



I KNOW! My Boundaries.

Lesson 2 Worksheet

Your Boundaries:

Boundaries are limits that we set that keep us safe.

There are three types of Boundaries:

Emotional = Feelings and Thoughts

Behavioral = Actions and Words

Physical = Body and Space around You

The form consists of three speech bubble shapes arranged vertically. Each bubble has a black outline and a small tail pointing downwards. The top bubble is labeled 'Feelings', the middle bubble is labeled 'Actions', and the bottom bubble is labeled 'Body'. Each bubble is decorated with two orange curved lines on its sides. The bubbles are positioned to the right of the text definitions.

Write an example of each boundary in the shapes below.

GRADES: K - 4