בס״ד

My Space. My Feelings. My Voice.



More of What Matters

Based on the Darcheinu/Our Path SEL Curriculum

Some things that matter to us are values. Others are needs we want respected. Both can help us find words for our boundaries.

PRIVACY Some things are personal to me.	**PERSONAL SPACE** I can notice how much closeness feels comfortable.	**BEING HEARD** I want room to share what I think and feel.
TIME TO MYSELF Sometimes I want a little time on my own.	**MY OWN WORDS** Something else that matters to me: _____	**MY OWN WORDS** Something else that matters to me: _____

Cut around the cards if you would like to use them with the game.

FOR GROWNUPS:

Let their answers belong to them. Try "Tell me more" or "What would help?" Children can use an imagined example and can pass on sharing something personal.

Make room for two people's needs. Feeling disappointed when a sibling wants to play alone does not, by itself, mean a boundary was crossed. Help children notice what happened and what each person needs.

Stay alongside them. Adults are responsible for household safety rules and for addressing unsafe behavior. Help your child name safe adults who listen and act to help. If one adult does not help, they can tell another.