

Boundaries Family Questions

Today we explored boundaries. We looked at how boundaries are our own personal safe guards and how they can help others understand how to treat us. We discussed what the opposite of having boundaries is and explored why having boundaries can sometimes be difficult.



**I heard today's topic was about
boundaries;**

What are boundaries?

Why are boundaries important?

**How can we help others to understand and
respect our boundaries?**

Tip: Together as a family discuss what boundaries are. Talk about your individual boundaries at work and school, then try to come up with your own FAMILY boundaries. Discuss your boundaries with each other and your boundaries as a family team when you interact with others/other families. You could even create your own Family Boundaries Poster to display the standards you live by for each other and for visitors to your home.