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School Counselor Newsletter

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All cultures, communities and families have ground rules that determine the boundaries of their personal space. Often children don't have an accurate notion of the physical space their bodies occupy, and how the rules might be different for people in different settings. Using the personal space tool, we want students to understand:

Each person has personal boundaries.

Each person has a right to his/her own Personal space.

Each person has the responsibility to respect other people's Personal Spaces

Personal Space Tool

I have the right to my space, and so do you.

Here are some suggestions for bringing the personal space tool home:

- Have family members practice asking for their "Personal Space," and remind each other when someone forgets.
- Talk about what it feels like (the emotional discomfort) when personal space is not respected.
- During times of conflict, see if using the Personal Space Tool might help.



Ms. Tovar

Hello! Please reach out if you have any questions or concerns about your child regarding their social/emotional wellbeing.

Discuss strategies students can use when their space is not being respected.

Some examples include:

- Ooops, you're a little too close.
- Could you step back please?
- I'm not comfortable when you're that close to me.
- They can move back and take their own space.

