

Grade 1

Health Objective 3.03

Demonstrate respect for the personal space and boundaries of others and explain why this is important.

Language Arts Objective

4.05 Write and/or participate in writing by using an author's model of language and extending the model.

4.06 Compose a variety of products using a writing process.

Materials Needed:

Bubbles

Viorst, Judith. *Alexander and the Terrible, Horrible, No Good, Very Bad Day*

Focus:

Blow bubbles for the students and ask them to observe the bubbles. Ask the students to describe what they saw. Bubbles travel, float, fly, bump other bubbles and crash. Ask the students to watch the bubbles again and this time look to see what happens when the bubbles touch each other. Notice how some bubbles connect to others and some burst when they touch another bubble. Describe how bubbles are a good demonstration of personal space. Some people need a lot of space and others do not need much space. Some people work well with people right beside them while other people get really angry and explode when someone is too close to them.

Teacher Input:

Find a space large enough for the students to move without bumping into each other. Ask the students to find their own personal space. Explain that one way to find your personal space is by extending your arms so that they do not touch anyone else. This is your personal space. Ask the students to extend their arms and look around the room or area. All of the empty space is what we call "everybody space." This is space that is safe for movement and play; however, we have to share this everybody space. Ask the students how to share the "everybody space"? Encourage a conversation about respecting the space of others and how we can move, play, and work together without invading another person's personal space.

It is also important to discuss the fact that we all need a certain amount of space that we can control. Each of us can have different boundaries, and sometimes they change depending on the situation, so it's easy to cross into someone's personal space and not realize it. When we cross into another person's space, they might feel angry or annoyed. Even if you do not understand why someone is upset, it is important to respect their feelings. If someone is in your personal space, you should let them know that it is bothering you, and ask them nicely to give you some more space. Do not yell, push, hit, etc.

Practice & Assessment:

Activity 1: Reading and Discussion

Share the story of *Alexander and the Terrible, Horrible, No Good, Very bad Day*. Instruct the class to listen for examples of when someone's personal space has not been respected. Once you have finished reading, ask the class for examples of when someone in the book needed more personal space.

Direct students' attention to page 4. Call attention to the carpool. (Alexander is scrunched in the back seat.) Ask class if anyone has ever felt scrunched and uncomfortable because someone was sitting or standing too close? Share your own experience or the following scenario: When riding a crowded bus, I might feel very uncomfortable when someone I don't know is sitting close to me, but I usually don't mind sitting close to my sister. Often we have different boundaries for different people, depending on the situation. Also point out that different people have different boundaries. (What bothers me might not bother someone else.)

Show page 20 (Dad's office). Review that page, and tell students to consider Dad's personal space. Ask the students if Alexander showed respect for Dad's personal space? Discuss how you can tell that Dad was annoyed. Ask the students what Alexander could have done differently? (Examples might include: do not play with the copy machine; be careful not to knock over the books; don't play with the phone.) Ask the students what Dad did to try to get the children to respect his space? Point out that he did not get angry with his children. He also made them aware of his boundaries. He could also suggest something else they could do that would not be a bother.

Discuss: Why should you respect other people's boundaries? [You'll have a better relationship with your classmates. It shows respect for other people's feelings, and you want them to respect your space as well.]

Ask the students to brainstorm feelings they experience when their personal space has been invaded. Ask the students to make a list of ways others could have respected their personal space.

Write the following prompt on the board: I had a terrible, no good, very bad day when my personal space was not respected. Ask the students to write about a time when their space was not respected and describe how the situation could have been avoided. Once the stories are complete, have the students revisit their work for editing purposes. Have students focus on capitalization, correct spelling, and complete sentences. Ask the students to edit and rewrite their personal stories.