

# BODY BOUNDARIES

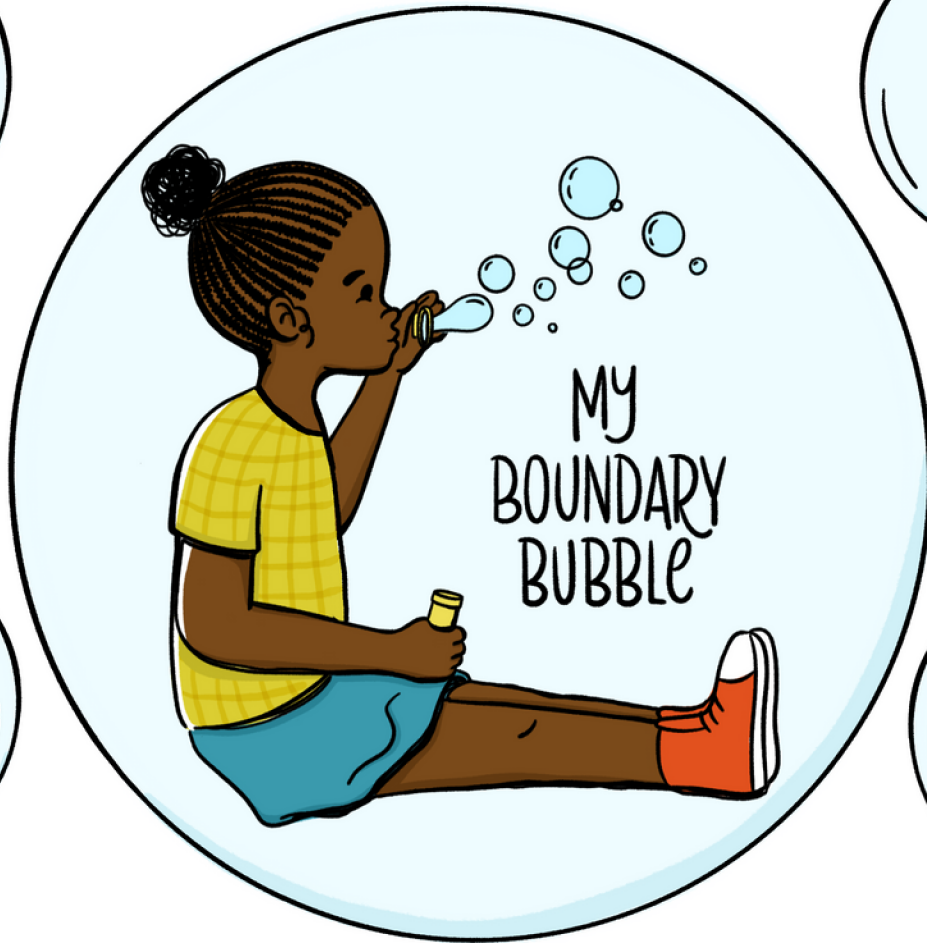
## LOOK LIKE

I keep  
my hands  
to myself

I ask  
before  
I hug

I ask  
before  
I touch

I listen  
when I  
hear  
"no"



If I don't want someone in my  
boundary bubble, I can:

Step back



Walk away



Ask them to stop



Ask an adult for help



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With gratitude,  
Big Life Journal team

# Emotional Intelligence Kit

**Ages 5-11**

Your child's guide to mastering their emotions! With this kit, your child will learn to process their emotions in a constructive way so they can grow more attentive, empathetic, and resilient.



"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves!

A real game-changer!"

- Katharine B.



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