

Boundaries Activities

Salt Game

On a smooth table, two people sit directly across from one another. The goal is to slide a salt shaker across the table as close to the edge as possible without it falling off. You only get a point for having the shaker partially over the edge but not over. If the shaker goes off the table, the player who slid it loses a point. The game is played until someone reaches a designated number of points.

The purpose is to show and open conversation about how it is good to be close to people but it is not ok to invade someone's boundaries. Respecting each other's boundaries and treating others how you want to be treated are part of the foundation for a healthy relationship.



Hoopsie

Each player stands in a hoola hoop with a few balls each. (A paddle or bat is optional for each player as well). The game is fast paced and everyone is playing at the same time. The goal is to get as many balls as possible in other people's hoops while defending your own hoop. Balls can only be thrown from inside your own hoop. Once a ball is on the hoop it cannot be moved. If a ball falls on the ground outside a hoop anyone can go get it. You can leave your hoop to go get a ball but you run the risk of having your hoop unattended. After 1-2 minutes of playing, balls are counted and the one with the least amount wins.

Purpose is to have a tangible reference point for discussing how it's important to be aware of your own boundaries and respect others. Explain that being consistent is important because you may have to protect your boundaries repeatedly if others aren't respecting them.



Drawing Boundaries

Explain that everyone has their own boundaries and limits that need to be respected. When we understand what feels uncomfortable and that something needs to be different, we can make the message clear and set firm boundaries with others.

1. Create what our personal boundaries would look like if they could be seen. Draw yourself in the center of the piece of paper.
2. What are your boundaries made of (paper, brick, concrete, fences, force fields, bubbles, words, signs, magic, etc.)? Draw them around the representation of yourself.
3. While drawing your boundaries, think about who you'd let in and who you'd keep out. Write the people or qualities that you value.
4. On the outside, write the behaviors or actions you'd keep out of your comfort zone or protect yourself from.

