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My Space. My Feelings. My Voice.

# Under One Roof

**Based on the Darcheinu/Our Path SEL Curriculum**

## MY VALUES

*Values are the things that matter to us.*
*Boundaries help us say what is okay with us and what is not okay with us.*

## START WITH WHAT MATTERS MOST TO YOU.

Choose three valuesof yours and choose a need, like privacy or personal space,

1._____ 2. _____ 3. _____

**Need a starting point? Play My Values together at amudim.org/values.**

## WHERE DOES THIS COME UP AT HOME?

Think of three moments at home. For each one, choose the answer that fits you best and add what you would like others to know.

**1. What matters to me:** _____

A moment at home: _____

○ Okay with me ○ Not okay with me ○ Need to know more

I would like: _____

**2. What matters to me:** _____

A moment at home: _____

○ Okay with me ○ Not okay with me ○ Need to know more

I would like: _____

**3. What matters to me:** _____

A moment at home: _____

○ Okay with me ○ Not okay with me ○ Need to know more

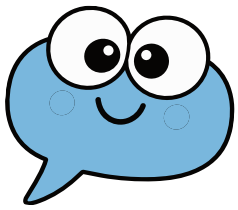
I would like: _____

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# Words I Can Use



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## *A few examples of how what matters to us can become a boundary.*

These sample words are for someone who wants a boundary in this situation.
Your answer may be different. Change the words so they sound like you.

### PRIVACY

Your brother looks through your backpack for a pen. You also keep your journal in that bag.

**WORDS TO TRY:**

"Please ask before looking through my backpack. I can get the pen for you."

### KINDNESS

Your sister tells a story about you at the Shabbos table. Everyone laughs.

**WORDS TO TRY:**

**"I would like to keep that story private. Please ask me before telling stories about me."**

### PERSONAL SPACE

Your cousin sits right against you on the couch while you look at a book together.

**WORDS TO TRY:**

**"I want a little more room. Let's move over so we each have space."**

### HONESTY

Your brother asks you to say he finished his homework, even though he has not.

**WORDS TO TRY:**

"I care about you, and I want to tell the truth. I can't say you finished when you haven't."

**IF YOU WANT HELP:**

**"Can we talk about something that happened? I'm trying to figure out what I need."**

**ONE BOUNDARY I WANT TO PRACTICE THIS WEEK:**

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### YOU CAN ALWAYS ASK FOR HELP.

If an adult says, "Don't tell your parents what we did," you can tell a parent or another safe adult, even if you promised to keep it secret. You can start with:
*"Someone asked me to keep something from you. Can we talk?"*

**You can go straight to a safe adult without speaking to that person first.**

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# More of What Matters

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

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

**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.