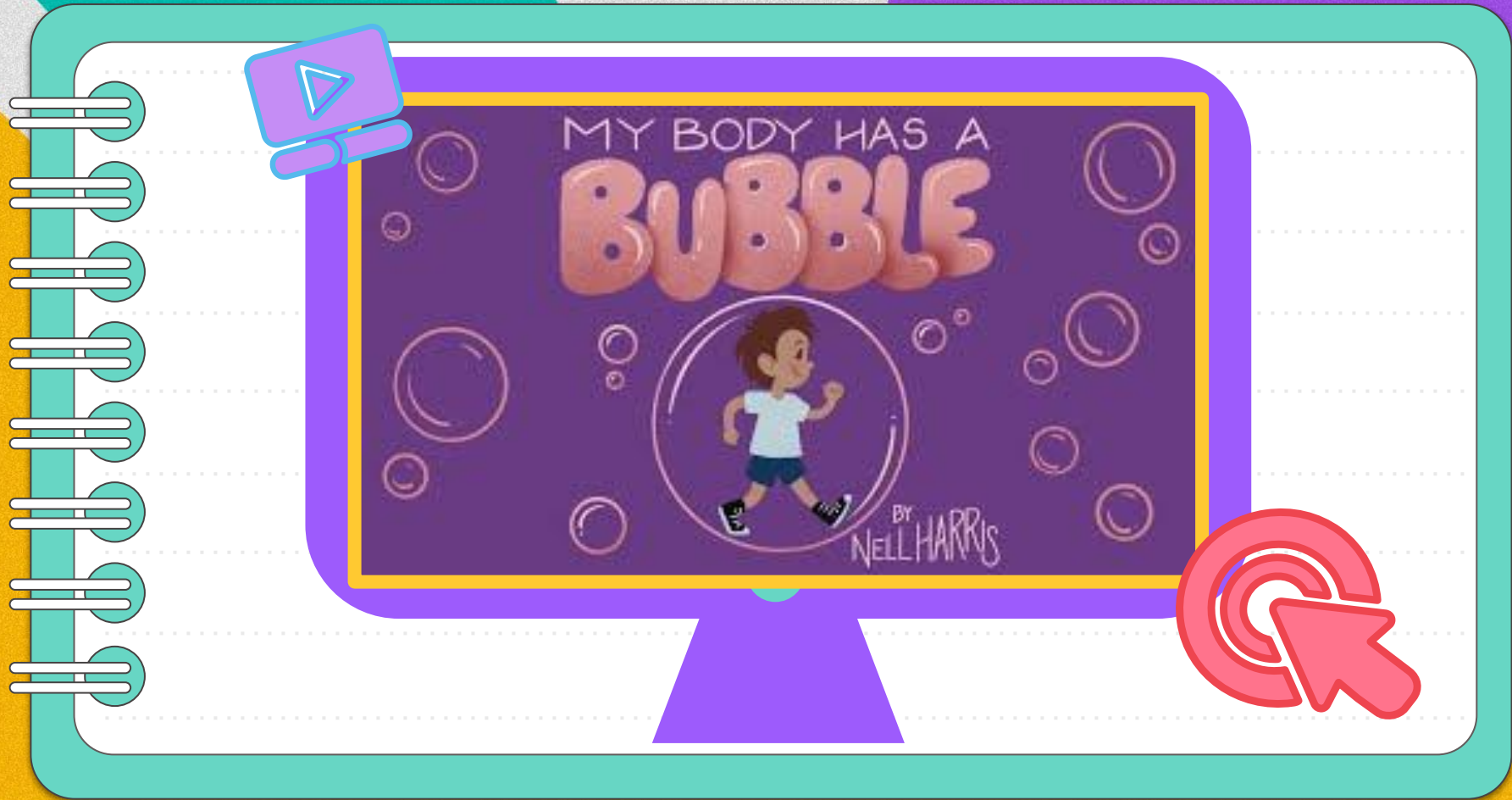


question

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

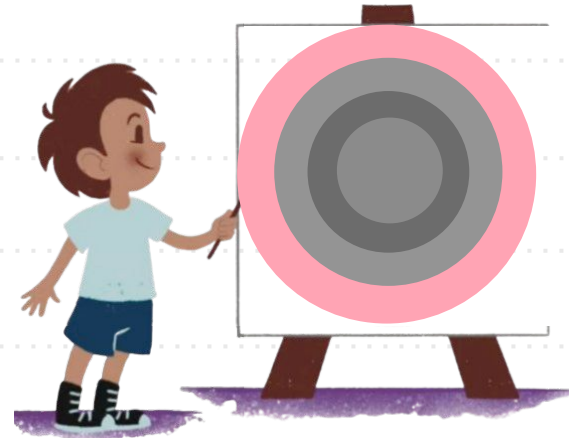
non-examples

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



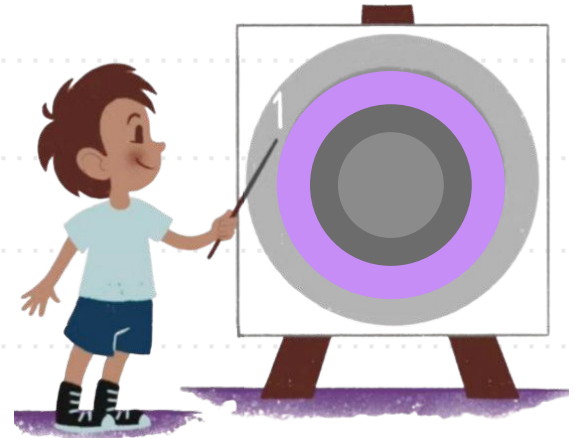
PINK Bubble Layer

- *Who/what is allowed*
 - people I don't know
 - strangers
 - anyone who makes you uncomfortable
- *What may happen there*
 - waving
 - smiling
 - nothing



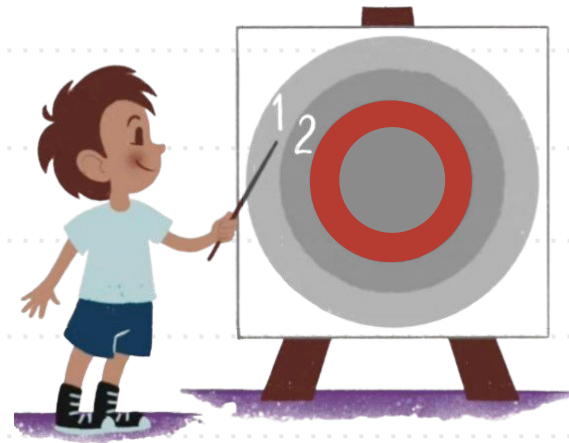
PURPLE Bubble Layer

- *Who/what is allowed*
 - friends
 - teammates
 - teachers
- *What may happen there*
 - sitting together
 - high fives
 - hugs with permission
 - pat on the back



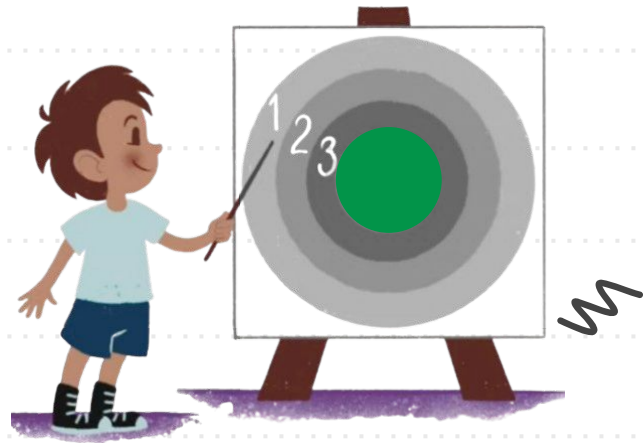
RED Bubble Layer

- *Who/what is allowed*
 - Family
 - Loved ones
- *What may happen there*
 - Safely showing love
 - Hugs
 - High fives



GREEN Bubble Layer

- *Who/what is allowed*
 - Just me!
 - Thoughts
 - Feelings
- *What may happen there*
 - rest
 - unwind
 - process



Personal Space



- ensures everyone feel comfortable
- builds healthy relationships
- keeps us safe
- reduces conflict
- can help us focus
- is allowed to change at any time
 - "I need space."



Movement Break



Remember



In EVERY layer, we must be aware of...

- our bodies
- our surroundings
- other people's bubbles

Just because they are in your purple layer does NOT mean you are in theirs!

Always ask permission first!

Activity Time

My Body has a **Bubble**

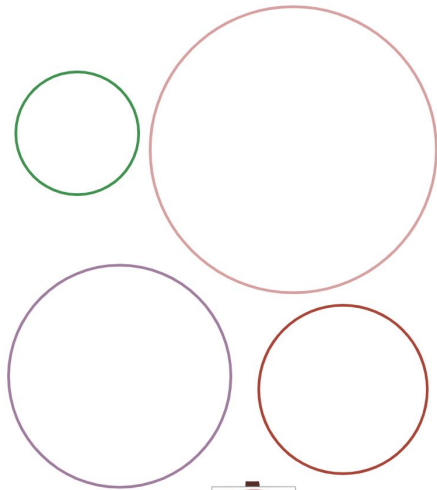
In each color bubble,
draw/write people who may belong.
You also can include activities
that may happen there.

Remember, your bubble is unique to
you based on what makes you feel
comfortable, happy, and safe!

My Body has a **Bubble**

In each color bubble, draw/write people who may belong.
You also can include activities that may happen there.

Remember, your bubble is unique to you
based on what makes you feel comfortable, happy, and safe!



Based from the book by: Neil Harris

Peace Out



Guardian Extension



What does personal space look like at home?

Teacher Extension

