

# BODY BOUNDARIES

SOUND LIKE

I've changed  
my mind

Please  
back up

I'm not  
comfortable  
with this

No

Let's high-five  
instead

I don't  
like that

Please  
stop



# Terms of use

The word of mouth is our biggest reward, so please feel free to send this printable to friends, teachers, parents, colleagues, and anyone else who might benefit from this.

Feel free to print copies and distribute them during events, in your classroom, at school auctions, or at other meetings.

Selling Big Life Journal resources is not permitted. Please do not embed or link to this resource on your or someone else's site (you can share on social media). Please do not recreate or copy our work. Thank you!

If you're interested in using these resources in your professional practice (as a therapist, coach, etc.) please reach out to [support@biglifejournal.com](mailto:support@biglifejournal.com) to obtain a professional license.

Please email [hello@biglifejournal.com](mailto:hello@biglifejournal.com) to request a specific use for our printables.

With gratitude,  
Big Life Journal team

## Hi there

We have loved seeing that our printables have changed so many families! Your thank-you messages have warmed our hearts and inspired us to keep going.

As our valued subscriber, you will be receiving our Free Friday Printables every week, however, now they are **available for just one week after their release.**

**So be sure to open your email and download the printable right away!**

If you're interested in getting access to our most popular printables and print-free activities for your child's exact needs, we invite you to join GrowthMinded.



GrowthMinded a new membership by Big Life Journal, an award-winning company that is trusted by over 1 million parents, educators, and therapists worldwide.



### Resource Library Tailored to Your Children

Explore our library of 300+ age-specific printables and print-free activities. Start with what we **handpicked** for your family!



### Resource Library to Support YOU

Find the **exact advice** you need inside our library of 2-minute parenting tips, short scripts, and one-page guides.



### Expert-led Workshops and Live Q&As

Learn with our exclusive live Q&As and 7-day pop-up workshops. You will discover the **best tools** to help your child.



### Supportive Community You Will Love

Find **valuable support and creative ideas** from other parents and our parent coaches who have already solved similar challenges.



"Big Life Journal resources have significantly **helped our entire family** deal with emotions and have better communication."

-Krista

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