

TOOL BOX

Age: 8-10 years old

Estimated time: 20 minutes

Theme: Personal Boundaries

Goal

Know how to act to enforce our boundaries and what to do if they are exceeded.

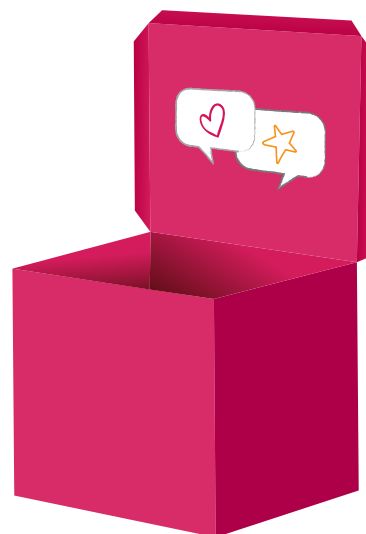
Material

- Cardboard with a box shape to cut out (dotted lines for folding)
- Dotted sheet representing tips for setting boundaries
- Dotted sheet with empty sections for the child to include their own techniques

Procedure

Explain what a personal boundary is: it is a line that we shouldn't cross. It is what our body allows us to do and what we are comfortable with (physically, emotionally and virtually).

1. Give the child the box shape and the dotted sheets.
2. Explain the steps to the child:
 - Cut out the box and fold it following the dots.
 - Write your name on the tool box.
 - Cut out the different tips for setting boundaries.
 - Write your own techniques for setting your boundaries in the blank sections.
 - Once all the tips are cut out and you've written your own, you can draw on the box.
3. Scenarios: Read out the scenarios and have the child decide how he/she can set boundaries for each situation. Your child then picks the reaction/technique from the tricks in the tool box.



Discussion points

- Have you ever had a hard time setting your boundaries? Why?
- How can these tips help you now?
- What are the tips you'd give someone who has a hard time setting their own boundaries?

Conclusion

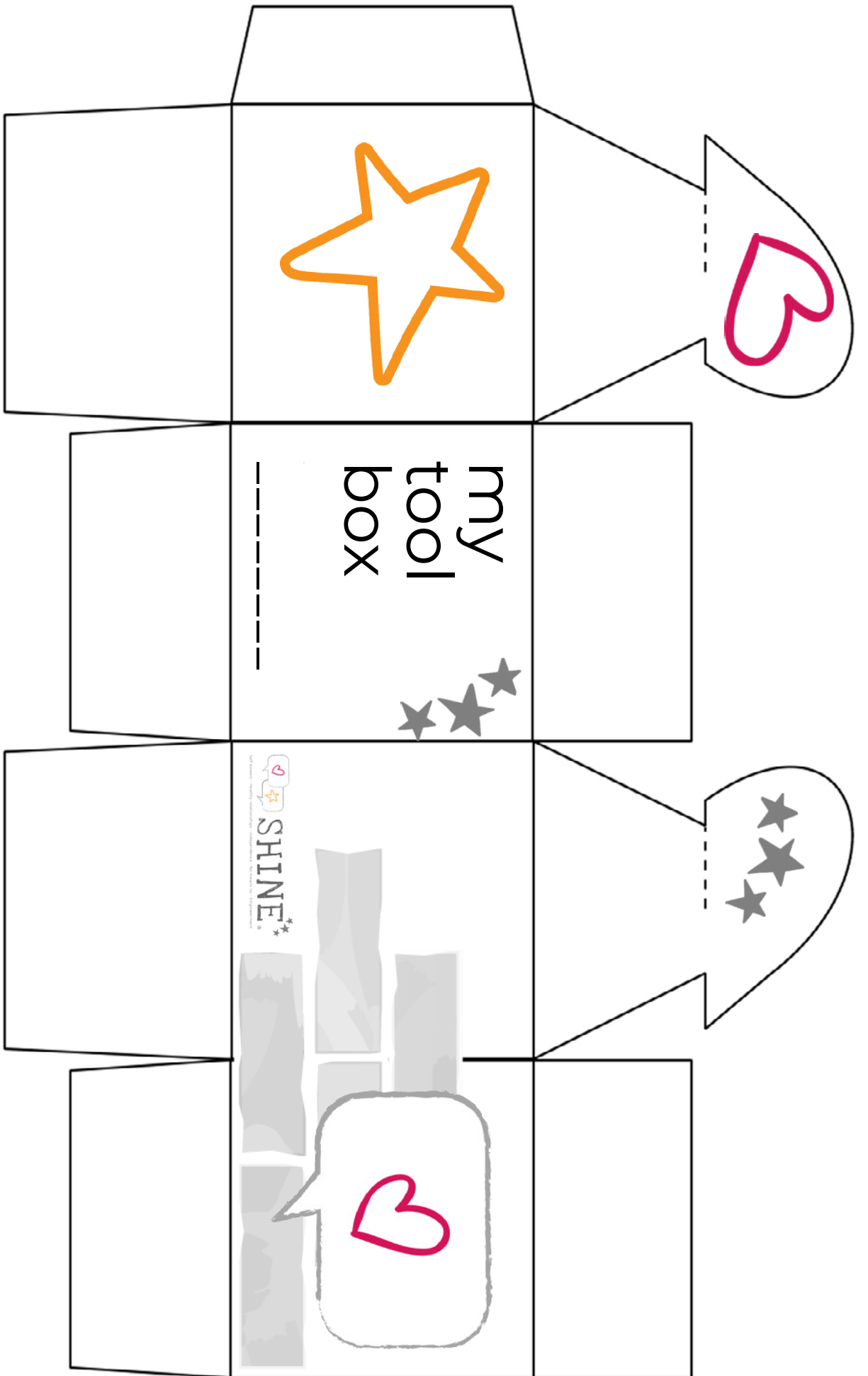
We are all very different human beings and are not comfortable with the same things. Our personal boundaries are very important and ensure that we feel respected and are comfortable in our body. If you ever have a hard time setting your own boundaries, you can always ask for help from an adult that you trust.

Scenarios

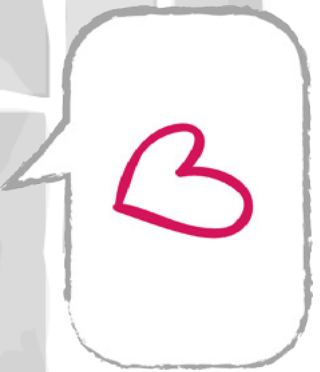
- Your aunt wants to give you a kiss, but you don't want to.
- You receive a hurtful message while playing an online game.
- Your friend insulted you in the school yard.
- An adult you don't know asks you what your name is and where you go to school.
- Your sister doesn't knock on the door before entering the bathroom while you are inside.

Cutouts

 Say what you want/don't want	 Offer an alternative to show your affection (ex : handshake)
 Know your preferences	 Say NO
 Distance yourself from the person	 Block the person
 Report the person	 Talk to a safe adult
 Talk to a friend	 Don't answer
 Delete from friend list	
 	
 	



my
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box



SHINE