

***Six Super Student Discussions & Activities.  
Use as Teacher Notes for Class Handouts.  
In Black & White ~ A Ready-to-Go Printable***

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## 1. Discuss: DEFINE & EXPLORE WITH YOUR CLASSES

### What types of boundaries are there?

- > Ask the class for their ideas on the types of boundaries that exist.
- > Add to their ideas from the list below.
- > Have the class define each type, and add more to the list.

1. **Physical Space:** How much space do you want between yourself and others? What types of affection and/or touch do you want, and from whom? What is your comfort zone?
2. **Intellectual-Mental Preferences:** How do you respect other people's viewpoints even if you strongly disagree? Can you respect those who have different preferences, world views, including hot topics like politics and religious beliefs?
3. **Communication & Relationship:** How would we like to be spoken to? What sorts of feedback is helpful or hurtful to you? How much do you feel comfortable disclosing to another person? Are you uncomfortable hearing about someone's private concerns?
4. **Energetic, Emotional Dynamics:** What kind of people do you want to be around? What types of people do you not want to be around? How can you keep healthy boundaries for yourself especially if you do not choose the relationship (ie., work assigned, relatives)?
5. **Spiritual & Religious:** Can you allow others to enjoy their chosen spiritual life (or lack thereof) without needing to change them? Do you need to convince others to see things your way? Do you honor your own beliefs without needing to explain, justify, or defend them to others?
6. **Legal:** What reasons would you need to legally enforce your boundary? For what situations would you need an attorney? What if you were having a neighbor dispute over your property line? Or, perhaps you are being threatened, in which case you may need legal advice and restraint from someone who intends to harm you.

## 2. Discuss: CLASS CHALLENGE > GIVE EXAMPLES

### Examples where boundaries are used & the benefits thereto!

> Given is a short list of examples. Expand on this list—or make your own set of 5 examples.

#### For setting verbal or written expectations

*Examples:*

Grading goals to set targets

To let others know what you can or cannot do

#### To set and recognize there are limits

*Examples:*

Classroom etiquette or school protocols

Family and friendship issues and communicating thereto

#### To gain respect from others who push limits or have no boundaries

*Examples:*

Bullies need distinct boundaries and need to know consequences

Dating limits on personal space (i.e. kissing, etc.)

#### To protect personal property

*Examples:*

Divorce attorneys negotiate settlements on behalf of their client

Restraining orders keep others from harming you

#### To stop someone from physically invading your space

*Examples:*

Stopping a co-worker from nosing through your work space or stealing ideas

Halt someone from walking into office meetings or butting into conversations

#### Empowers you to make better choices and takes responsibility for your actions

*Examples:*

Communicating effectively builds your self esteem

Stating your actions so others know where you stand

#### Helps you become more assertive and self confident

*Examples:*

Realizing something is off limits helps define your boundaries

The more you practice your truths, the easier boundary making becomes

#### Creates equal partnerships where responsibility and power are shared

*Examples:*

Creates respect in all relationships and opens up communication

Sets a precedence for cooperation in all interactions >> **Add onto this list!**

### 3. Activity: CLASS GROUPS > SHARE IT!

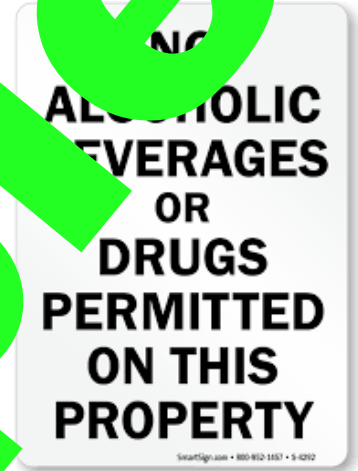
#### How do you set a boundary?

- > Form small groups of 3-4;
- > Write down 3 ways to set boundaries;
- > Elect one person from the group to verbally share them with the class.

Here is a short list of action examples to get started on this class exercise:

#### Examples May Include:

- Verbally tell someone your boundary
- Put a boundary request in writing
- Physically fence off your property to keep others out
- Physically fence off your property to keep animals out
- Locking your house or car doors
- Delivery of a summons
- Making your personal things inaccessible
- Post a list of dos and don'ts
- Have a meeting to create structure and rules
- Make a list of best practices



### 4. Activity: BOUNDARY BUFFERS > LIST IT!

#### Name some Boundary Buffers.

- > These are examples of actions that stretch and go beyond practical limits.
- > Everyone! Make a list of your own boundary buffers you have experienced.

#### Examples May Include:

- Stealing and lying
- Dishonest communication
- Borrowing things without permission
- Infringement of copyrights
- Sexual abuse - animal abuse - any abuse!
- Brainwashing others to conform
- Using another for self gain
- Forcing your will and beliefs on another



## 5. Activity: PERSONAL SPACE > FIND IT!

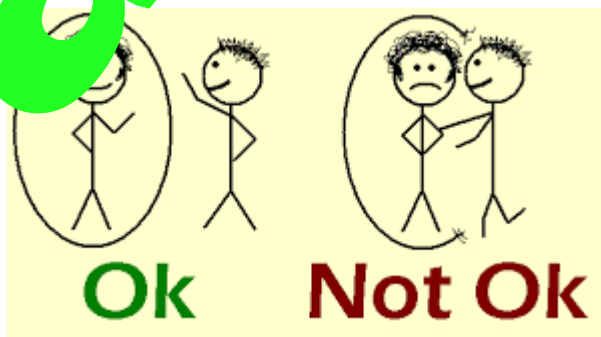
### Find Your Comfort Zone ~ Test Your Personal Space Boundaries.

#### Activity:

1. Students will pair off, preferably with someone they do not know.
2. Have the pair stand face to face about 7 feet apart.
3. One person (A) will remain stationary and close their eyes.
4. The other person (B) will walk slowly and quietly toward person A who is standing still.
5. When person A feels his/her space being infringed, person A is to say STOP. They can open their eyes to observe.
6. Switch roles and repeat.

#### Reunite the class and discuss these questions:

1. What did you notice about the differences in personal space?
2. Did you learn anything about your own or the others personal space distance?
3. Some people may have a smaller areas of person space than our own. For example, a person may talk to another person inches from someones face. Name some ways you can communicate our physical space boundary—our comfort zone in a respectful manner.



## 6. Activity: ENFORCING BOUNDARIES > DO IT!

**Explain how you would enforce your boundaries over your personal items.**

**Activity:**

Physical Boundaries can include your bedroom, your car, your home, your office space, your desk and more. What other personal things might you include in a list that have personal boundaries.

What are ways boundaries could be violated, and what you can do to enforce them? Use the worksheet below to resolve how you would deal with personal boundaries.

Discuss your ideas with your class or in groups.

Reference items you own --or refer to your personal space	Describe how your personal space might be violated	How can you enforce a boundary so you are not violated
Example: My school locker  <i>Describe 5 more examples</i>	You find a friend rummaging through your locker without permission.	Remind your friend to ask permission first. Also, do not give your locker combination out.

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