



## Parent Page



### Space Bubbles

We are learning about Space Bubbles! Space Bubbles are a make believe space around each person that helps us respect our friends. Our Space bubble helps us remember to keep our hands to ourselves and control our bodies.

#### Here are some things you can do at home:

- **Talk as a family about personal space.** Everyone has personal space. It is like having a imaginary bubble around you. No one should come into your personal space in a harmful way like hitting and shoving.
- **Where is your Space Bubble?** One way to “see” personal space is to have your child or another family member stand up and put their arms out to their sides. Then have them turn in a circle. They have just made their imaginary bubble!
  - Have two or three family members stand up, put their arms out to their side, and turn around in a circle. Did anyone get into another person’s personal space?
- **Talk about Space Bubbles.** If there are times at home when your child(ren) has difficulty keeping hands and feet to themselves, it’s a great time to talk about Space Bubbles! You can use a hula hoop or a circle of ribbon to show where a person’s Space Bubble or personal space is. A carpet square or an old placemat can be used to show where a child should sit.
- **Bubbles!** Have fun blowing bubbles and watching them float in the air. Have your child(ren) take turns popping bubbles. This is like getting too close to someone’s personal space. When we are with people, we should be careful to keep out of their Space Bubble or personal space.