

## Personal Space

**Learning Objective:** To teach children the concept of personal space

**Skill:** Self-awareness

Ask the children to talk about personal space. Have them focus on the word “personal” when they are thinking about the concept.

**Tell them:**

Personal space refers to the distance between two people. Your personal space is the space around your body that helps you feel comfortable near other people and helps them feel comfortable near you. It’s like an invisible bubble you carry around with you. People who have studied personal space say that there are four space zones.

The first is called the “intimate” zone, which starts where someone can almost touch you and goes out about eighteen inches. This zone is where your family and closest friends will stand to talk with you about something personal or to be near you. If someone you don’t feel close to stands in this zone, you will probably feel uncomfortable.

The second zone is called the “personal” zone. It goes from eighteen inches to four feet out from your body. People you know well stand in this zone for everyday conversations. The third zone, the “social” zone, ranges from four to twelve feet from your body. Acquaintances stand in the social zone to talk to you.

The fourth zone is the “public” zone. It starts at twelve feet and goes as far as you can see. People stand in this zone to speak in public, for example, if someone were running for school office and had to give a speech in assembly.

Distribute the Personal Space Activity Sheet and have children give examples of whom they would usually talk to in each zone. Besides friends and family members, they should think of people at school and in the community.

Name \_\_\_\_\_ Date \_\_\_\_\_

Whenever you're with another person, you should ask yourself, "Does my distance feel right?" On the lines below, write who you would feel comfortable talking to in each zone.



\_\_\_\_\_

**INTIMATE**

\_\_\_\_\_

**PERSONAL**

\_\_\_\_\_

**SOCIAL**

\_\_\_\_\_

**PUBLIC**