

TEST YOUR LEVEL OF COMFORT!

Grade level : Cycle 2 & 3 Elementary

This activity aims at helping children identify their level of comfort regarding their personal space.

Goal

Allowing children to recognize and designate their level of comfort.

Material

A large room, gym or school yard.

Procedure

Divide your class into two groups. Have one group stand at one end of the room and the other group face them from the opposite side, as to ensure each student has a partner in front of them. Ask one group to start walking towards the person facing them. Instruct the other group to say "STOP" when they feel that their personal space (bubble) has been invaded. Switch roles and allow the other students to move towards the person facing them.

Additional information: Ask the children to comment on their level of comfort as their partner started getting closer. Point out that everyone has their own level of comfort (personal space/bubble). For example: Would you have preferred for the person to have stopped sooner? or Are you comfortable with people coming into your personal space?

Questions for the group:

- How did it feel when the person began to get closer to you?
- How does your body react when someone gets too close or has physical contact without your consent?
- What should we do before holding hands, kissing or hugging someone?

