

Boundaries

The Word of God

Page through your family Bible with your child and explain that the Bible is the Word of God. Tell your child that the stories in the Bible teach us how God loves and cares for us. They teach us what God calls us to do.



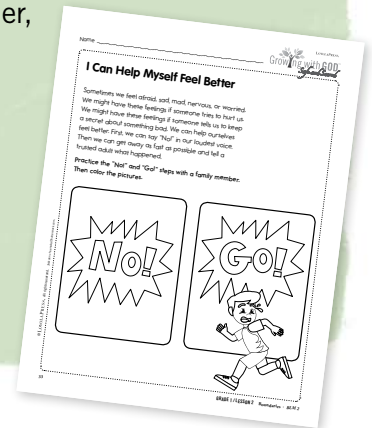
Using Specific Emotion Words to Describe Feelings

Discuss with your child how everyone has emotions and that we feel different emotions throughout the day as things happen to us. Explain that we use feeling words, such as *mad*, *happy*, *calm*, *sad*, and *afraid*, to describe our emotions. Take turns identifying the emotions you and your child felt today and the events that triggered those emotions.



Using No! and Go!

Discuss the handout with your child. Explain to your child that sometimes we may feel afraid or threatened by something someone does. That person can sometimes be a family member, family friend, teacher, coach, or babysitter. Explain that if your child ever feels uncomfortable or unsafe around someone, your child should say “No!” in a very loud voice and then quickly “Go!” away from the person and run to tell you or a trusted adult.



Dear to God

At bedtime, talk about ways we take care of our bodies (e.g., brushing our teeth, taking a bath) to show God we know we are dear to him. Then pray together the Bedtime Prayer or a prayer of your own to thank Jesus for watching over us. Begin and end the prayer by praying the Sign of the Cross.

Name _____

I Can Help Myself Feel Better

Sometimes we feel afraid, sad, mad, nervous, or worried. We might have these feelings if someone tries to hurt us. We might have these feelings if someone tells us to keep a secret about something bad. We can help ourselves feel better. First, we can say “No!” in our loudest voice. Then we can get away as fast as possible and tell a trusted adult what happened.

Practice the “No!” and “Go!” steps with a family member. Then color the pictures.

