

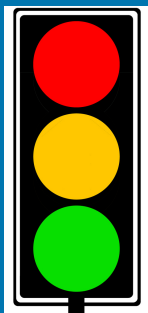


Beech Brook
HELPING CHILDREN & FAMILIES THRIVE

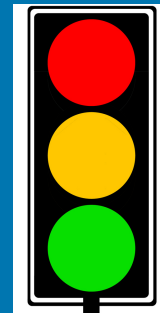
Boundaries: A Workbook



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Boundaries

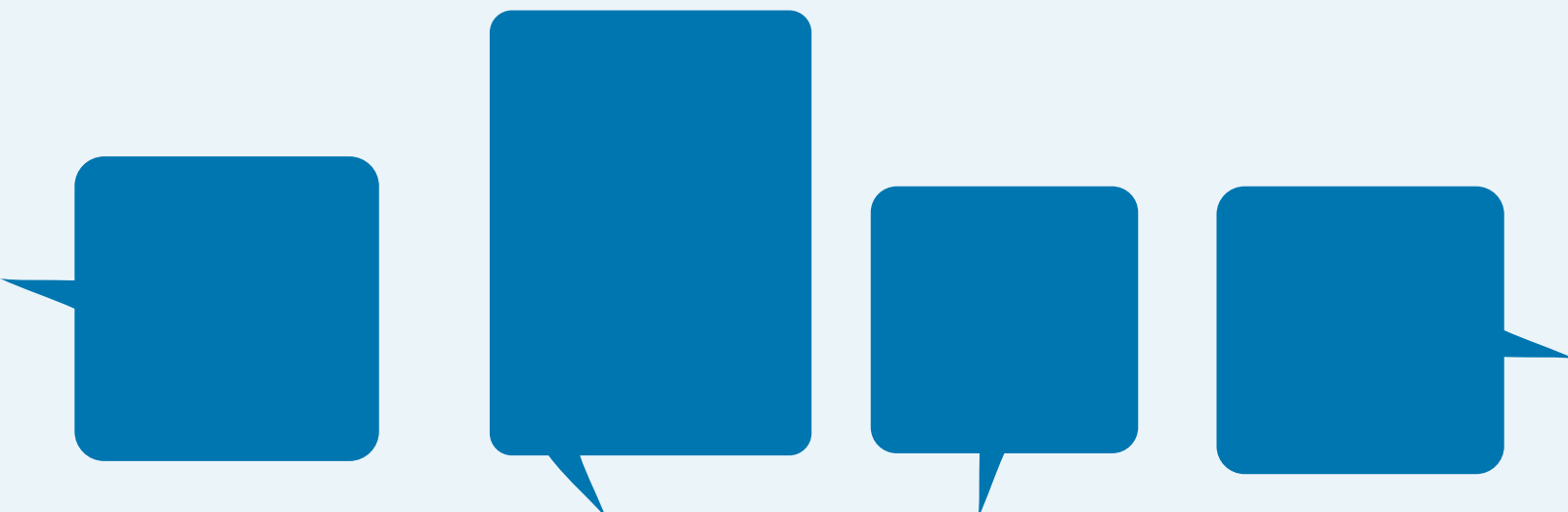


What are Boundaries?

Boundaries are about understanding and respecting our own needs, while also recognizing and respecting the needs of others

Different Types of Boundaries

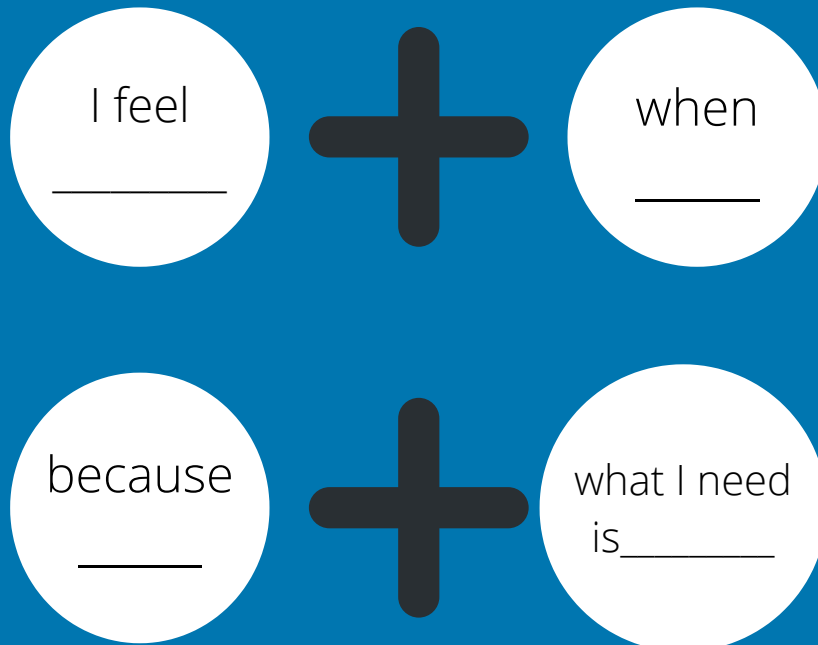
- Verbal Boundaries
- Physical Boundaries
- Emotional Boundaries



Verbal Boundaries

Verbal boundaries are used when we communicate our needs with our voice. These can include "I" statements or saying "Please" and "Thank you" or "Yes" or "No"

"I" Statement Formula



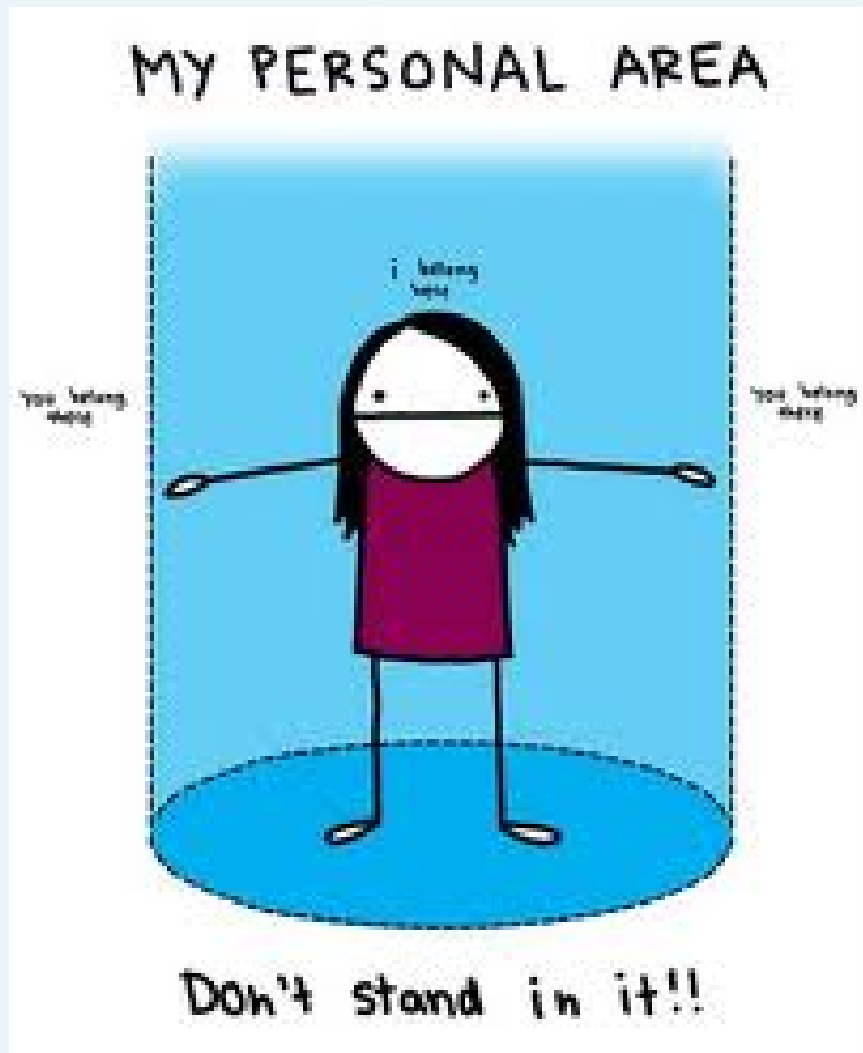
Practice

Maggie is upset that the boy sitting behind her in class will not stop pulling on her ponytail. Write an "I" statement for Maggie to say to her classmate to express her needs.

Johnny is frustrated that his brother is taking his food without asking. Write an "I" statement for Johnny to say to his brother to communicate his needs.

Physical Boundaries

Physical boundaries define our physical comfort zone. They determine how close we want others to come to us. This includes who, how, where, and when we will allow a person to touch us. We can use our verbal boundaries to tell someone when they are too close to us.



Practice

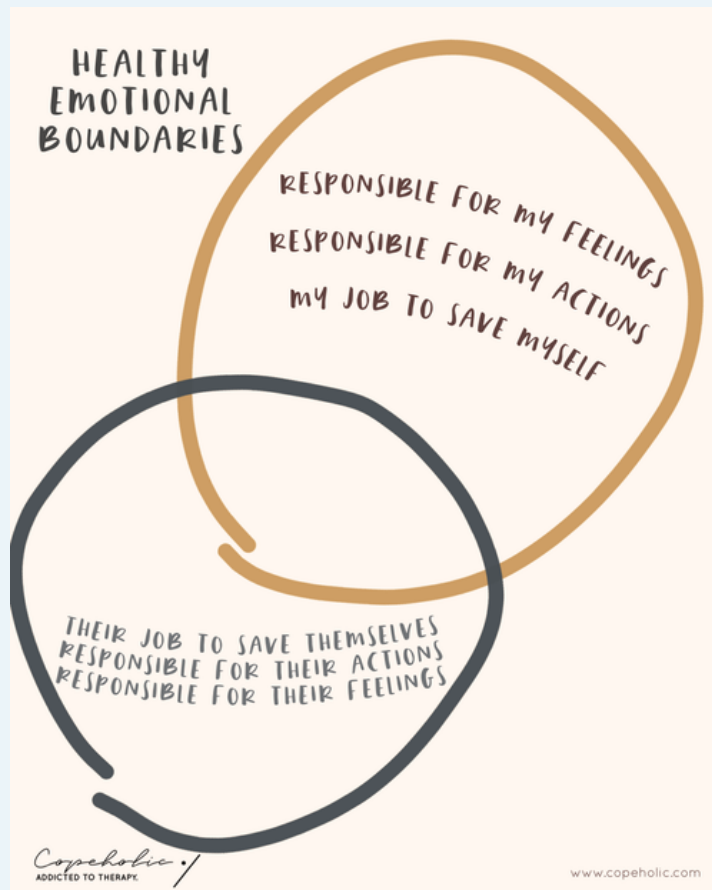
Hula Hoop Game: Tie two long ribbons around a hula hoop and hang the hula hoop over your child's shoulders. Repeat the same for their siblings, friends, and even yourself. Then have them play normally, but with the hoops on.

The hoops remind people of their personal space and stop others from crossing it, which can help reinforce how close is appropriate (or not appropriate). This game can also be modified and used with other household items if a hula hoop is not available



Emotional Boundaries

Emotional boundaries often have to do with how other people talk to us and treat us. Emotional boundaries protect your ideas, perspectives, feelings, and wishes. They also involve separating your feelings from someone else's feelings.



Checking in

We should also check in with others about their verbal, physical, and emotional boundaries and respect their decisions.

For example:

"Is that okay with you?"

"Can I give you a hug?"

"Can I borrow your pencil?"

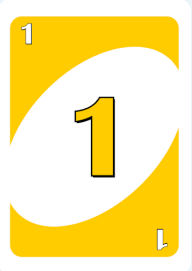
"Can I tell someone else what you told me?"

Practice

Uno Game



Red Card: Communicate something that makes you mad



Yellow Card: Communicate something that your sibling or parent can do to make you feel happy or appreciated



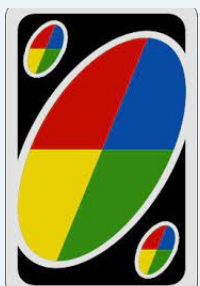
Blue Card: Communicate something that makes you feel calm

OR

Communicate something that makes you sad



Green Card: Communicate something that you could do for someone else to make them feel happy or appreciated



You Pick!



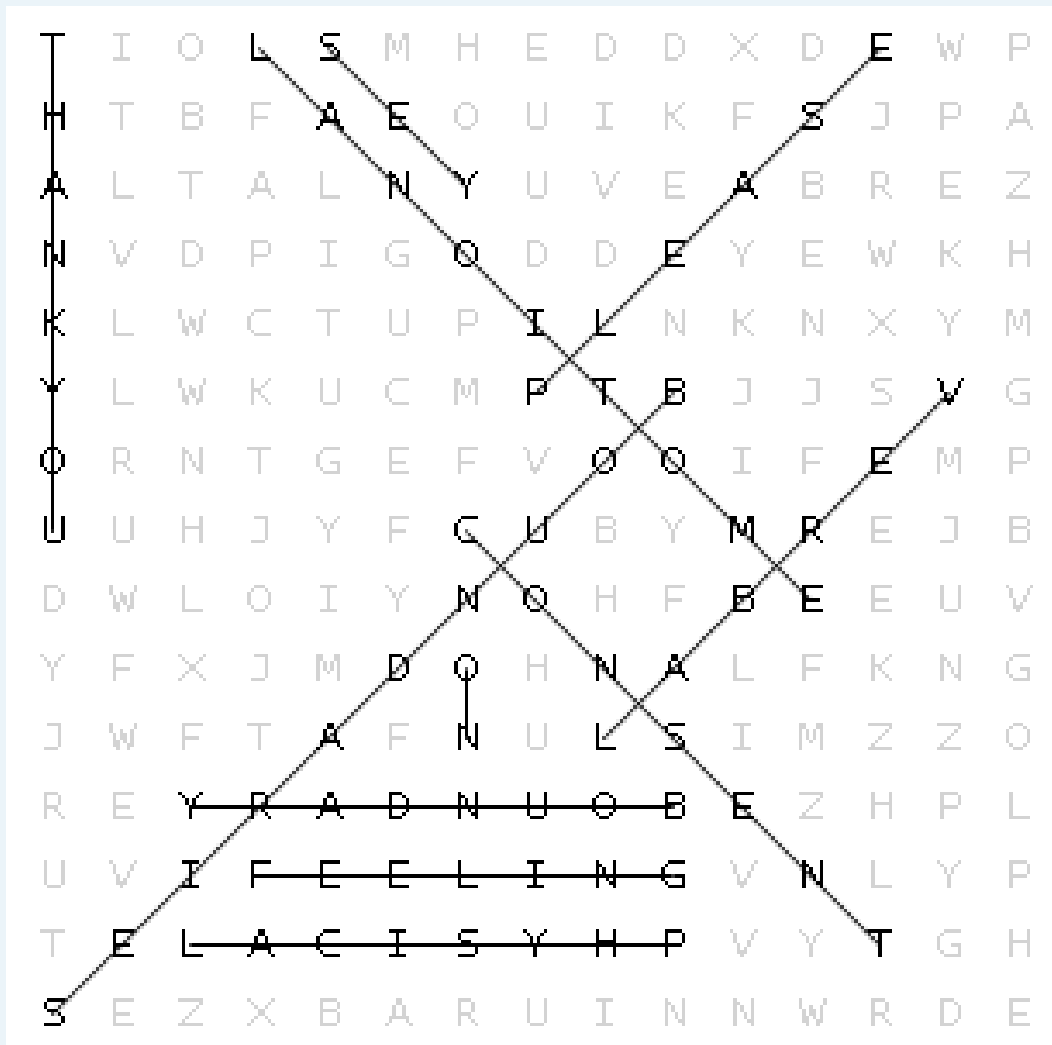
Word Bank

Yes No Boundary Thank you

Boundaries Consent Please

Verbal Physical Feeling Emotional

Answer Key



Word Bank

Yes No Boundary Thank you
Boundaries Consent Please
Verbal Physical Feeling
Emotional