Too Many Fish!
A Personal Space Camp Activity

Materials Needed:
Each student needs (8-10) Swedish Fish* for this activity, and a copy of the activity sheet
*Alternate plan = (15-20) fish crackers

Directions:
For PART 1, students are directed to place all fish inside the fish bowl. Discuss how the fish might be feeling, and how much room they have to swim and play.

For PART 2, students are asked to place just (2) fish inside the fish bowl. Discuss how the fish might be feeling now, and any differences from PART 1.

Conclusion:
Everyone needs the right amount of personal space to feel happy and comfortable. Our “personal space bubbles” can be all different sizes, but it is important to be respectful of others. If someone is in YOUR personal space, use an I-Message to tell them how you feel, and to please give you some space. If you accidentally break someone else’s personal space bubble, please say, “I’m sorry.”

At the end of this lesson, students can all enjoy a special treat (the fish candy or crackers) or another snack if needed.

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PART 1
When the fish bowl is crowded, the fish feel very uncomfortable. There is no room to swim. There is no room to play.

PART 2
This fish bowl shows the right amount of personal space for the fish. Now the fish have lots of room to swim and play, without bumping into other fish or feeling uncomfortable. The fish are happy when they have the right amount of personal space.
# LESSON PLAN: Personal Space Camp

**Grades:** K-2

## MATERIALS NEEDED

| Picture(s): wall and fence; two children standing apart talking | ASCA STANDARDS ADDRESSED |
| Book: Personal Space Camp by Julia Cook | ASCA A.A3.1 – Take responsibility for their actions |
| Small Container of Bubbles | ASCA PS.A1.6 – Distinguish between appropriate and inappropriate boundaries |
| Hula Hoops (approx. 4-5) | ASCA PS.A1.7 – Recognize personal boundaries, rights, and privacy needs |
| Personal Space “Line-Up Rope” (jump rope with knots) | ASCA PS.A1.8 – Understand the need for self-control, and how to practice it |
| Copies of PSC Diplomas (one for each child) | ASCA PS.A2.1 – Recognize that everyone has rights and responsibilities |
| Too Many Fish! Activity (one for each child) | ASCA PS.B1.2 – Understand the consequences of decisions and choices |
| Swedish Fish or Fish Crackers (for each child) | ASCA PS.C1.3 – Learn about the differences between appropriate and inappropriate physical contact |

## LESSON PROCEDURES/OUTLINE

- Review definitions of RESPECT and BOUNDARY from previous lesson; ask students to think about these concepts as we read our story.
- Read aloud Personal Space Camp by Julia Cook.
- SAY: “Part of showing respect and kindness to others is knowing about their personal space and boundaries.”
- POINT to pictures of wall and fence; SAY: “Fences and walls are types of boundaries. What do you think they do?”
- ASK: “What are the boundaries of our classroom and school? Why are they important? What would happen if we didn’t have any boundaries?”
- HOLD UP the picture of the two children; say “These two children are standing at a comfortable distance from each other as they talk, not too close and not too far. This is an example of a personal boundary.”
- Define PERSONAL SPACE (the distance between people that they feel comfortable with). SAY: “Everyone has different feelings about their own personal space, and what makes them feel comfortable.” (Blow bubbles to show differences in size.)
- Provide hula hoops to the side of the carpet to demonstrate personal space bubbles. (Ask for student volunteers to sit in the hula hoops or stand in them to show how far apart they are from one another.)
- Ask students to volunteer to line up using the Personal Space Line-Up Rope to show how they should be standing in line.
- Students return to their seats for the Too Many Fish! Activity.
- Explain to students that they can earn their Personal Space Camp diploma at the next lesson if they are able to follow all Personal Space Camp rules throughout the next week. (Provide classroom teacher with the PSC diplomas for each child.)

## EVALUATION/ASSESSMENT

At the conclusion of this lesson, students will be able to:

- Identify examples of safe/appropriate behaviors vs. inappropriate behaviors
- Understand the importance of personal space
- Define “personal space” and identify the amount of personal space they feel comfortable with

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