

Personal Space

A Social Narrative

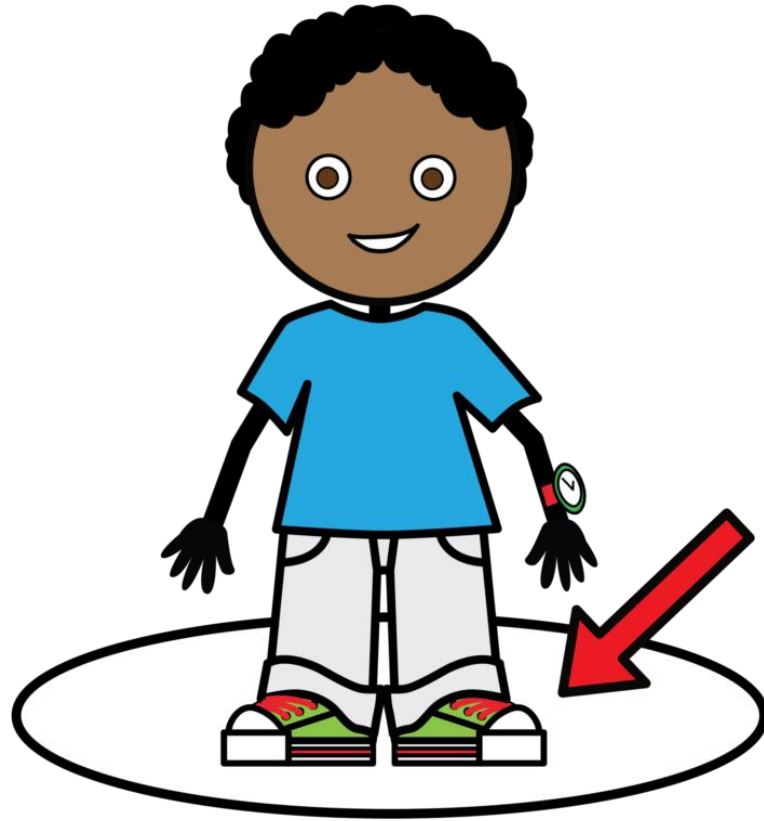
Instructions for Using This Social Story Template

- Anything italicized and in red is a place to insert or update wording to match your student. Pictures can be removed or replaced to best match your student's needs.
- Be sure to look at the notes section below the slides for additional instructions.
- Social narratives are best when they are personalized. Change the images or wording as needed to individualize the story to your student's needs.
- Remove this instruction page from the social narrative before printing/sharing with your student.
- Social narratives work best when they include more descriptive than directive statements (two descriptive statements for every one directive statement). Descriptive statements share facts and feelings. Directive statements direct behavior or a student's responses to situations.
- For more information about how to write social stories, visit <https://tipsheets.vkcsites.org/how-to-write-a-social-story/>.

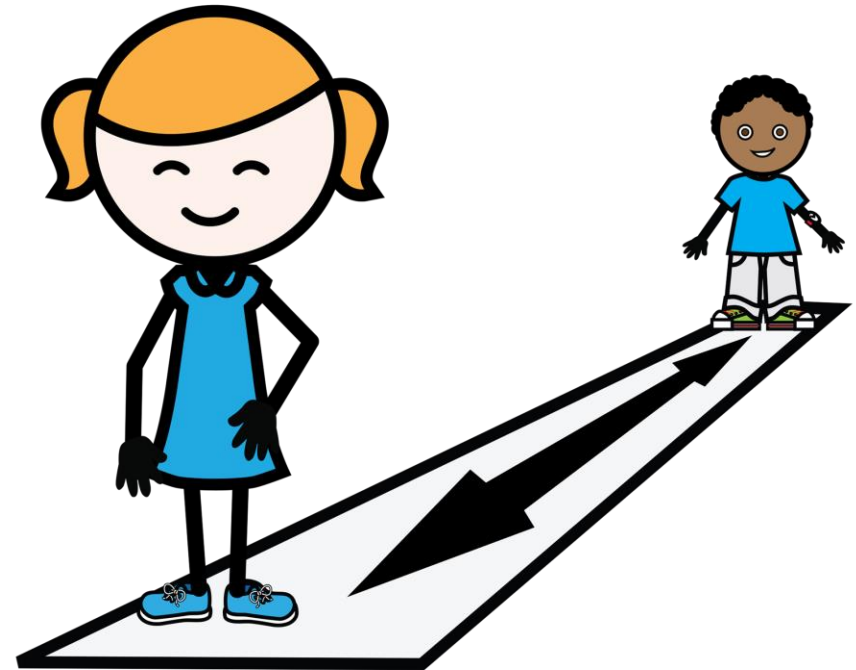
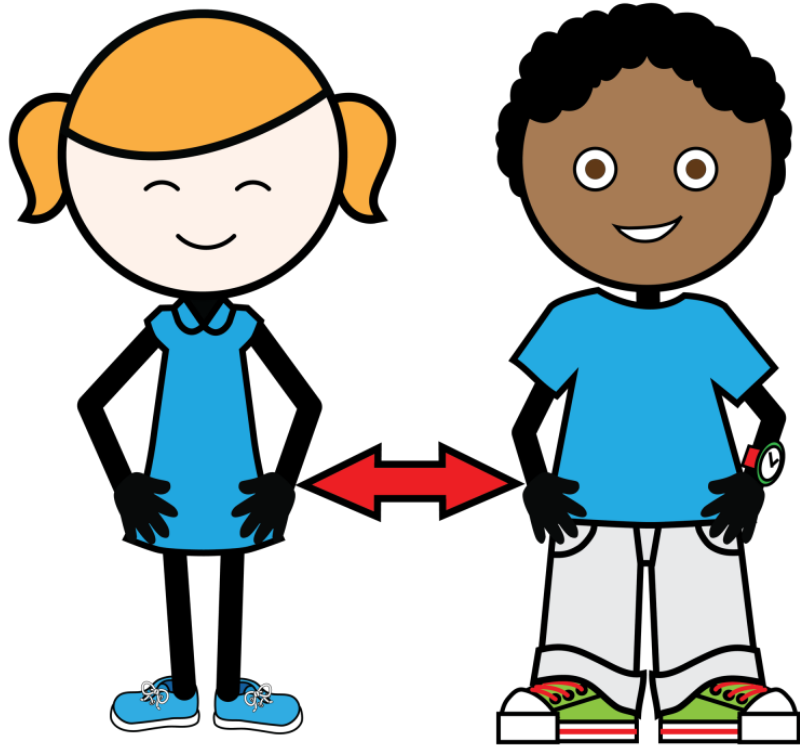




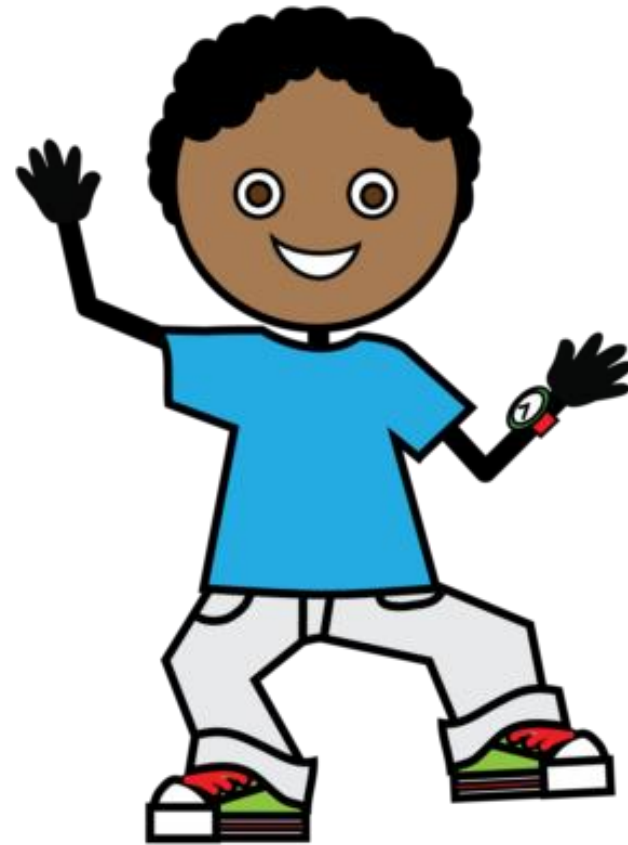
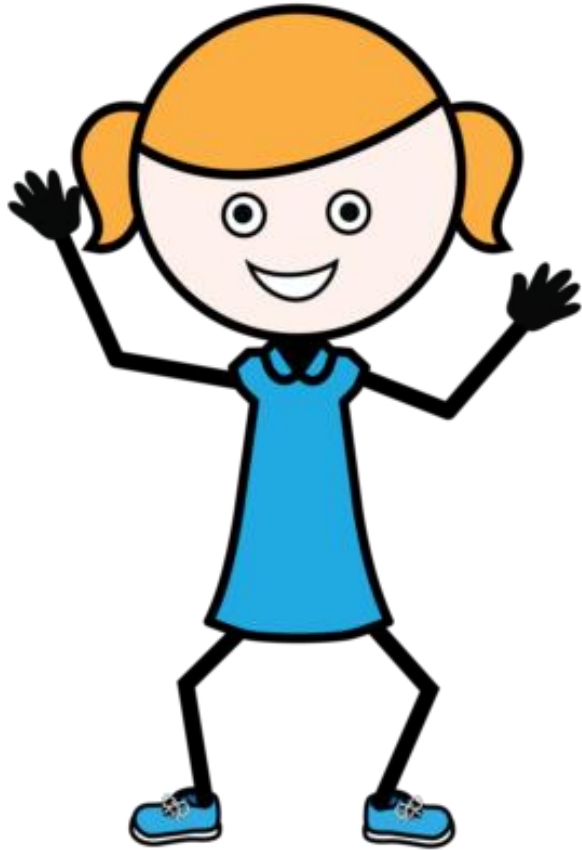
I am learning about personal space. Personal space is how much room someone needs between themselves and others to make them feel comfortable.



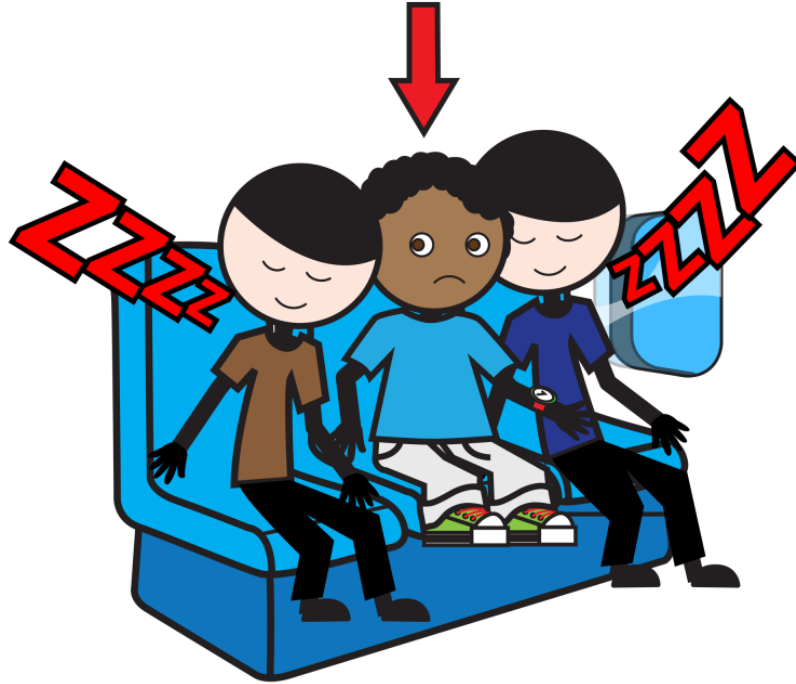
It might help to think of this like an invisible bubble around you!



Everyone's personal space is different. Some people like being close to others or they may like being far away from others.



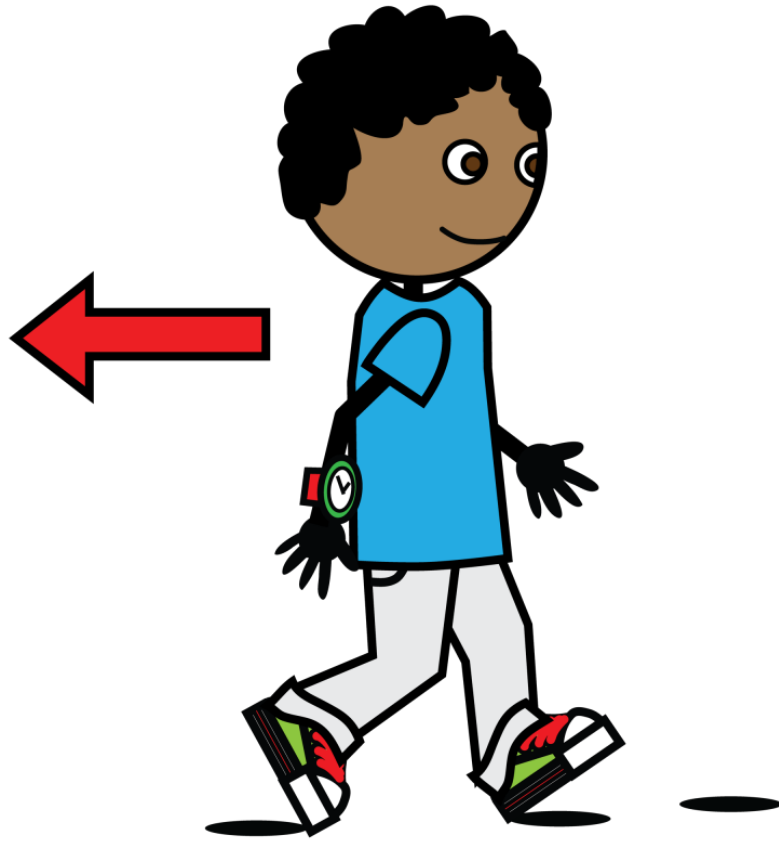
No matter how much personal space they need, everyone deserves to feel comfortable.



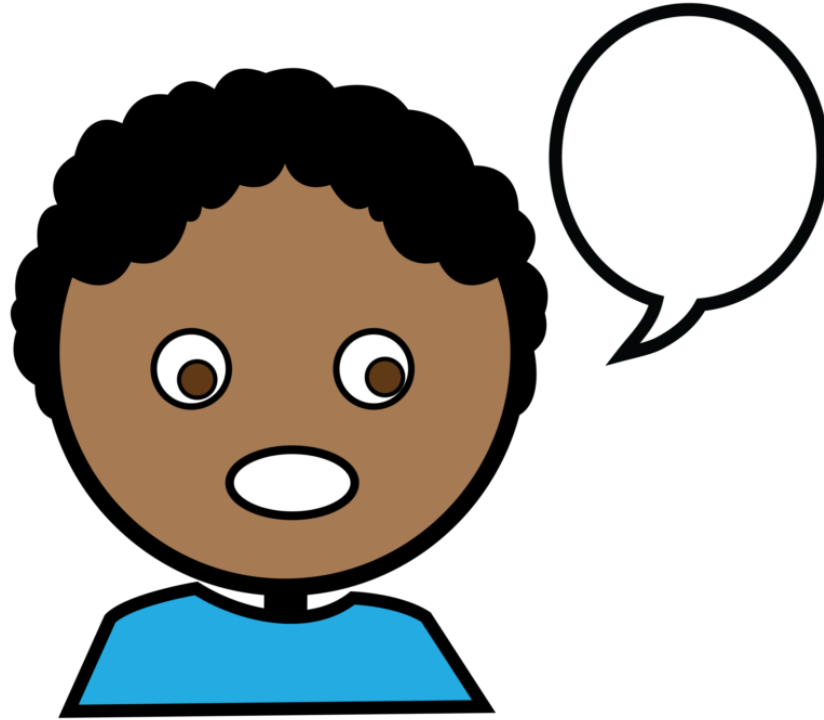
When someone comes in my personal space, I feel *uncomfortable*.



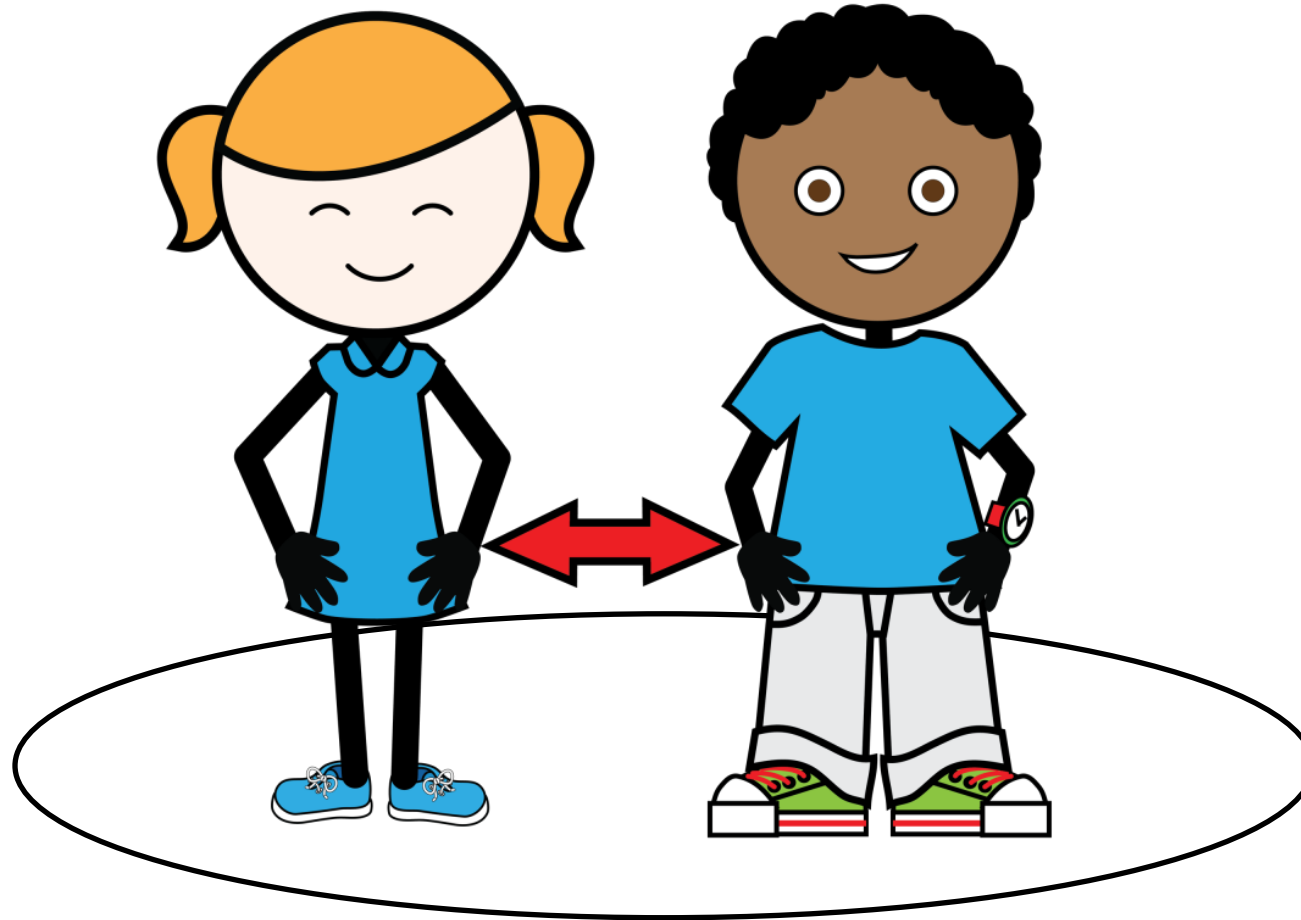
I may feel like *my body is getting tight* or I may feel like *I need to move away*.



When that happens, I can take *two steps back* until I am the only one in my bubble.



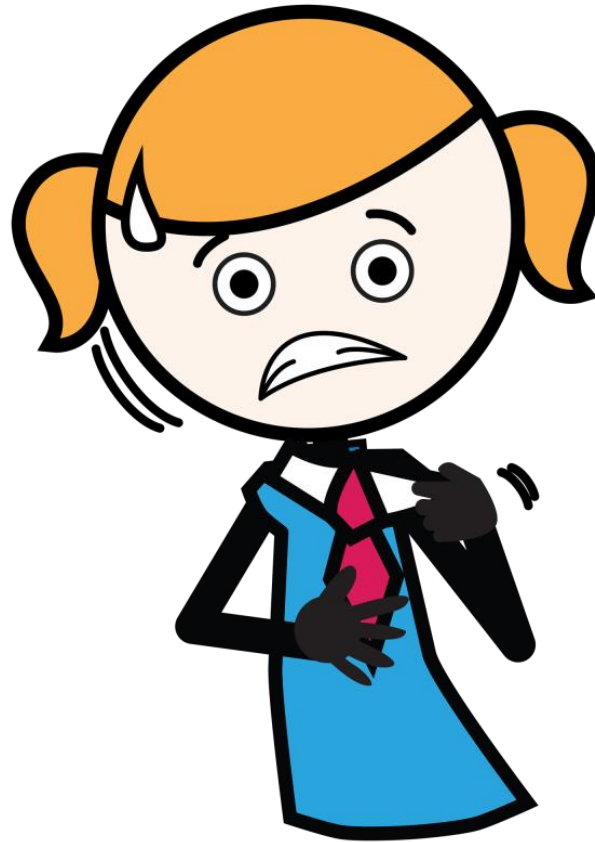
I can also tell that person, “*I need personal space,*” so they understand.



Sometimes I may go into someone's personal space. It can be hard to remember how big everyone's bubble is.



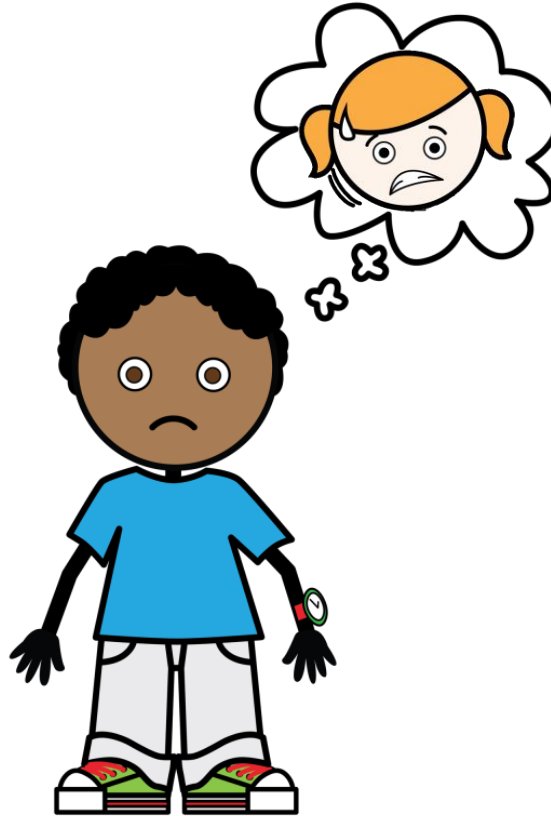
I do not like the feeling of being *uncomfortable*, so I do not want my friends to feel this way either.



I can look at my friend to see if they are *uncomfortable*.
Does their face look happy? Does their body look tense?



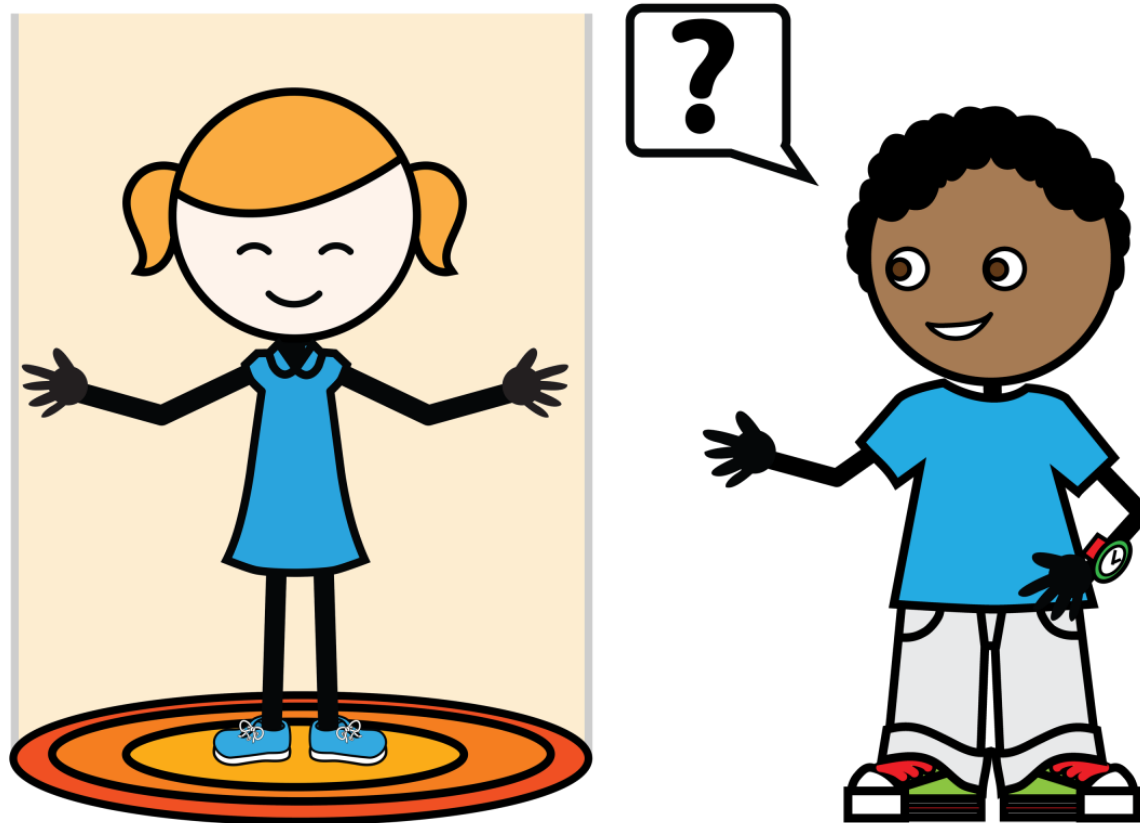
This may look like their shoulders are up and they are standing very still.



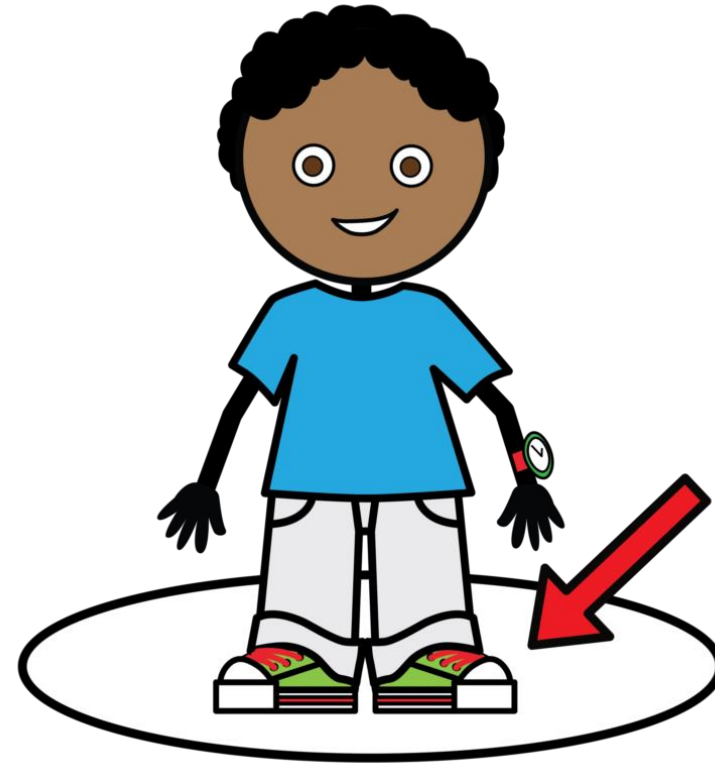
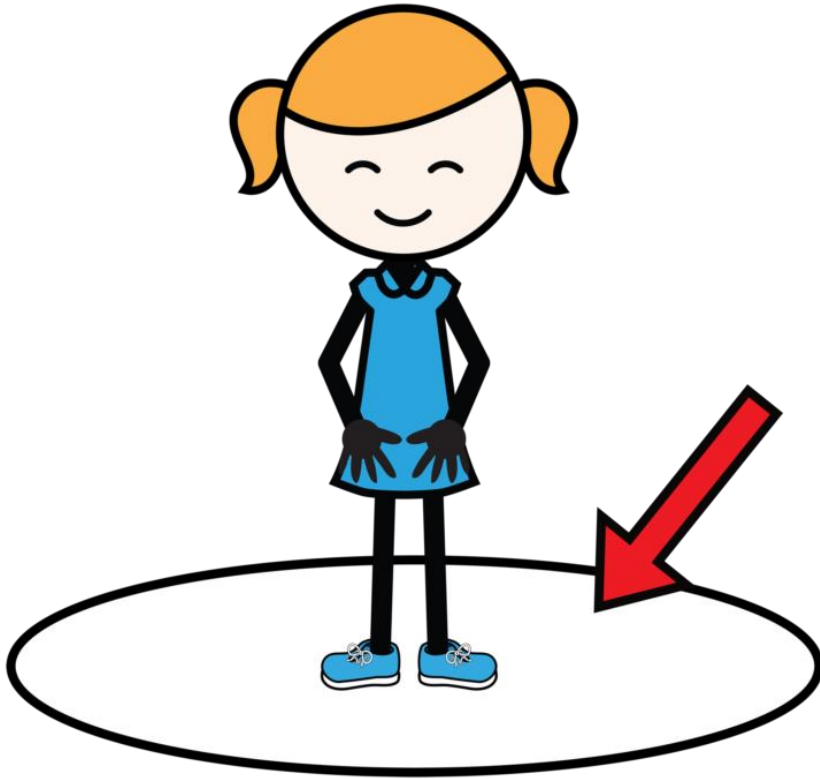
If they do not look happy and their body is tense, that lets me know I need to step outside their bubble.



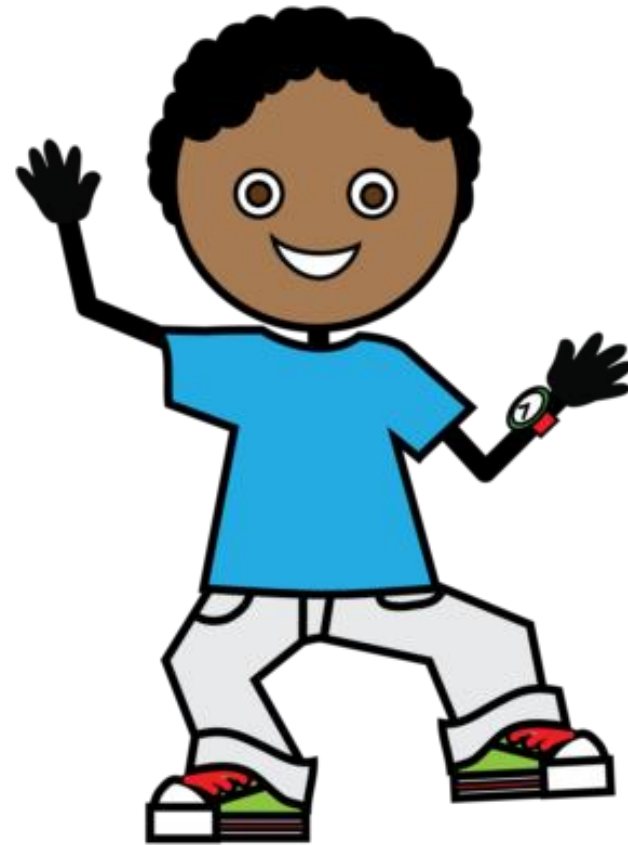
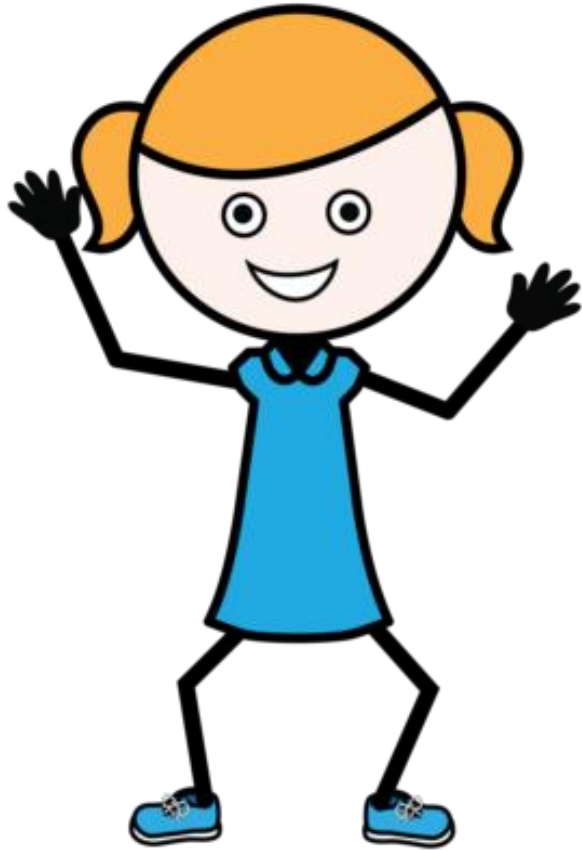
I can take *two steps back*, just like when I feel like someone is in **my** bubble.



I can also ask my friend to tell me when I am in their personal space, so I know when to give them more room.



I want to give my friends their personal space. I also want my friends to give **me** personal space.



That way, we can all feel comfortable!