

Have you ever said **no**
when you wanted to say **yes?**

Have you ever said **yes**
when you wanted to say **no?**



**This is a time when
my body felt strong:**



**This is a time when
my mind felt strong:**



**This makes me
laugh**

**This makes me
worry**

**This makes me feel
tired**

**This makes me feel
hopeful**

hugs



What do you do when someone who takes care of you wants a hug?

What about your teacher?

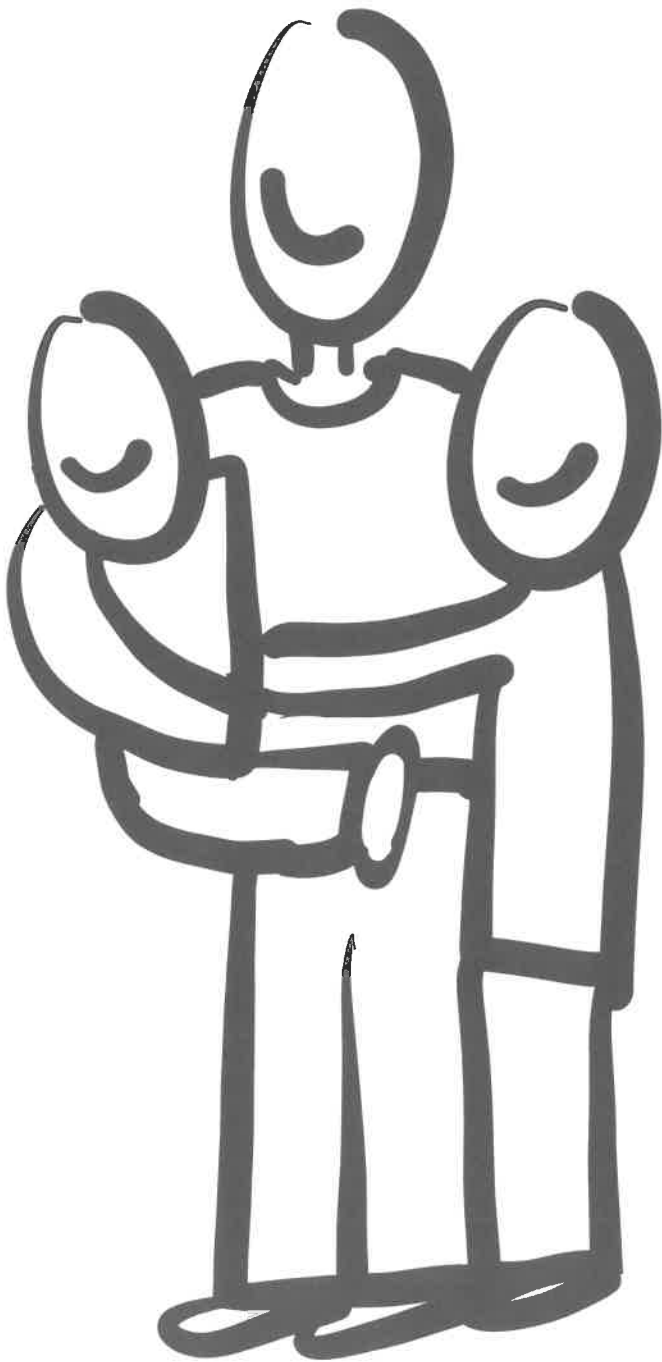
What about your neighbor?

What about your friend?

What about your friend's parent?

What about your coach?

What about someone you don't know?

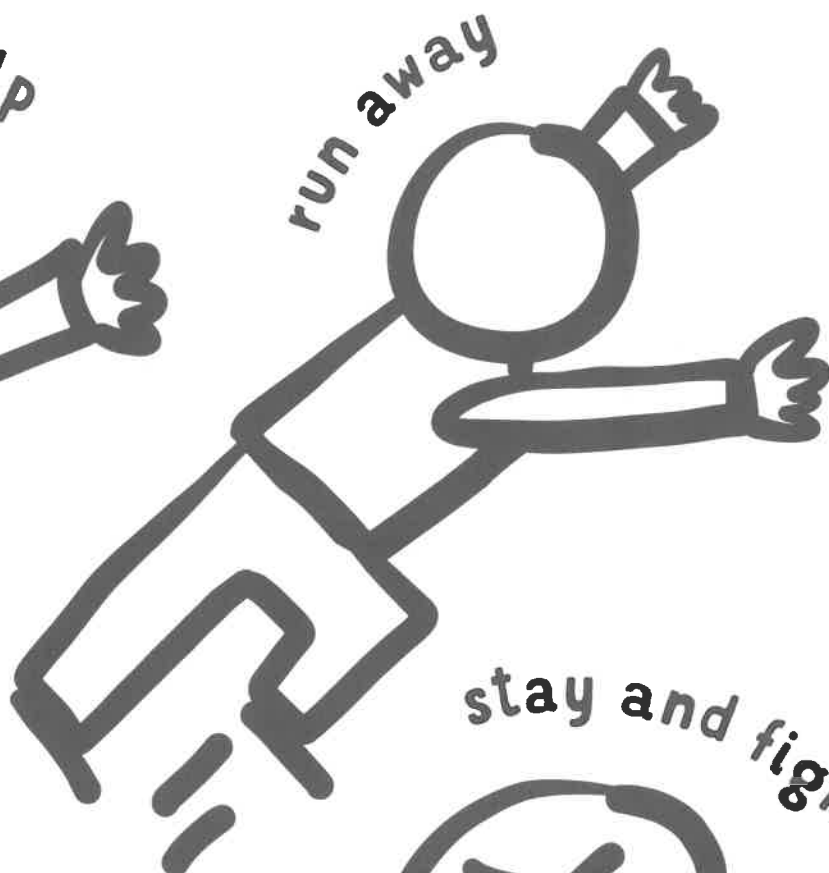




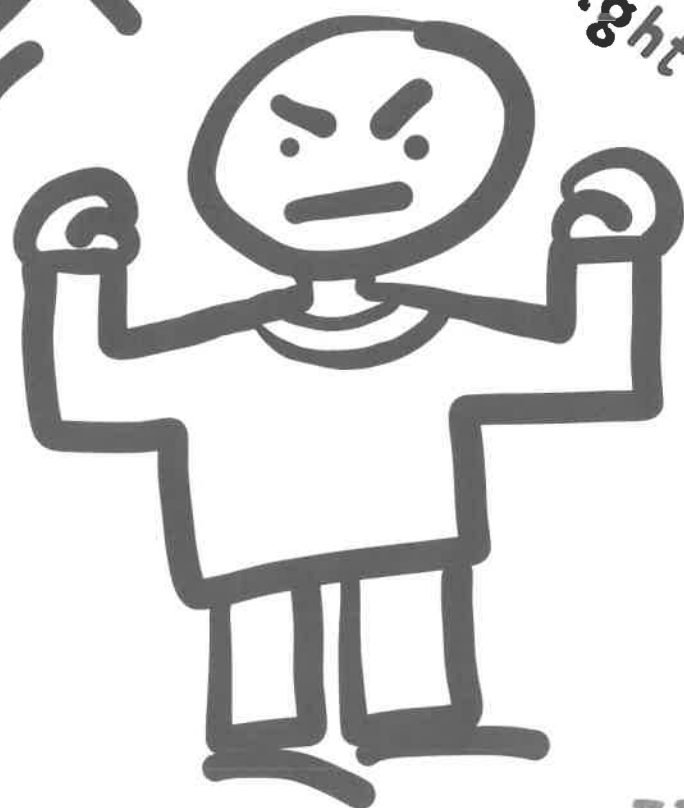
feelings

How many feelings
can you name?

When I feel scared I usually...



stay and fight



hide somewhere





**Who is
allowed
in your
treehouse?**



caring

**How do you show people
you care about them?**



Who would you take
along on your spaceship?



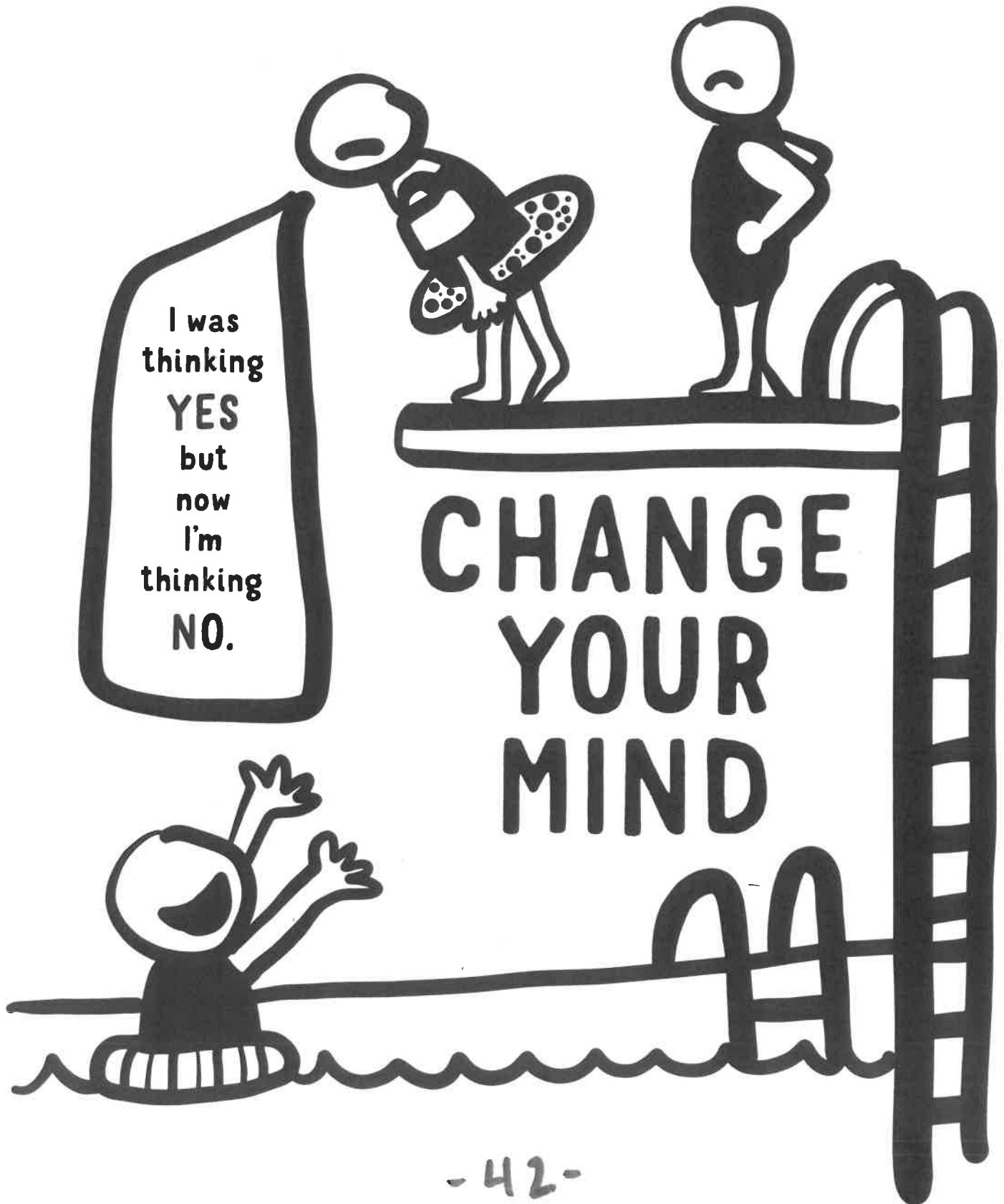
understanding personal space

**How can you tell from a friend's body language
when they might need some personal space?**

**What are some ways to find out how someone is
feeling or what they are thinking?**

**How do you feel when a friend
asks for space?**

IT'S OK TO





second thoughts

Have you ever thought that something would be fun, but then when you get to do it, you change your mind?

**Has your friend ever changed their mind about doing something you planned to do together?
How did you feel about that?**





personal bubbles

Every part of your body is your own personal space, or your “personal bubble.” Personal bubbles are invisible. Draw what your own bubble would look like: