

Space bubbles

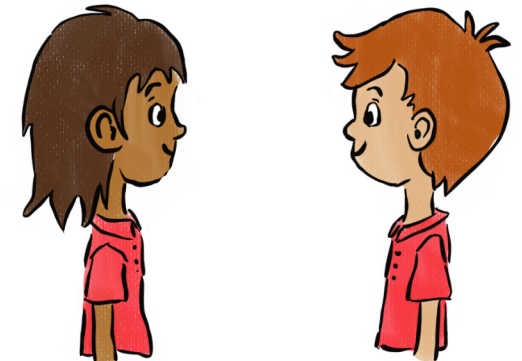
Kaiako card 20

Why this activity?

Learning to respect others' space and their comfort levels is a key part of building connections with others and developing social skills.

You'll need:

Your amazing tamariki.



What to do:

Start the session with a kōrero around space bubbles and why they are important, explain that our space bubble is the area around our body that makes us feel safe. We can invite people into our space bubble, for example for a hug. But when people come into our space bubble uninvited, like when they're standing too close to talk to us this doesn't always feel good.

Have tamariki pair up and take turns walking towards each other saying "stop" when they feel that their bubble has been popped, to add a bit of fun tamariki could say "pop" once they feel that their space bubble has been popped. After this short activity, kōrero about how tamariki felt when their bubble popped. Find more notes for this kōrero on the online copy of the activity.

Whanau engagement:

Encourage tamariki to kōrero with whānau and think about how we can be mindful of other's space bubbles.