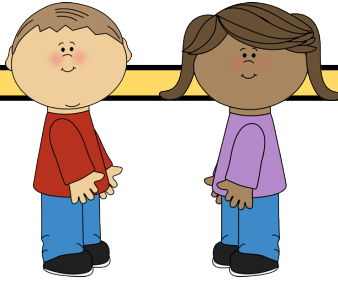




Personal Space



- **Personal space is an invisible “bubble” around our bodies that helps us feel safe.**
- **Everyone has their own personal space or “bubble”. This is the amount of space we like to keep to ourselves, so we feel comfy and happy.**
- **Some people like their bubbles to be a bit bigger, and some like them a bit smaller. The size of our bubble also depends on where we are, what we are doing and who we are with.**
- **When someone gets too close to us, it can make us feel a bit squished or uncomfortable. We may feel like we need to move away so that we have our personal space again. The same is true, if we get too close to someone else. When we go inside someone else’s bubble they can feel uncomfortable.**
- **Personal space is important for most people. We can be nice by not standing too close to someone unless they say it's okay. This way, we all feel good and happy when we're together!**

