

Activity: “Protecting Our Bubble of Respect”

Objective

Help children **identify personal space**, practice **kind communication**, and recognize how **actions affect others’ feelings**.

Part 1: Draw Your Bubble (10–15 minutes)

Materials:

- The **coloring page**
- Crayons/markers
- Optional: glitter stickers, hearts, stars

Instructions:

1. Have children color the picture.
2. Ask them to imagine **their own invisible bubble**.
3. Inside the bubble, have them:
 - Draw or write **things that make them feel safe, happy, and respected**
Examples:
 - Smiles
 - Friends
 - Kind words
 - Listening ears
 - Sharing
 - Saying “please” and “thank you”

Prompt:

“Your bubble is special. It protects your feelings.”

🗨 Part 2: Words That Help or Hurt (Circle Time – 5–10 minutes)

Say:

“Words can either **protect** someone’s bubble or **pop** it.”

Hold up two signs (or just use voice cues):

-  **Bubble Safe**
-  **Bubble Pop**

Read examples and let kids respond:

Phrase	Kids Say
“Can I play with you?”	
“Stop, I don’t like that.”	
“You can’t sit here.”	
“I’m sorry.”	
Pushing or grabbing	

Reinforce:

“Respect means listening when someone tells us about their bubble.”

Part 3: Bubble Promises (5 minutes)

Have each child complete one sentence:

- **Pre-K / K:**
“I protect bubbles by _____.”
- **Grades 1–5:**
“I can protect someone’s bubble by using kind words, respecting space, and showing empathy.”

You can:

- Share aloud
 - Post on a wall titled “**Our Bubble of Respect**”
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Optional Extensions (Use Anytime)

Role-Play (Grades 2–5)

Act out quick scenarios:

- Someone wants a hug
- Someone says “stop”
- Someone feels left out

Ask:

“Was the bubble respected? What could we do differently?”

Calm-Down Tie-In

Teach kids:

“If your bubble feels shaky, you can take a breath, ask for space, or tell a grown-up.”

 Closing Reflection (1 minute)

End with:

“How can we protect each other’s bubbles today?”

(Exactly like your description — perfect consistency.)