

What is “Personal Space?”

I have an area around my body that is called my “personal space”.

This space is like an invisible bubble.

Every person has personal space.

My mum has personal space.

My teachers have personal space.

My friends have personal space.

Sometimes my personal space is large.

When it is large, my personal space goes out to my fingertips.

When my personal space is large, other people stay outside of it.

When my personal space is large, I do not touch other people, and they do not touch me.

This helps all of us to feel comfortable.

Sometimes my personal space is small.

When my personal space is small, it is about the same size as my body.

When my personal space is small, I might touch other people, and they might touch me.

This is usually with people I know really well, like my parents and close family.