



Introduction and Instructions

Welcome to the Introduction to Body Awareness and Boundaries worksheet! This activity is designed for children aged 5-6 years to help them understand their body parts, personal boundaries, and emotional awareness related to body autonomy.

Read each question carefully and answer to the best of your ability. Use the pictures and visual aids to help you understand the questions. Ask your teacher or helper if you need assistance.

Multiple Choice Questions

Choose the correct answer for each question.

1. What is the name of the body part we use to see?

- a) Ear
- b) Eye
- c) Nose
- d) Mouth

2. Which of the following is a private body part?

- a) Hand
- b) Foot
- c) Tummy
- d) All of the above

3. How do we usually show respect for someone's personal space?

- a) By standing very close to them
- b) By touching them without asking
- c) By giving them some space
- d) By ignoring them

4. What do we call the feeling when someone touches us without our permission?

- a) Happy
- b) Sad
- c) Angry
- d) Uncomfortable

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5. Why is it important to ask before touching someone?

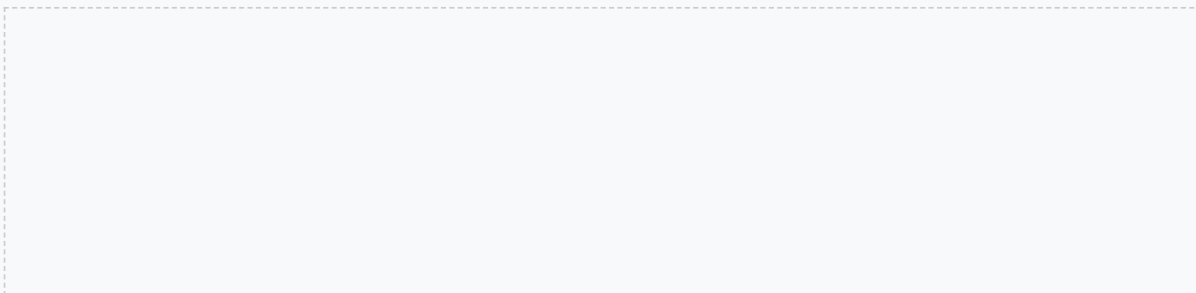
- a) Because it's fun
- b) Because it's polite
- c) Because it shows respect for their body
- d) Because it's a game



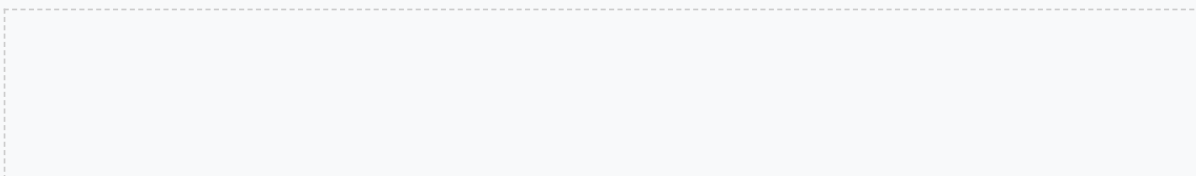
Short Answer Questions

Answer each question in complete sentences.

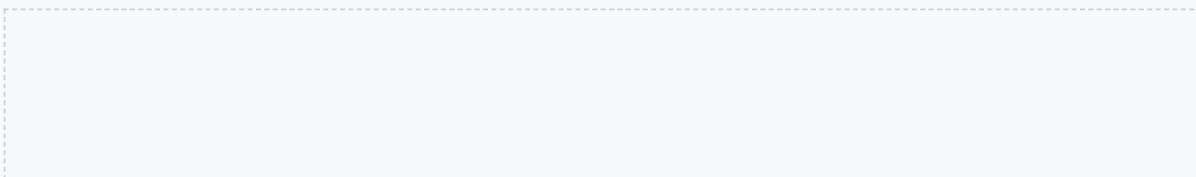
1. Draw a picture of your face and label your eyes, nose, and mouth.



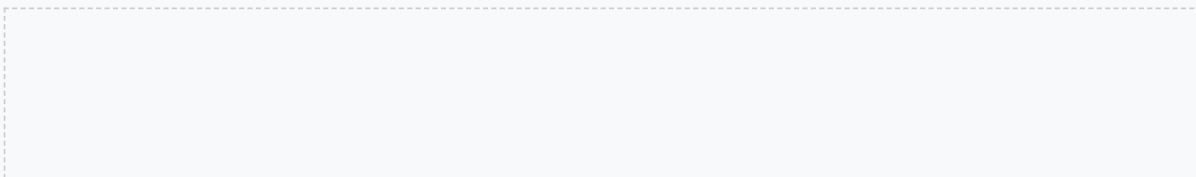
2. What are some body parts that are private? Why are they private?



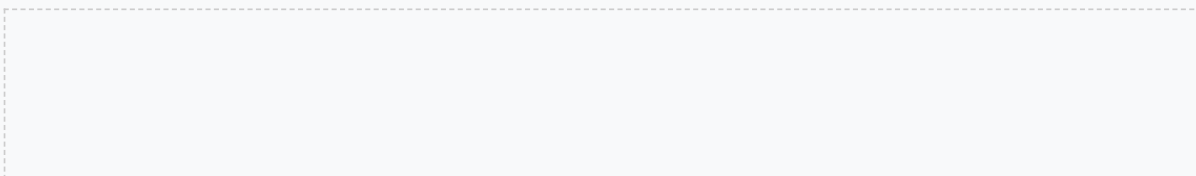
3. How do you feel when someone respects your personal space? Use one or two sentences to describe your feelings.



4. Can you think of a time when someone touched you without asking? How did you feel? What did you do?



5. Why is it important to respect other people's bodies? Use one or two sentences to explain your answer.

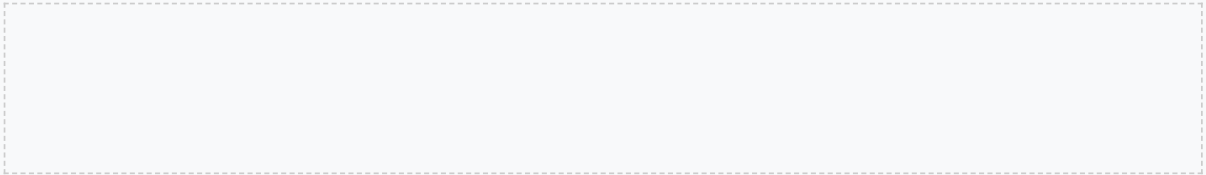


Picture Matching

Match the following pictures with the correct body part or emotion.

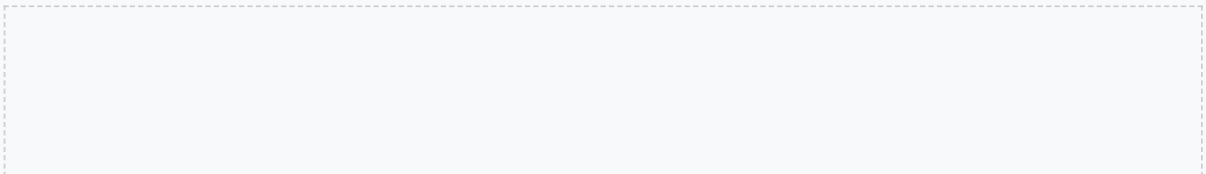
1. A picture of a smiling face

- a) Happy
- b) Sad
- c) Angry
- d) Surprised



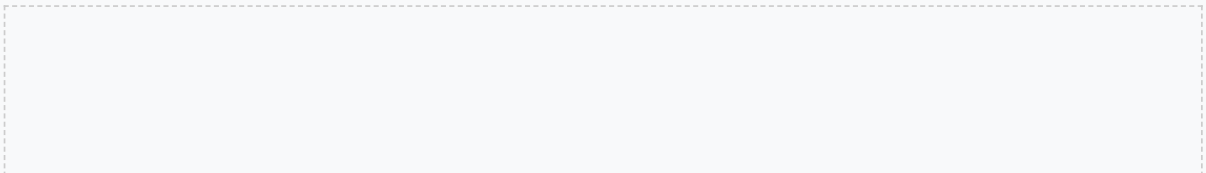
2. A picture of a hand

- a) Foot
- b) Hand
- c) Eye
- d) Nose



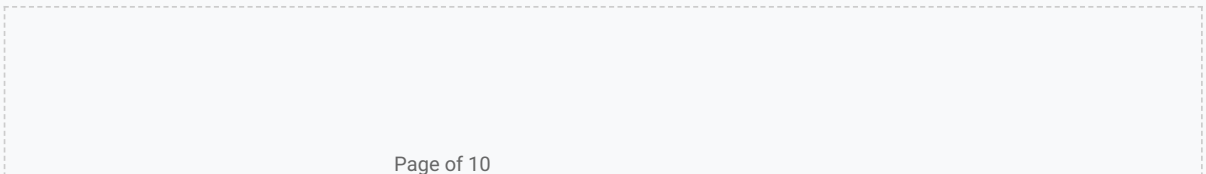
3. A picture of a person with their arms crossed

- a) Happy
- b) Sad
- c) Angry
- d) Uncomfortable



4. A picture of a foot

- a) Hand
- b) Foot
- c) Eye
- d) Nose



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5. A picture of a person looking sad

- a) Happy
- b) Sad
- c) Angry
- d) Surprised



Body Parts Labeling


Label the following body parts.

1. Eyes: _____
2. Nose: _____
3. Mouth: _____
4. Hand: _____
5. Foot: _____

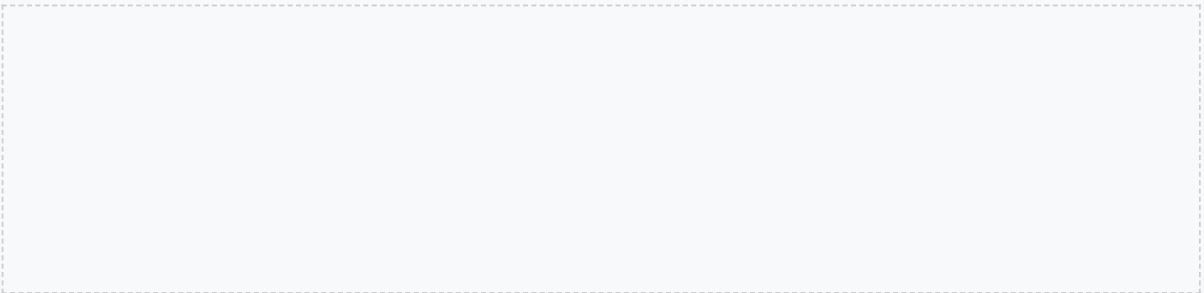
Feelings and Emotions

Draw a picture that shows how you feel when:

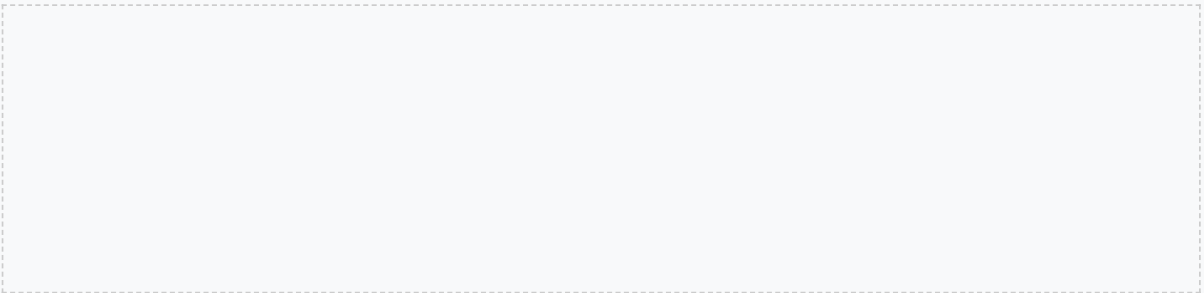
1. Someone respects your personal space



2. Someone touches you without asking



3. You are happy and excited



Conclusion

Congratulations! You have completed the Introduction to Body Awareness and Boundaries worksheet. Remember to always respect other people's bodies and personal space. If you have any questions or concerns, don't hesitate to ask your teacher or helper.

