
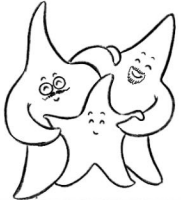







Name: \_\_\_\_\_

# MY COMFORT ZONES

Some kinds of touch like hitting or threatening to hit are never OK. Other kinds of touch depend on you and your comfort level. You have **BODY AUTONOMY**, which means you have the right to say what happens to your body.

It is always okay to say no to unwanted touch, even to a familiar person.

HUG 	PAT ON BACK
KISS ON THE CHEEK	FIST BUMP
ARM OVER SHOULDERS 	LINKING ARMS
TOUCHING HAIR	HIGH-FIVE 
HOLDING HANDS	HANDSHAKE 
TICKLES 	NOSE BOOP

Color and cut out the squares on this page.  Think of a person in your life: a parent, friend, teacher, coach, etc.  Then, place each picture where it belongs for you on the circle diagram.

There are no wrong answers!

red

yellow

green

blue

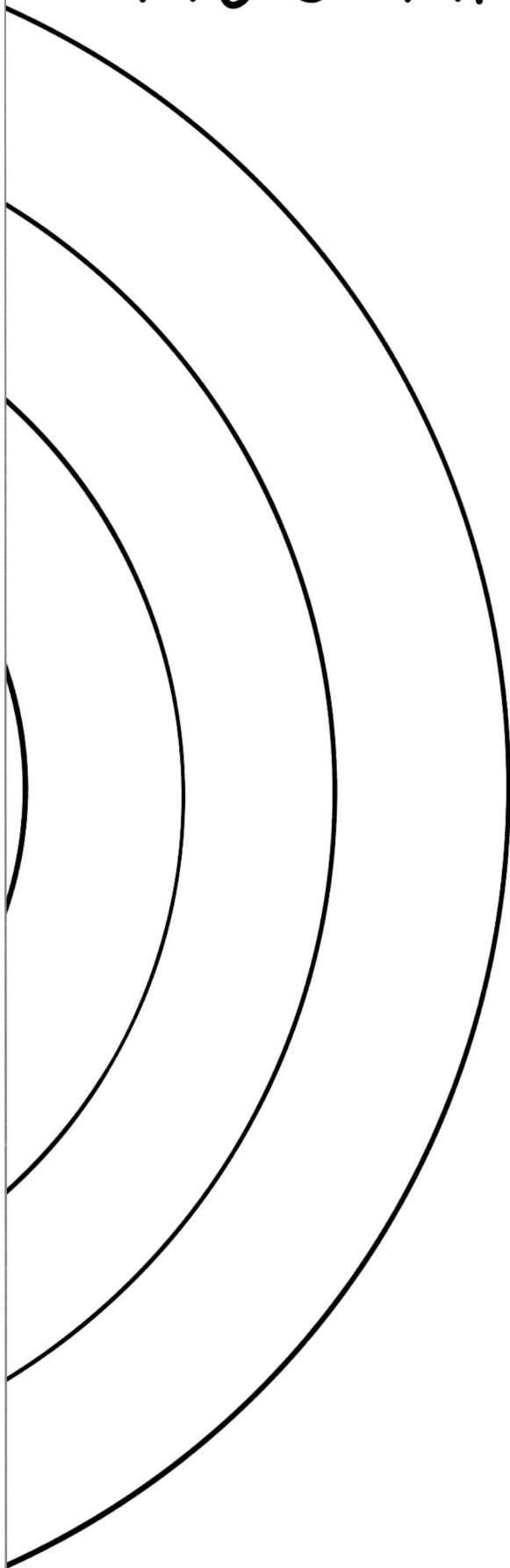


Fold and tape or glue to other half

Name:

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# MY COMFORT ZONES



Color in Pufferfish and the circles around them as indicated.

**BLUE** - my most comfortable zone! This feels good and right.

**GREEN** - my comfortable zone. I am a-okay with this.

**YELLOW** - my less comfortable zone. I am sometimes okay with this, but I'm getting a little puffed up.

**RED** - my uncomfortable zone. This does not feel good to me. My spikes are coming out!