

**Document Purpose:** Social Story for Personal Space and Safe Touching

**Target Age Group:** Early Primary School

**Learning Objectives:** Personal boundaries, Safe interaction, Body awareness

## Understanding Personal Space

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Everyone has their own special bubble of personal space that helps them feel safe and comfortable. My personal space is like an invisible bubble around my body that gives me room to move, breathe, and feel good.

- My bubble is about an arm's length all around me
- When people respect my space, I feel happy and safe
- I respect others by giving them their space too
- Different activities need different amounts of space

## My Special Hands

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My hands can do many wonderful things that make me and others happy:

- Drawing beautiful pictures
- Writing interesting stories
- Building amazing things with blocks
- Helping others when they need it
- Playing games with my friends
- Creating art and crafts

## Safe Touching Guidelines

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### Things I Can Touch:

- My personal belongings
- My own desk and chair
- My school supplies
- My toys and books
- My own clothing

### Things That Need Permission:

- Shared classroom materials
- Other people's belongings
- Class pets or plants
- Teaching materials
- Display items

## My Sensory Tools

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When I need to touch something, I can use these special tools:

- My personal stress ball
- Approved fidget tools
- Textured cards
- Squeeze toys
- Therapy putty

**Remember:** These tools are for quiet use and should stay in my personal space.

## Managing My Feelings

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### When I Feel Like Touching:

1. Stop and take a deep breath
2. Notice how my body feels
3. Think about my choices
4. Use my calm down tools
5. Ask for help if needed

### My Calm Down Choices:

- Count to 10 slowly
- Take three deep breaths
- Use my fidget tool
- Draw a picture
- Walk to the quiet corner
- Ask for a movement break

## Success Strategies

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### My Daily Checklist:

- Keep my hands to myself
- Ask before touching others' things
- Use my tools when needed
- Give friends their space
- Follow classroom rules
- Celebrate my good choices

## When I Need Help

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### People Who Can Help Me:

- My teachers
- School counselor
- My parents or caregivers
- Trusted adults at school
- School nurse

I can always ask for help when:

- I feel uncomfortable
- Someone is too close to me
- I'm not sure about touching rules
- My feelings are too big to handle

## Special Situations

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### OK Times for Closer Contact:

- During group games
- In busy hallways
- Sitting on the carpet
- Lining up for activities

### What I Can Say:

- "I need more space please"
- "Can we spread out more?"
- "That's too close for me"
- "Let's give each other room"

## My Achievements

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### I'm Doing Great When I:

- Remember my personal space bubble
- Use my words to express needs
- Choose appropriate touching
- Help others feel comfortable
- Use my sensory tools properly
- Follow the class guidelines

### My Rewards:

- Positive notes home
- Special helper jobs
- Extra choice time
- Stickers or stamps
- Praise from teachers

## Remember

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Important things to keep in mind:

- My body belongs to me
- I have the right to feel safe
- It's okay to say "no" to unwanted touch
- I can always ask for help
- My feelings matter
- Being respectful makes everyone happy

**I am doing my best every day to respect myself and others!**