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# What are Boundaries?

## Objectives:

At the end of this lesson students will be able to:

- Define and describe the purpose of boundaries
- Recognize various types of boundaries
- Understand the importance of respecting boundaries

## Rationale:

Many children will not have heard the term boundary. Having a name for a concept and understanding its meaning is important to beginning a dialogue about the concept. Students need to understand the definition of a boundary as well as examples of boundaries in order to know what it is that they will be working on over the next few weeks. In defining boundaries, students will also explore why establishing, maintaining, and respecting boundaries is a valuable life skill. Understanding the value of a skill helps improve motivation to work on that skill.

## Materials:

A picture of the solar system (showing the orbits of the planets around the sun), construction paper, drawing paper, markers or crayons and a timer

## Script:

A boundary is the edge of something; a line that divides one thing from another. Other words for boundaries are limits, borders, lines, and edges. You may have heard it called “bounds” when you were playing a game and someone said that you or your ball was “out of bounds.” The place you were playing must have had some kind of line that let everyone know what was “in” and what was “out.” This is like a boundary.

Boundaries can also protect. For example, the boundary of a fish tank is the glass. This boundary keeps the water inside the fish tank so that the fish can live. Your skin is also a boundary. Your skin is what divides you from the world and is what keeps germs from infecting your body.

Boundaries keep us safe and help us to have good relationships with people. Over the next few weeks we will be talking about lots of different kinds of boundaries and how they can make our lives better.

# Farm Boundaries

Boundaries exist to keep things safe. On a farm, there are many types of boundaries such as fences, pens, corrals, barns, hedges, railings and cages to keep animals safe. Look at the farm animals below. Put a fence (circle) around the sheep to keep them separate from the other animals. Put a pen (square) around the ducks to keep them separate. Put a cage (rectangle) around the rabbits to keep them separate. Color the picture if you would like.



# Invisible Boundaries

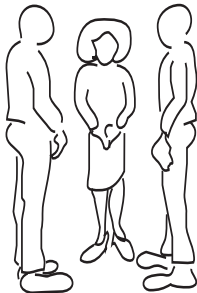
Not all boundaries can be seen with your eyes. But that does not mean that they do not exist! Think about the boundaries that divide the things below and write down where you think the boundary is.



**Where do you draw the line between childhood and adulthood?**

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**Where do you draw the line for personal space?**

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**Where do you draw the line between interrupting and not interrupting?**

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**Where do you draw the line between fact and rumor?**

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**Where do you draw the line between frustrated and furious?**

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