

Community Activity – Tuesday, January 12, 2016

Facilitated by Fran Hewitt

Concept for today: "Personal Space"

Large Group Activity: We will meet in the gym and all sit in a circle.

Introduction:

1. How would you define "personal space"?

Personal Space is defined as "the amount of room a person needs to feel safe and comfortable."

2. How do you respect other people's personal space?

Examples: I allow enough distance between myself and the person that I am talking with or playing with. There are 3 degrees of personal space: "hand zone", "arm zone" and the "no zone".

3. Everyone will practice hand, arm and no zone personal space.

Game to illustrate personal space: "Bubble Tag"

Materials: hula hoops

Several children will be chosen to play. Each child will place himself/herself inside a hula hoop. The hula hoop defines the child's personal space bubble. One child will be "it". The game proceeds as any tag game. If "it" tags you, you are now the tagger. If you bump into someone without being it, your bubble bursts and you are out of the game. Give your hula hoop to a new player and sit out.

Discussion: How did it feel to have a defined space? How did you feel if another child approached you?

Snack room Activity:

1. Read the attached list to your group and ask them to decide if the statement is a "good" or "bad" choice and why? Put your thumb up for "good" or "thumb down" for bad.
2. Game: Ask two children to participate. The children will stand about 4 feet apart. Each child will turn SLOWLY and then walk toward the other child arms out in. Stop at the edge of the partner's personal space. Put your arms out in front of you to see if you are correct.
3. Complete the chart to illustrate your understanding of personal space.

2. Personal Space: Good vs Bad Choices

Directions: Put your thumb up if you think the sentence/word is a good choice or down if you think the sentence/word is a bad choice.

1. Touching other children while sitting on the rug in free play.
2. Keeping my "body" to myself.
3. Grabbing another person
4. Pushing another person
5. Walking around children who are playing on the floor in my walking path.
6. Licking another person
7. Kicking with other children playing near me.
8. Keeping my hands to myself while standing in a line.
9. Kissing or hugging another person without his/her permission.
10. Sitting on the rug where I am not tempted to touch others.
11. Climbing on people
12. Sitting near a friend, but not too close

3. Write the following people in the appropriate circle. ²Me ³family, friend, ⁴acquaintance, ⁵community helpers (teachers, doctors, store clerks), ⁶strangers

