

My Daily Helper

Pink Bunny & Friends

Keeping Personal Space



**A Social Story About
Respecting My Body and Other People's Bodies**

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Bodies Need Comfortable Space



People need different amounts of space depending on the person, place, and activity.

Ask Together

How could this step help you?



I May Stand Too Close



Sometimes I move closer than another person expects.

Ask Together

How could this step help you?



Someone Can Ask for Space



A person may step back, hold up a hand, or tell me they need more room.

Ask Together

What words or pictures could you use?



I Notice the Distance



I look at our feet and bodies to understand how close we are.

Ask Together

How could this step help you?



I Learn the Space Bubble



An arm length or marked spot can help me learn a comfortable distance.

Ask Together

How could this step help you?



I Take a Step Back



I move back calmly. Asking for space does not mean someone dislikes me.

Ask Together

How could this step help you?



I Ask Before Touching



Before a hug or touch, I ask and wait for the person's answer.

Ask Together

What words or pictures could you use?



A Person May Choose Something Else



The person may choose a wave, smile, fist bump, or no contact.

Ask Together

How could this step help you?



I Respect the Answer



I accept the answer and choose a greeting that feels safe for both of us.

Ask Together

How could this step help you?





I protected my body and my friend's body by respecting personal space.

Ask Together

What part of this story are you proud of?

