

TEACH PERSONAL SPACE WITH A COMPLETE SEL TOOLKIT

This resource combines a child-friendly social story with 12+ engaging SEL tools and activities designed to help children understand, practice, and apply personal space skills.

Through discussion, reflection, family connections, calming supports, and real-world practice opportunities, children learn how to:

- Respect personal boundaries
- Recognize social cues
- Use kind words to communicate their needs
- Advocate for themselves respectfully
- Build positive relationships at home, at school, and in the community

one *Giggle* at a time

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

PERSONAL SPACE BUBBLE

SOCIAL STORY & SEL TOOLKIT

NEWLY UPDATED

Personal Space
Calm & Confident Tools
When I need help, I can:

- Breathe** Take 3 slow breaths.
- Pause** Pause and count to 5.
- Look** Look and learn.
- Think** Use positive thoughts.
- Say** Use kind words.

PERSONAL SPACE
Reminder & Challenge Card

I can remember:

- Everyone has a space bubble.
- I can keep my hands, feet, and belongings in my own space.
- I can use kind words if I need more space.

OUR PERSONAL SPACE PROMISE

I promise to:

- Do my best to respect the personal space of others.
- Keep my hands, feet, and belongings in my own space wherever I can.
- Ask before entering someone else's space.

Understanding My Personal Space Bubble

(A social story about personal space)

includes **12+** SEL Tools & Activities

Home • School • Community

WHAT'S INSIDE THIS RESOURCE



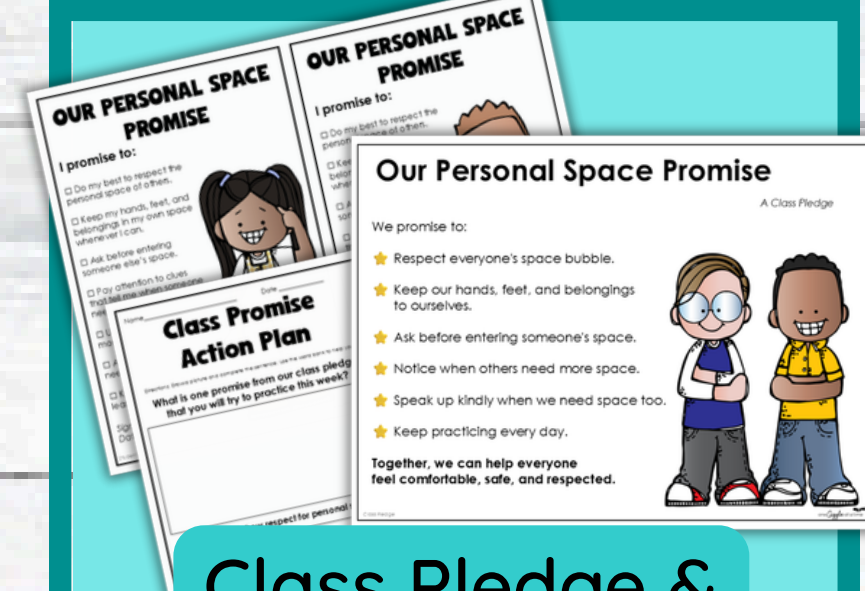
Social Story



Discussion Cards



SEL Teaching Cards

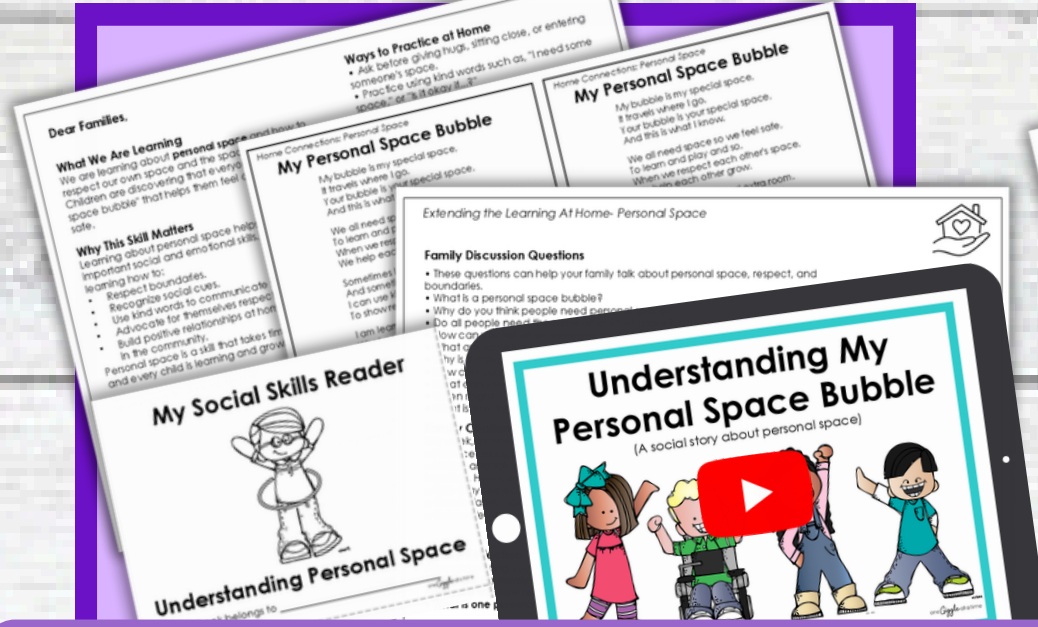


Class Pledge & Student Promise

oneGiggle at a time



Calm & Confident Toolbox



Family Connection Resources



Reflection Activities & Reminder/Challenge Cards



Poetry Connection

Designed for school, home, counseling, and SEL groups

TEACHING PERSONAL SPACE THROUGH REAL-LIFE EXAMPLES

Children learn that personal space can look different in many different situations, including:

- Playing with friends
- Working at school
- Spending time with family
- Visiting community spaces
- Asking before entering someone's space
- Using kind words to communicate needs
- Recognizing social cues

People often feel most comfortable when strangers give them extra space. I can respect the personal space of people I do not know.



I can do my best to keep belongings in my own space. I need to enter someone's space.

I need to use the purple playdoh.

Even people who love each other need personal space sometimes. I can notice when someone wants more space. I can ask before touching, hugging, or standing very close.



I am sorry you dropped your markers. Can I help you pick them up?

When I respect personal space, I help others feel comfortable and safe. When others respect my personal space, I feel comfortable and safe too.



PERSONAL SPACE

is a skill children practice throughout their lives. This foundational resource helps children build understanding they can apply at home, at school, and in the community.

12+ ACTIVITIES TO HELP CHILDREN APPLY WHAT THEY LEARN

Class Pledge & Student Promise

- Community commitment
- Personal responsibility

Discussion Cards

- Encourage meaningful conversations
- Build perspective-taking skills
- Real-life application

Reflection Activities

- Skill reinforcement
- Individual & group review

Reminder & Challenge Cards

- Home-school connection
- Weekly practice

SEL Teaching Cards

- Guided discussions
- Problem-solving
- Deep thinking questions

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I CAN PROTECT MY PERSONAL SPACE USING SOCIAL CUES

- I can back up to make the space larger.
- I can move to a new space.
- I can kindly ask the person...



Respecting Other People's Space

Teaching Point: We can ask permission and be mindful of our bodies and belongings.

Excuse me. I dropped my pencil under your desk. Is it okay if I get it?

Let's Talk About It! What would you do if you accidentally bumped into someone's space? How could you make things right?




My bubble is my special space. It travels where I go. Your bubble is your special space. And this is what I know.

We all need space so we feel safe. To learn and play and so. When we respect each other's space, We help each other grow.

Sometimes I may need extra room. And sometimes you might too. I can use kind words and actions To show respect to you.

I am learning every day. What personal space. Respecting everyone. Helps build community.



PERSONAL SPACE
Reminder & Challenge Card

I can remember:

- Everyone has a space bubble.
- I can keep my hands, feet, and belongings in my own space.
- I can use kind words if I need more space.
- I can notice clues that someone else needs space, too.
- Personal space takes practice.

OUR PERSONAL SPACE PROMISE

promise to:


- My best to respect the personal space of others.
- Keep my hands, feet, and belongings in my own space whenever I can.
- Ask for help when I need more room.
- Use kind words if I need more space.
- Ask for help when I need more space.
- Practice because...



Class Promise Action Plan

Date: _____

What is one promise from our class pledge that you will try to practice this week?



Our Personal Space Promise
A Class Pledge

We promise to:

- ★ Respect everyone's space bubble.
- ★ Keep our hands, feet, and belongings to ourselves.
- ★ Ask before entering someone's space.

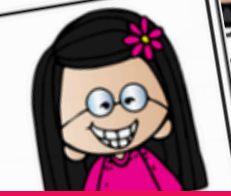


#1

What are some ways people can be different from each other?



#3



DESIGNED TO MOVE LEARNING FROM UNDERSTANDING TO ACTION

EXTEND THE LEARNING BEYOND THE SOCIAL STORY

Poetry Connection

Reinforce personal space skills through engaging poems, recitation activities, repeated reading, discussion, and reflection.

Calm & Confident Tools

Simple coping and problem-solving strategies help children remember what to do when navigating personal space situations.

Bring the Skill Home

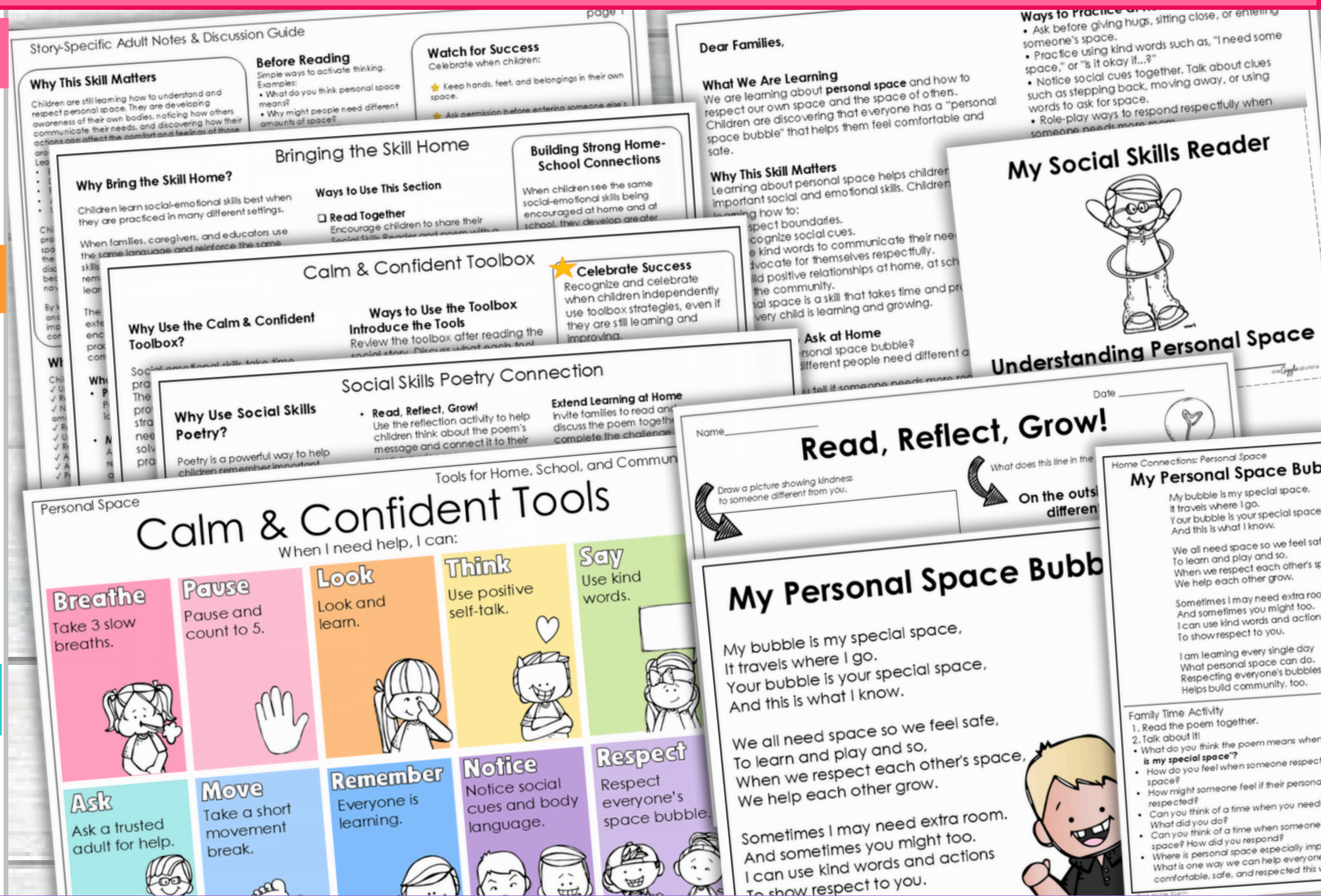
Ready-to-use family activities strengthen school-home connections and encourage meaningful conversations.

Support for Educators & Caregivers

Story-specific guidance helps adults introduce the skill, facilitate discussions, celebrate success, and reinforce learning across settings.

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BONUS: Includes a narrated video version of the social story for school or home use



ABOUT ONE GIGGLE AT A TIME



Diane Romo is an elementary educator, children's author, and SEL resource creator dedicated to helping adults support children's social, emotional, and behavioral growth.

Her resources are designed for teachers, counselors, interventionists, and families who want practical, engaging tools that build confidence, strengthen relationships, and help children succeed across school, home, and community settings.



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one giggle at a time is a passionate supporter of:

- ♥ Helping teachers create classroom communities that foster positive relationships.
- ♥ Helping students unlock their potential for greatness.
- ♥ Helping parents provide support for young learners to set them up for success.
- ♥ Making learning FUN!

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social emotional learning



classroom community



parent/family connection



classroom management



teaching ideas



seasonal activities