

# Personal Space Camp

Activity and Idea Book



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A special "Thanks!" to two of the best first grade teachers in the business:  
Jaime Weakland and Mary Jo Reynolds. - Julia

### A Note To Educators

Personal Space is a concept that is confusing and difficult for some people (of all ages) to grasp. Everything in space needs its own space to function. The amount of personal space needed seems to be forever changing depending upon the circumstances. For a person to be at their best in any situation, they must have an adequate amount of personal space.

When students inappropriately or unknowingly invade the personal space of others, learning is often compromised. Personal space invasion is a learned behavior and can be "unlearned" through communication and personal experience.

This workbook is designed to offer teachers and students "hands on" activities that explore the concept of personal space. Students will gain a better understanding of what personal space is, and why it is so important.

I hope you enjoy doing these activities with your students as much as I have enjoyed creating them.

BEST!

Julia Cook

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Summary: A supplementary teacher's guide for *Personal Space Camp*.  
Full of discussion questions and exercises to share with students.

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# One Big Clump!



While students are out for recess, push all of their chairs and desks together in a clump in the middle of your classroom. Make it so sitting at their desks becomes next to impossible. Have them enter the room and attempt to sit in their seats. Stress the importance of how personal space is necessary to feel comfortable at school.

This activity can be repeated by having students sit any way they want to on the carpet. Some may lie down or sit very close to others. Discuss the importance of having enough personal space to do your very best.

## My Personal Space Place Mat

Have students use large pieces of chart paper to draw, create and color their own personal space mat. This can be in the shape of their favorite planet, or you can let them choose their own shape. Cut out each mat and if possible, laminate it. Have students use their "Space Places" to help them define their own personal boundaries for work time. Space Place Mats give students a visual that can help them work independently and in their own space. They can be placed on the floor and serve as mats for the student to sit on or students can place their desks and chairs on top of them.



# Classroom Galaxy

## Materials Needed:

- Flour
- Water
- Newspaper
- Scissors
- Balloons
- Paint and/or other materials
- Fishing line

## Paper Mache Recipe

Pour some white flour in a bowl, and add water gradually until you have a consistency that will work well. (If available, you can use a small kitchen mixer so you don't have any lumps).

How thick should you make your paste? It's actually up to you. Experiment with thick pastes that resemble hotcake batter, and thin pastes that are runny and watery. You get to decide which one you prefer.

Keep in mind that it is the flour, and not the water, that gives strength to your paper mache sculpture. And also remember that each layer of paste and paper that is added to your project must dry completely to keep it from developing mold.

## Instructions

1. Using paper mache, have your students create models of the planets in our galaxy. You may wish to divide the class into teams working on each planet as assigned.
2. Cut newspaper into strips.
3. Give each student a balloon and have them inflate it.
4. Dip strips into paper mache mixture and cover balloon.  
Let dry overnight. Place small needle through hardened mache and pop balloon.
5. Have students decorate the hardened mache with paint and/or the other art supplies to resemble the planet assigned.
6. Hang the models to scale from the ceiling in your classroom with fishing line.
7. Explain how everything in space has its own space and needs that space to be the best it can be.
8. Discuss what would happen if the planets got too close together. Tangle the planets together to create the visual.  
Relate this example to people and the need for personal space.