



PLANIT
TEACHERS

Exploring Open and Closed Doors: A Social Skills Adventure for 8-Year-Olds

Student Name: _____

Class: _____

Due Date: _____

Introduction to Open and Closed Doors

What is an open door?

An open door is a symbol of invitation, welcome, and accessibility. It means that someone is willing to listen, talk, or share their space with others.

What is a closed door?

A closed door is a symbol of privacy, boundaries, and protection. It means that someone needs alone time, space, or wants to keep their thoughts and feelings to themselves.

Why is it important to respect others' personal space and boundaries?

Respecting others' personal space and boundaries is essential for building trust, maintaining healthy relationships, and avoiding conflicts. It shows that we care about others' feelings and needs.

Activity: Draw a picture of an open door and a closed door. Label each door and write a short sentence explaining what each door means.

What are personal boundaries?

Personal boundaries are the limits we set for ourselves to protect our physical, emotional, and mental well-being. They help us define what we are and are not comfortable with.

Why are personal boundaries important?

Personal boundaries are crucial for maintaining healthy relationships, preventing burnout, and promoting self-care. They help us prioritize our needs and communicate them to others.

How can we respect others' personal boundaries?

We can respect others' personal boundaries by listening to their needs, asking for permission, and being mindful of their feelings and space.

Activity: Read the following scenarios and decide whether the person is respecting or not respecting someone's personal boundaries:

- A friend wants to play with you, but you're busy reading a book.
- A family member wants to hug you, but you're not feeling like being touched.
- A classmate wants to borrow your pencil, but you're not sure if you want to lend it.

How do we knock on a door?

We knock on a door by gently tapping on it with our knuckles, usually three times, to announce our presence and ask for permission to enter.

What do we say when we enter a room?

We say "hello" or "hi" to greet the people in the room and show respect for their space.

How do we ask for permission to enter someone's space?

We ask for permission by saying "may I come in?" or "can I join you?" to show that we respect their boundaries and are willing to wait for their response.

Activity: Practice knocking on a door and asking for permission to enter. Role-play different scenarios with a partner or in a small group.

What do you do when you want to enter a room, but the door is closed?

We knock on the door and wait for permission to enter. If no one answers, we can try again later or find an alternative solution.

What do you do when someone wants to enter your space, but you're not ready?

We communicate our boundaries clearly and politely, saying something like "I'm not ready to talk/play/share right now. Can we do it later?"

What do you do when you're playing with a friend, but they want to take a break?

We respect their needs and take a break together or find an alternative activity to do separately.

Activity: Read the following scenarios and write a short response explaining what you would do:

- You want to play with your friend, but they're busy doing homework.
- You're playing with a toy, but your sibling wants to play with it too.
- You're feeling tired and want to take a break, but your friend wants to keep playing.

Activities and Games

"Door Charades": Act out different scenarios related to open and closed doors, such as knocking on a door or entering a room.

"Boundary Bingo": Create bingo cards with different scenarios related to personal boundaries and play a game of bingo.

Activity: Play "Door Charades" or "Boundary Bingo" with a partner or in a small group.

Reflection and Discussion

What did you learn about open and closed doors?

Reflect on what you learned about open and closed doors, personal boundaries, and social skills.

How can you apply what you learned to your daily life?

Think about how you can use what you learned to improve your relationships, communicate more effectively, and respect others' boundaries.

What challenges do you face when it comes to respecting others' personal boundaries?

Share your thoughts and feelings about the challenges you face and how you can overcome them.

Activity: Write a short reflection on what you learned and how you can apply it to your daily life. Discuss your thoughts with a partner or in a small group.

Summary of key points:

- Open and closed doors are symbols of invitation, welcome, and accessibility.
- Personal boundaries are essential for maintaining healthy relationships and promoting self-care.
- Respecting others' personal boundaries is crucial for building trust and avoiding conflicts.

Final thoughts and reflections:

Reflect on what you learned and how you can apply it to your daily life. Think about how you can use what you learned to improve your relationships and communicate more effectively.

Activity: Write a short summary of what you learned and what you will do to respect others' personal boundaries.

List of books and resources related to social skills and personal boundaries:

- "The Berenstain Bears: Personal Boundaries" by Stan and Jan Berenstain
- "Boundaries: When to Say Yes, How to Say No to Take Control of Your Life" by Dr. Henry Cloud and Dr. John Townsend

Websites and online resources for further learning:

- National Association of School Psychologists (NASP)
- Centers for Disease Control and Prevention (CDC)

Quiz or assessment to evaluate understanding of open and closed doors:

- What is an open door?
- What is a closed door?
- Why is it important to respect others' personal space and boundaries?

Evaluation rubric for activities and games:

- Participation and engagement
- Understanding of key concepts
- Ability to apply what was learned to real-life scenarios

Additional activities and games to reinforce learning:

- "Boundary Role-Play": Practice different scenarios related to personal boundaries and social skills.
- "Door Decoration": Decorate a door with symbols or pictures that represent open and closed doors.

Suggestions for further learning and exploration:

- Read books and articles about social skills and personal boundaries.
- Watch videos and documentaries about communication and relationships.