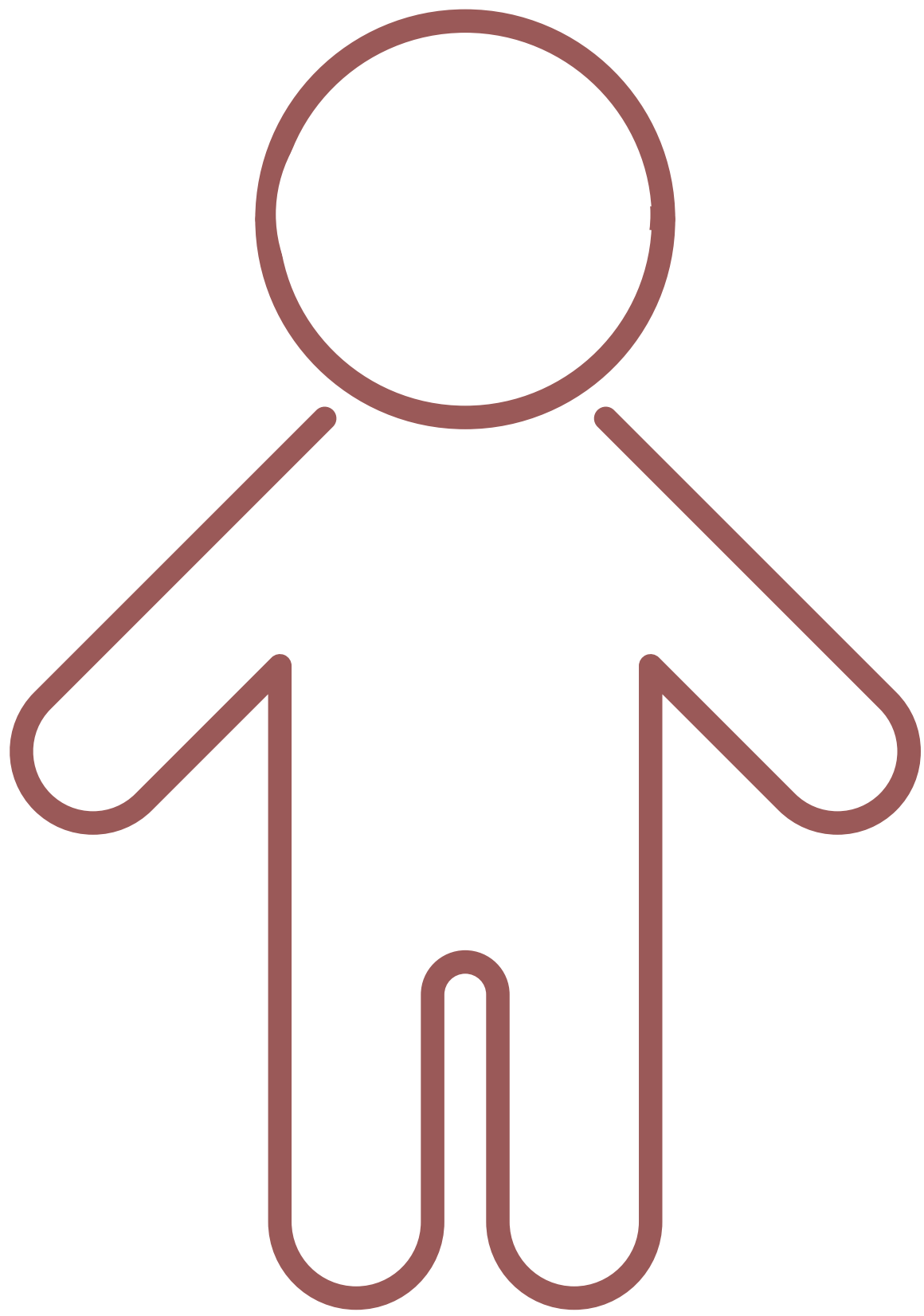
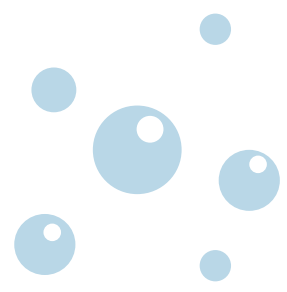
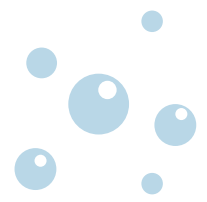


My Boundary Bubble

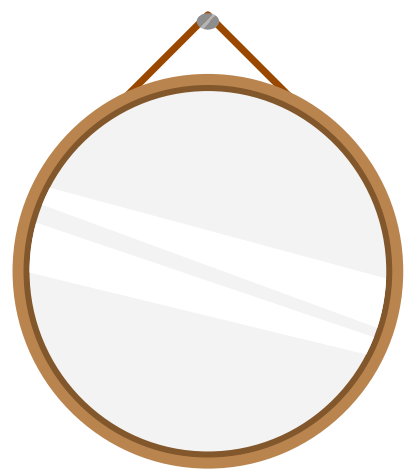


By: _____

Instructions

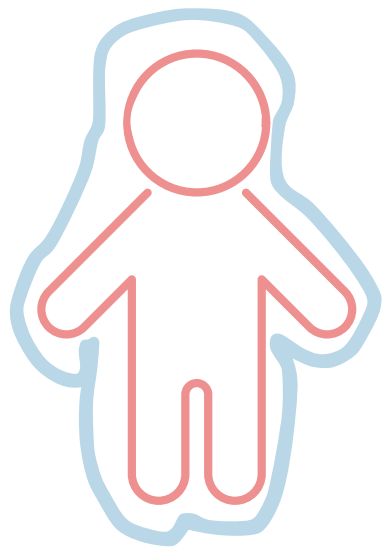


A boundary is a bubble that protects you. You get to decide what comes through. What kind of touch. Which words. Which actions. Can you think of what other things you will or won't let through?



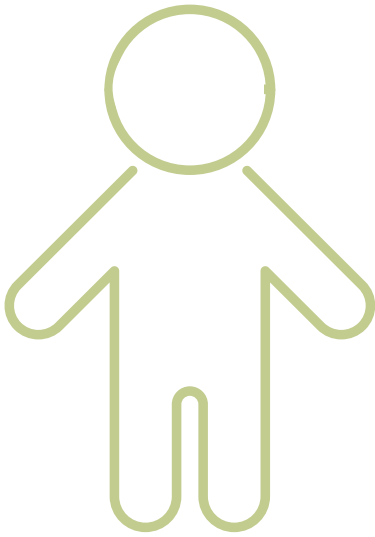
Stand in front of a mirror with a trusted grownup and trace your boundary bubble around your reflection with your finger.

Then, draw your self-portrait inside of the outline on Page 1, and draw your boundary bubble around it.



How big or small should your bubble be? That's YOUR decision, and nobody's boundary bubble is the same size.

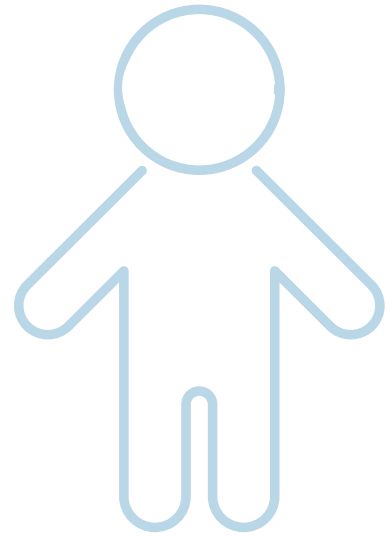
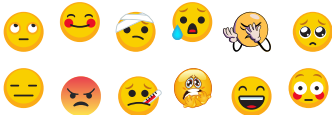




Day / Time:

Thoughts:

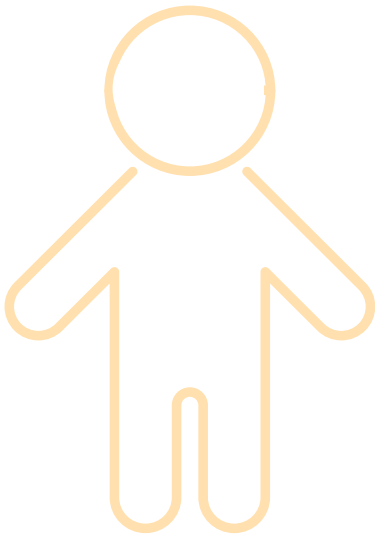
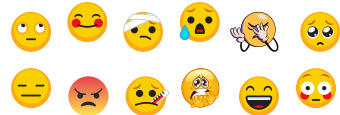
I feel:



Day / Time:

Thoughts:

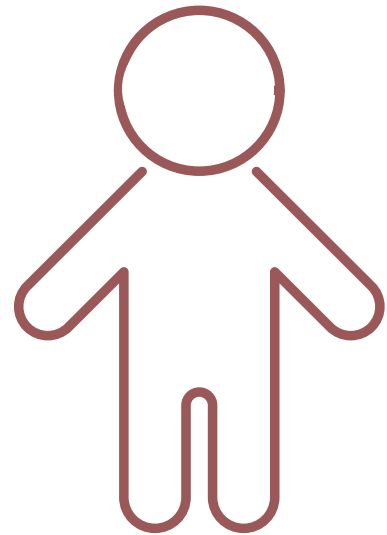
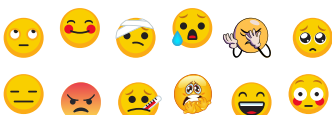
I feel:



Day / Time:

Thoughts:

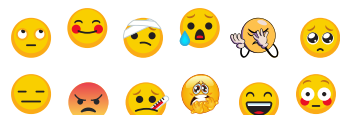
I feel:



Day / Time:

Thoughts:

I feel:

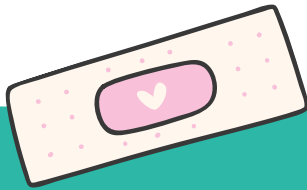


Instructions

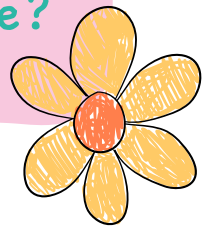


Your boundary bubble isn't always the same size. It gets bigger and smaller all the time, depending on your mood, the people you're with, and where you are.

Do the boundary bubble activity again (using Page 3) a few times during the week and answer the questions. Circle the emoji that represents how you feel.



Notice how your boundary bubble changes. What do you think makes it change? How often does it change?



Be sure to talk about your boundary bubble diary with a trusted grownup.

