My Space

GRADE: 6 - 8 COURSE: DURATION: 1 hour

ESSENTIAL QUESTIONS:
Do you have personal boundaries and how do you communicate those boundaries to others?

INSTRUCTIONAL STRATEGIES:
- DISCUSSION _____
- HANDS-ON _____

MATERIALS:
- Rope or string
- Large space

BACKGROUND:
Setting and respecting boundaries in personal relationships is an important part of getting along with others. Boundaries are limits, rules, or guidelines you set to keep yourself safe and happy. Every person may have different personal boundaries. In order for others to respect your personal boundaries, you need to express those boundaries clearly.

PROCEDURE/ACTIVITIES:
1. One student will stand inside the circle created by placing the rope on the floor. The circle should be big enough for all participants to fit inside it.
2. All other students or the parent/teacher stands outside the circle.
3. This student should think of one simple rule that allows people inside their circle. The rule should be an action, physical characteristic, or phrase. For example, anyone who waves can come in.
4. People outside the circle will try to get in the circle by saying and doing things.
5. The person inside the circle can use charades to try and communicate their rule. They can't speak during these charades or do/mouth the exact action/phrase.
6. If someone follows the central student's rule, he invites that person into the circle. Others can use this as a clue to figure out the rule.
7. The activity ends after five minutes or everyone has made it inside the circle.
8. Repeat the activity so everyone has had a chance to be the central person and make up a rule.
9. Discuss the most effective ways of communicating personal boundaries.

ASSESSMENT:
- HOMEWORK _____
- PARTICIPATION _____

HOMEWORK:
Make a list of your personal boundaries when it comes to friendship.

NOTES: