

SOCIAL STORY TO TEACH PERSONAL SPACE AT HOME

Families share living spaces, bedrooms, play areas, and family routines.

Sometimes children:

- stand too close to siblings or parents
- grab toys or items without asking
- struggle to notice when someone needs space
- feel frustrated when personal space is interrupted

This social story helps children understand **what personal space is, why it matters, and how to respect it at home.**



**KEEP SCROLLING TO TAKE A CLOSER
LOOK AT WHAT'S INSIDE THIS RESOURCE!**

oneGiggleat a time

RESPECTING PERSONAL SPACE AT HOME

Home & Family Edition Social Story
+ Poster & Personal Space Tools

PreK-K Included

Respecting Personal Space at Home
(Home & Family Edition Social Story)

My Personal Space Bubble
The space around my body helps everyone feel safe and comfortable.

Personal Space Tools
When my bubble feels too full, I can choose a personal space tool.

Fill the Balloon
Put your hand on your belly. Breathe in and feel your belly fill like a balloon.

THE PERSONAL SPACE SERIES

Building Safe & Respectful Family Boundaries

HELPS CHILDREN LEARN PERSONAL SPACE SKILLS AT HOME

Children may struggle with:

- standing too close to other family members
- grabbing toys or belongings
- interrupting someone's quiet space
- invading space during play
- difficulty noticing body boundaries

This story teaches students:

- what personal space means
- how to notice when space feels too close
- how to ask before entering someone's space
- how to respond respectfully

one *Giggle* at a time



WHAT'S INCLUDED IN THIS RESOURCE



Respecting Personal Space at Home
(Home & Family Edition Social Story)


Child-friendly social story



When I Feel Crowded
Sometimes I feel silly. Sometimes I feel wiggly. Sometimes I forget about bubbles. That is okay. I am learning. I can take a breath. I can take two steps back. I can use my words. I can try again.

I am sorry that I knocked your blocks over.


Simple, reassuring language



When Family Members Need Space
Sometimes someone may step back away from me, close a door, say, "Please stop," or say, "I need space". These are clues that their bubble needs more room. When I notice these clues, I can stop my body and give space.

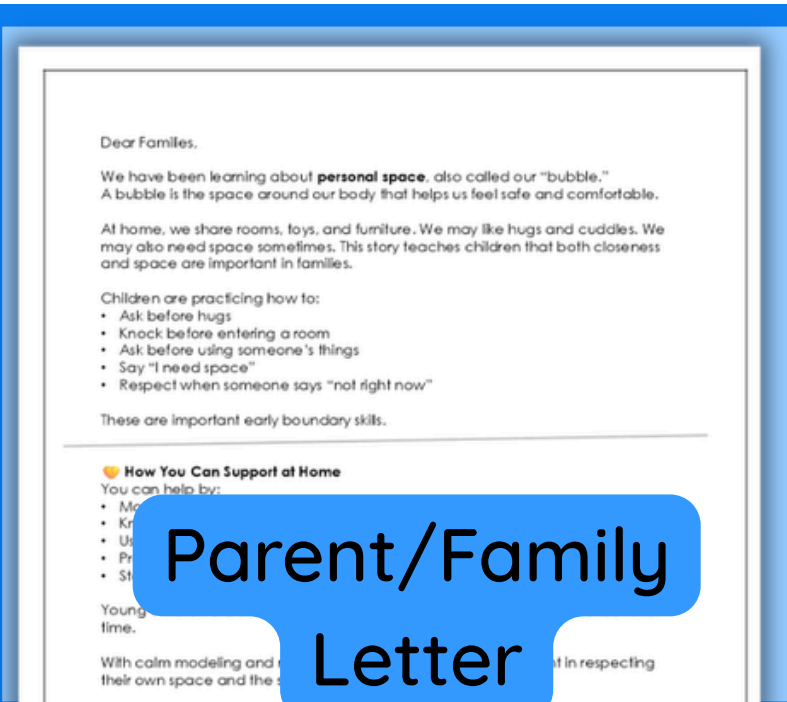
I need space. Can you please go play somewhere else?

Real-life home scenarios



At Home
At home, I live with people who care about me. We share rooms. We share toys. We share space. Even at home, everyone still has their own bubble.

Respectful boundary examples



Dear Families,

We have been learning about **personal space**, also called our "bubble." A bubble is the space around our body that helps us feel safe and comfortable.

At home, we share rooms, toys, and furniture. We may like hugs and cuddles. We may also need space sometimes. This story teaches children that both closeness and space are important in families.

Children are practicing how to:

- Ask before hugs
- Knock before entering a room
- Ask before using someone's things
- Say "I need space"
- Respect when someone says "not right now"

These are important early boundary skills.

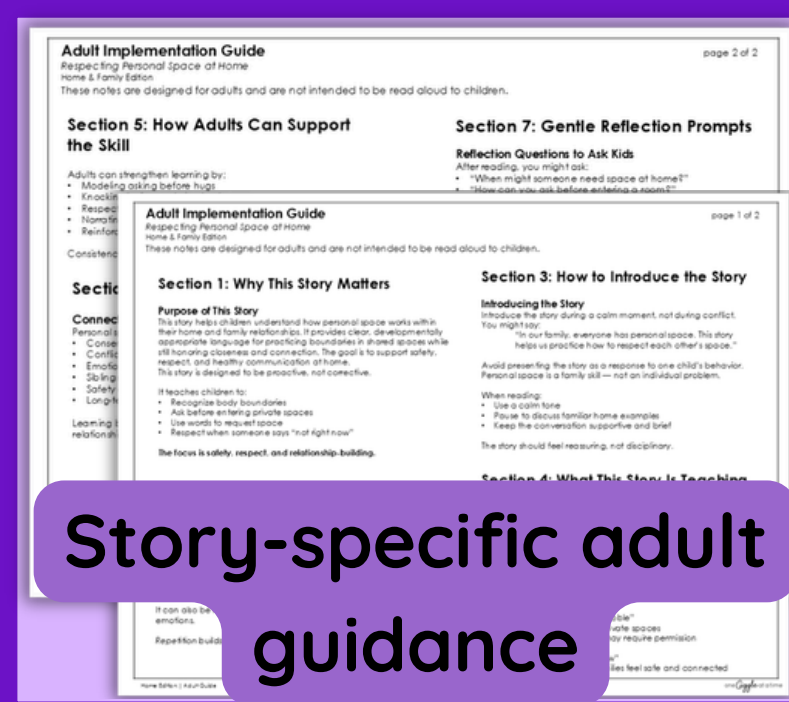
How You Can Support at Home
You can help by:

- Modeling
- Knocking
- Asking
- Practicing
- Supporting

Young time.

With calm modeling and support, children can learn to respect their own space and the space of others.

Parent/Family Letter



Adult Implementation Guide
Respecting Personal Space of Home
Home & Family Edition
These notes are designed for adults and are not intended to be read aloud to children.

Section 5: How Adults Can Support the Skill

Section 7: Gentle Reflection Prompts
Reflection Questions to Ask Kids
After reading, you might ask:
• "When might someone need space at home?"
• "How can you ask before entering a room?"

Section 1: Why This Story Matters
Purpose of This Story
This story helps children understand how personal space works within their home and family relationships. It provides clear, developmentally appropriate language for practicing boundaries in shared spaces while still honoring closeness and connection. The goal is to support safety, respect, and healthy communication at home. This story is designed to be proactive, not corrective.

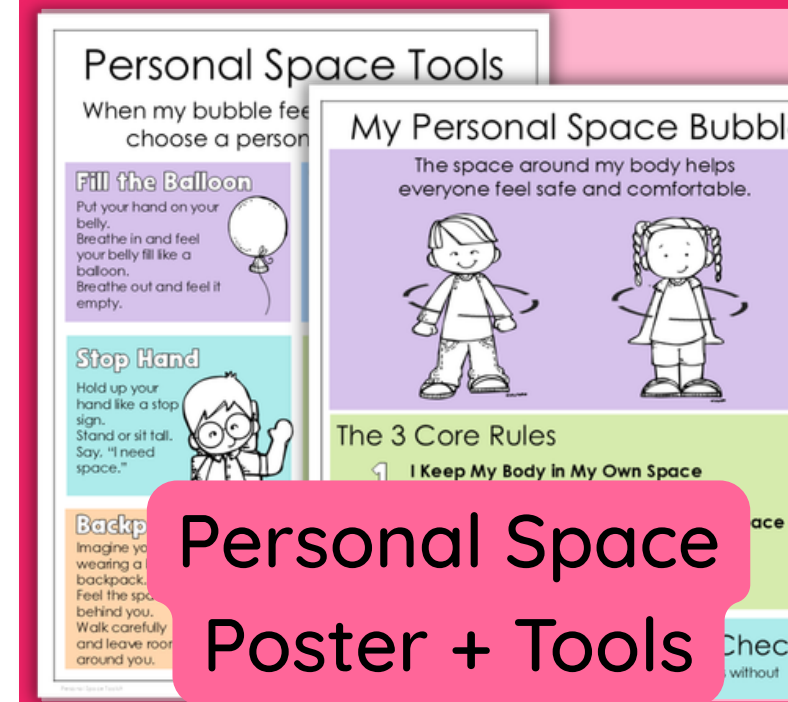
Section 3: How to Introduce the Story
Introducing the Story
Introduce the story during a calm moment, not during conflict. You might say:
"In our family, everyone has personal space. This story helps us practice how to respect each other's space."
Avoid presenting the story as a response to one child's behavior. Personal space is a family skill — not an individual problem.

When reading:
• Use a calm tone
• Pause to discuss familiar home examples
• Keep the conversation supportive and brief
• The story should feel reassuring, not disciplinary.

Section 4: What This Story Is Teaching

It can also be used to support children who are struggling with personal space. Repetition builds understanding and confidence. Children who feel safe and connected.

Story-specific adult guidance



Personal Space Tools

When my bubble feels crowded, I can choose a personal space tool.

My Personal Space Bubble
The space around my body helps everyone feel safe and comfortable.

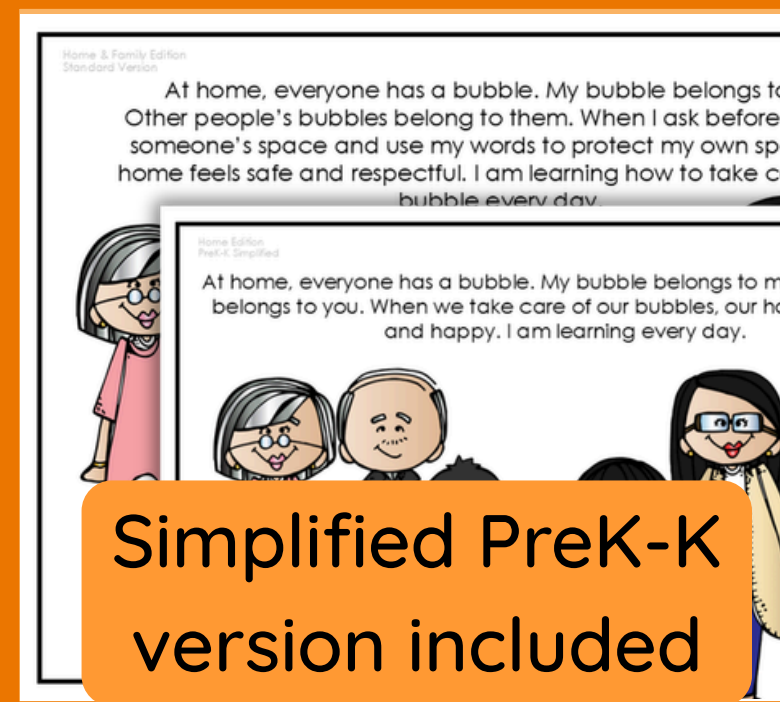
Fill the Balloon
Put your hand on your belly. Breathe in and feel your belly fill like a balloon. Breathe out and feel it empty.

Stop Hand
Hold up your hand like a stop sign. Stand or sit tall. Say, "I need space."

Backpack
Imagine you are wearing a backpack. Feel the space behind you. Walk carefully and leave room around you.

The 3 Core Rules
1. I Keep My Body in My Own Space

Personal Space Poster + Tools



At home, everyone has a bubble. My bubble belongs to me. Other people's bubbles belong to them. When I ask before entering someone's space and use my words to protect my own space, home feels safe and respectful. I am learning how to take care of my bubble every day.

At home, everyone has a bubble. My bubble belongs to me. Your bubble belongs to you. When we take care of our bubbles, our home is safe and happy. I am learning every day.

Simplified PreK-K version included

No prep • Print or digital • Easy to use anywhere

WAYS FAMILIES CAN USE THIS SOCIAL STORY

one *Giggle* at a time

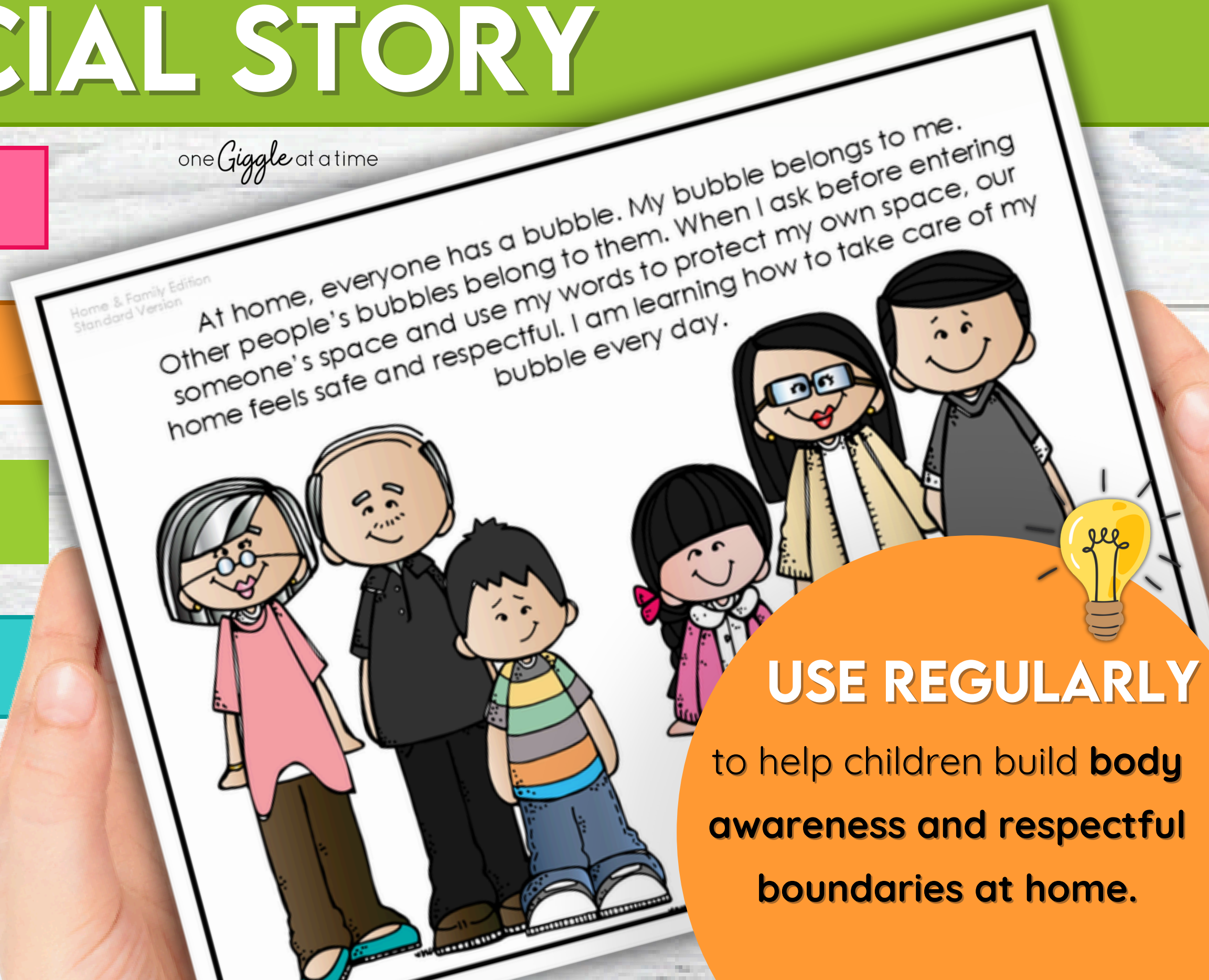
Read during calm family time

Use before playdates or sibling play

Review when conflicts happen

Practice during daily routines

Share with caregivers or babysitters



USE REGULARLY

to help children build **body awareness and respectful boundaries** at home.

SKILLS THIS STORY SUPPORTS



oneGiggle at a time

- Body awareness
- Perspective-taking
- Flexible thinking
- Respecting boundaries
- Social problem solving
- Emotional regulation
- Asking before touching

Home & Family Edition
Standard Version

Personal space is the space around a person's body. It is like an invisible bubble. My bubble belongs to me. Other people's bubbles belong to them. Personal space helps everyone feel safe and comfortable.

Personal Space Tools

When my bubble feels too close, I can choose a personal space tool.

Fill the Balloon
Put your hand on your belly. Breathe in and feel your belly fill like a balloon. Breathe out and feel it empty.

Two Steps Back
Stop your feet. Take two small steps back. Feel your bubble get bigger.

Stop Hand
Hold up your hand like a stop sign. Stand or sit tall. Say, "I need space."

Backpack Space
Imagine you are wearing a big backpack. Feel the space behind you. Walk carefully and leave room around you.

My Personal Space Bubble

The space around my body helps everyone feel safe and comfortable.

The 3 Core Rules

- 1 I Keep My Body in My Own Space**
Hands, feet, and body stay in my bubble.
- 2 I Ask Before Entering Someone Else's Space**
I can say: "Can I come closer?"
- 3 I Use My Words if I Need Space**
I can say: "Please give me some space."

Home & Family Edition
Standard Version

When I Am With Family

Sometimes family members like to sit close, hug, or cuddle. Sometimes they need space. Personal space can change depending on how someone feels.

Home Edition
Pre-K-K Simplified

Hugs and Cuddles

Sometimes we like hugs. Sometimes we like cuddles. Before I hug someone, I can ask, "Can I have a hug?" If someone says, "Not right now," that's okay. Their bubble belongs to them. If I need space, I can say, "I need space." My bubble belongs to me.

Can I have a hug?

Not right now. Maybe later.

DESIGNED TO SUPPORT PARENTS & CAREGIVERS

What to Say & When to Say It

This resource includes **adult guidance pages** to help families support children while learning about personal space.

Notes explain:

- how to introduce the story
- how to respond during sibling conflicts
- how to support respectful communication
- how to reinforce skills during daily routines

These notes are written to be supportive—not prescriptive.

Adult Implementation Guide

Respecting Personal Space at Home
Home & Family Edition
These notes are designed for adults and are not intended to be read aloud to children.

Section 1: Why This Story Matters

Purpose of This Story

This story helps children understand how personal space works within their home and family relationships. It provides clear, developmentally appropriate language for practicing boundaries in shared spaces while still honoring closeness and connection. The goal is to support safety, respect, and healthy communication at home. This story is designed to be proactive, not corrective.

It teaches children to:

- Recognize body boundaries
- Ask before entering private spaces
- Use words to request space
- Respect when someone says "not right now"

The focus is safety, respect, and relationship-building.

Section 3: How to

Introducing the Story

Introduce the story during a calm moment. You might say:

"In our family, everyone helps us practice how to share space."

Avoid presenting the story as a correction. Personal space is a family skill.

When reading:

- Use a calm tone
- Pause to discuss familiar home spaces
- Keep the conversation supportive

The story should feel reassuring.

Toys and Belongings
Sometimes I want to use something that belongs to someone else. I can ask first. "Can I use this?" Waiting and asking helps everyone feel happy.

Can I play with you?

PreK-K Version

When I Am Playing at Home

Sometimes I play near brothers, sisters, or other family members. We might share toys, games, or devices. Even when we share things, we do not share the same body space. If I need something near someone else, I can ask first. "Can I use that?" "May I sit here?" Asking helps everyone feel respected. If I feel crowded, I can move to a different spot or use my words.

Can I play with you?

Standard Version

Personal Space Tools Adult Overview

Purpose of This Toolkit

Personal Space Tools help children develop body awareness and communication skills. They support children in: recognizing when space feels too close, respecting their own space, and asking for space before entering someone else's space. Safe strategies before problems grow focus on prevention, safety, and mutual respect.

This Toolkit Fits With the Story

Personal Space stories teach what personal space is. This toolkit provides simple, repeatable strategies. Together, the stories and tools build awareness, language, and skills.

How to Introduce the Tools

Introduce the tools proactively during calm moments. Introduce each tool at a time. Model tools throughout the day. Practice before transitions. Ask, "Which tool could help right now?" The goal is familiarity through repetition.

How Children Use the Tools

Children are encouraged to: Choose a tool when they feel crowded. Use a tool before reacting physically. Ask for help if needed. Practice across settings. Independence develops gradually with modeling and practice.

Important Guidance for Adults

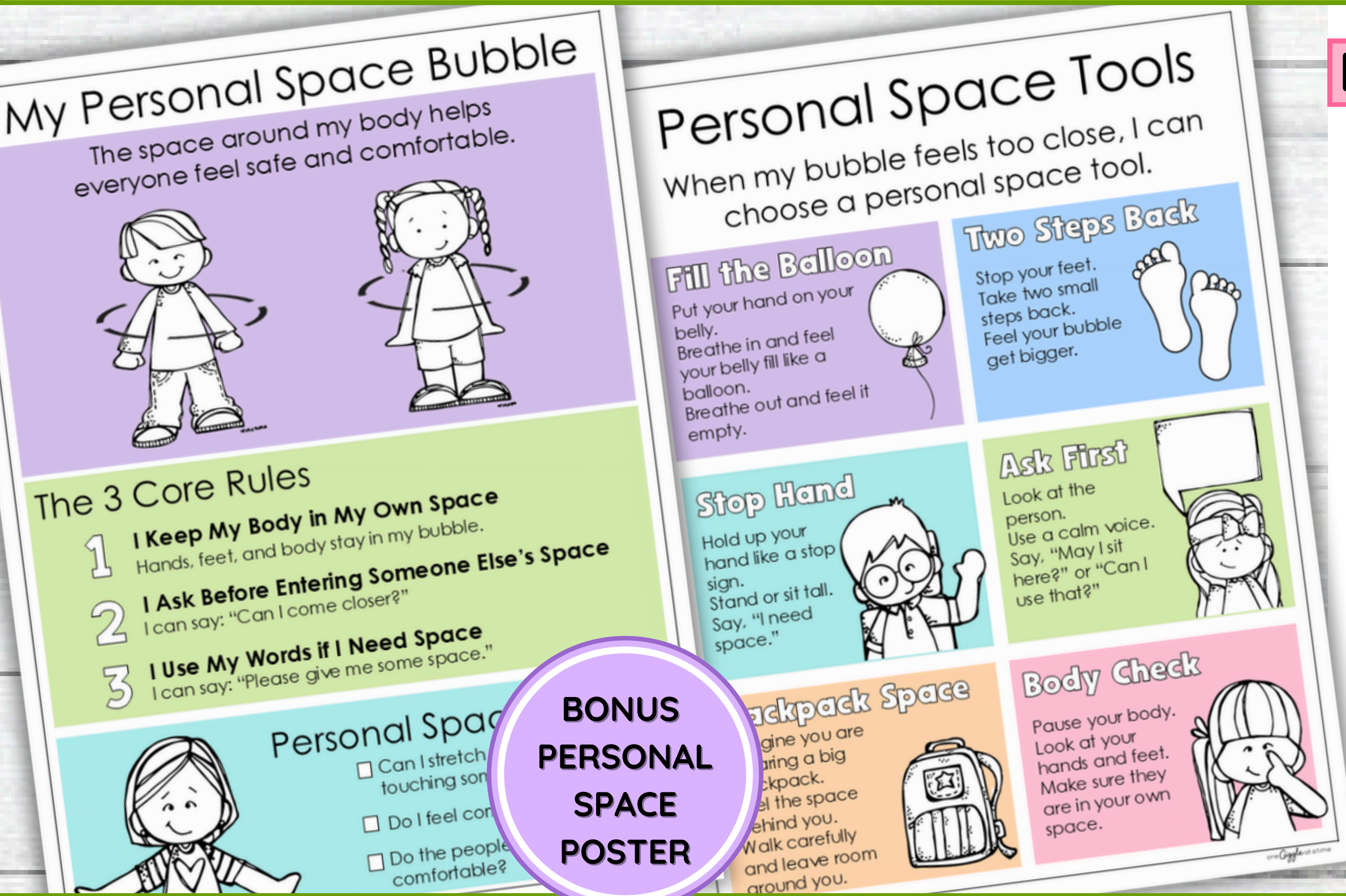
Parent/Family Letter for Home Connection

BONUS

A standard version for elementary-age children & a simplified PreK-K version are both included.

PERSONAL SPACE POSTER + FAMILY TOOLS

Visual supports that help children practice respectful boundaries.



**BONUS
PERSONAL
SPACE
POSTER**

Personal Space Tools Included:

- **Fill the Balloon** – calming breathing
- **Two Steps Back** – create more space
- **Stop Hand** – signal when space is needed
- **Ask First** – respectful communication
- **Backpack Space** – visualize body boundaries
- **Body Check** – notice hands, feet, and body position

one *Giggle* at a time

Great for bedrooms, playrooms, or family spaces.

BUILD PERSONAL SPACE SKILLS EVERYWHERE WITH THIS MONEY-SAVING BUNDLE!

Part of a Complete Personal Space Social Story Series

Personal space is a skill children learn across environments.

This social story series helps children practice respectful boundaries at:

- school
- home
- community settings

