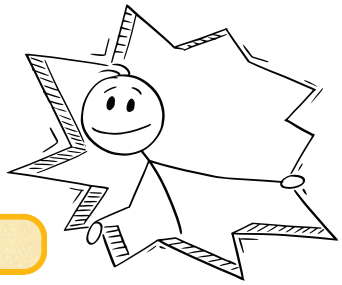
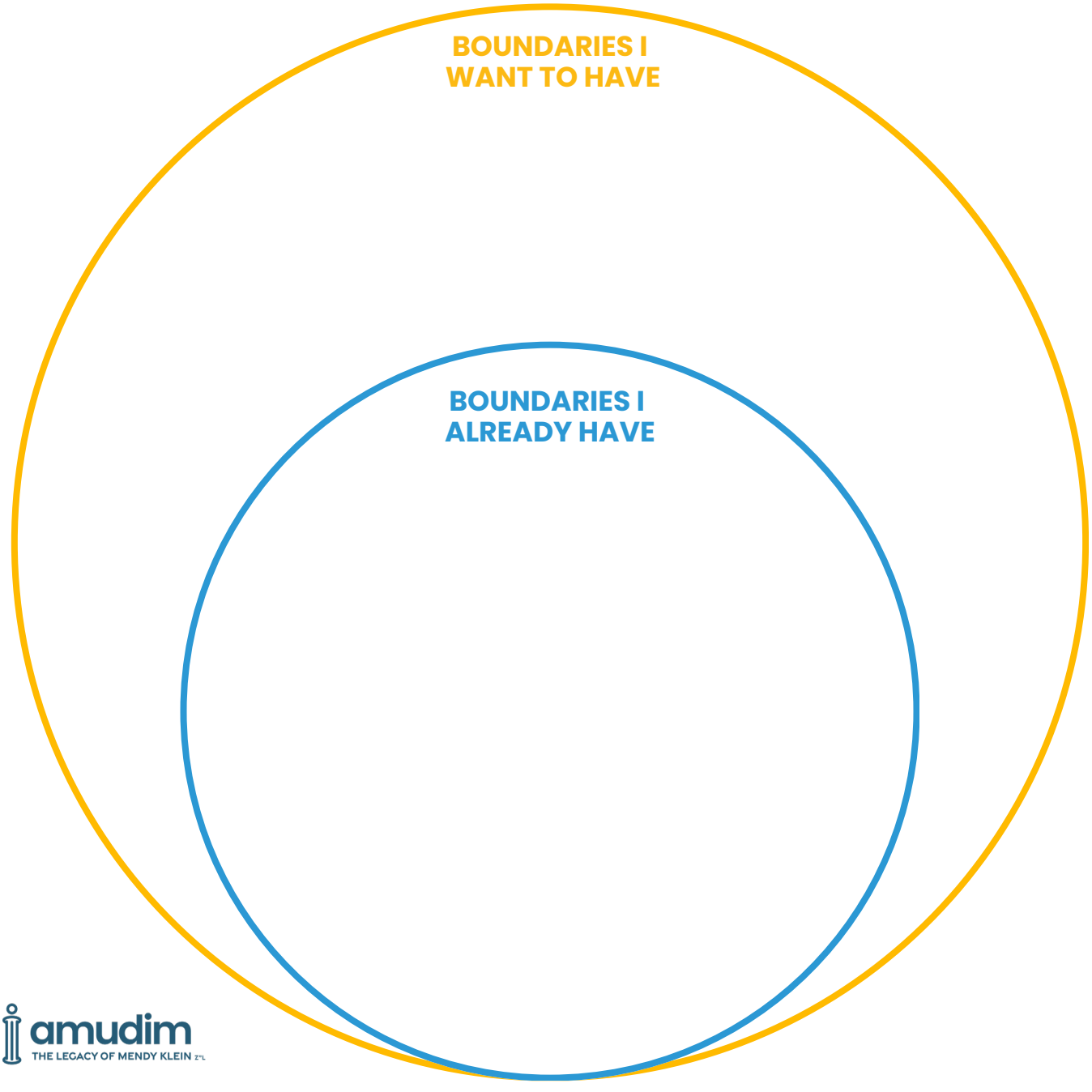
My Space. My Feelings. My Voice.

Checking in with my BOUNDARIES



Based on the Darcheinu/Our Path SEL Curriculum

- Notice in your life where you already have boundaries in place. This may be in your relationships, your time, your physical self, or your belongings. Write those inside the blue circle.
- Notice places in your life where you could really use boundaries. They may be areas where it's hard to say 'no' or you sometimes end up feeling resentful. Write those inside the yellow circle.



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THE LEGACY OF MENDY KLEIN z"l