

My Boundary Plan

Signs that I might need a boundary:

_____ I feel yucky in my tummy

_____ My heart is beating fast

_____ I want to run away

_____ My face feels hot



I feel:

_____ Mad or frustrated

_____ Sad or hurt

_____ Scared or worried

_____ Uncomfortable

_____ Left out or embarrassed



This might happen when:

- Someone touches me and I don't like it
- Someone is teasing or being mean
- Someone won't let me have a turn
- Someone won't stop after I ask
- The rules feel unfair or keep changing

I can say:

- Stop
- No thank you
- Please don't do that
- It's my turn now
- I don't want to play that way



I can also:

- Move my body away
- Choose a different activity
- Play with someone else
- Ask a trusted grown-up for help
- Tell a trusted grown-up how I feel

Which one do you want to try?

Draw a picture of yourself setting a boundary.

