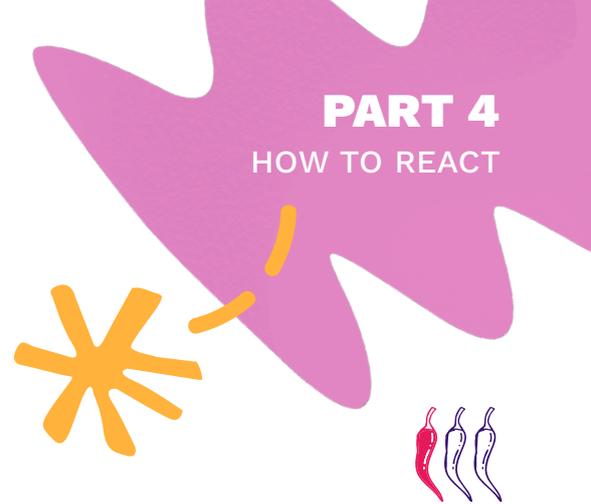


Exercise 3

PERSONAL SPACE/BUBBLE



SITUATION

Exercise on assertiveness and setting boundaries



PARTICIPANTS

Variable



MATERIAL

- Beamer, Sound system, Wifi, A white wall/screen, PC
- Chalk, (outdoor) space where you can draw on the floor with chalk
- **Appendix 1:** Personal space/bubble



TIME

10 minutes

OBJECTIVES

- Getting insight into your own bubble/boundaries
- Learning to understand that other people's boundaries can be different



SEQUENCE

The trainer:

1. Shows the video about personal space.
'TOO CLOSE IN SOMEONE'S PERSONAL SPACE | ALLIES - YouTube'
<https://www.youtube.com/watch?v=NrKQgNciVzI>
2. Discuss the video with the group.
3. Tell the participants to form pairs and give each pair a piece of chalk.
4. Ask one person per pair to draw a circle around them.
A circle that represents your bubble.

Exercise 3



5. Instruct the other participant to stand further away and gradually come closer. The participant who drew the circle must say when it's close enough.
6. Have the participants swap rolls.
7. Let the pairs tell each other briefly what this exercise was like for them, why their personal boundary lies where it does and what it feels like to have someone overstep that boundary or get too close.
8. Asks the group what this exercise felt like for them.
9. Gives further explanation about the personal bubble, see [Appendix 1](#).

Alternative for steps 2, 3, 4 and 5

The trainer:

2. Divides the participants into 2 equal groups and make them stand opposite each other in two rows.
3. Let the two rows walk slowly towards one other.
4. Ask everyone to say 'stop' to the person directly in front of them when the distance between them no longer feels comfortable.
5. This makes it visually clear that everyone's boundaries can be different.