HEALTHY AND NOT HEALTHY BOUNDARIES

Healthy boundaries are when we follow the rules for our boundaries and other people's boundaries.

Not Healthy boundaries are when people don't follow the rules for each other's boundaries.

Match the card's to the kind of boundary and say if its healthy or not healthy

HEALTHY BODY BOUNDARY

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NOT HEALTHY BODY BOUNDARY

HEALTHY MATERIAL BOUNDARY

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NOT HEALTHY MATERIAL BOUNDARY

HEALTHY THOUGHT AND FEELING BOUNDARY

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NOT HEALTHY THOUGHT AND FEELING BOUNDARY

HEALTHY DIGITAL BOUNDARY

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NOT HEALTHY DIGITAL BOUNDARY

HEALTHY AND NOT HEALTHY BOUNDARIES CARDS

Therapist Instructions:
Print and cut out the cards along the lines below and have client's match the card to the correct boundary type and healthy/unhealthy type.

You call your friend "clumsy bunny" when they dropped their bag. They start to cry.	You ask your friend if you can borrow their markers. They say no. You listen to your friend.	Your friend asks you to play a game your parents said your not allowed to play on your device. You download the game and play with them.
Your friend says they love broccoli. You think "They are weird, broccoli is gross." You tell your friend this and they feel upset.	You see that your sibling is upset. You ask them if its ok to give them a hug. They say yes and you hug them.	Your friend asks you to share your snack. You kindly say, no thanks, I don't want to share.
You feel bored and poke your friend on their back during class. They tell you to stop and you keep poking them.	A family member asks you for a hug. You don't feel like right now and say "No thanks. But I can high five you." You both high five.	Your teacher says devices are not allowed during class. You choose not to use your phone.
Your parents set a timer for when you need to stop playing video games. You turn off your game when the timer goes off.	You need to use the bathroom. You close the bathroom door and lock it while using it so that you have privacy.	You see that your friend has a really cool new fidget toy and grab it from their hands without asking them.
Your friend takes a picture of another kid without asking them. They draw mean things on them and show you. You ask for help from a grown up.	Your friend tells you to do something embarrassing. You feel upset and tell them. "No, I don't want to do that. They keep asking you to. You choose to walk away.	Your friend tells you a bad scary secret and says not to tell. You feel scared and tell your parents about it. Your friend is mad for a little bit but gets help with the secret.
Your parents tell you they need to talk with your sibling in private. You leave the room so they can talk privately.	You stand really close to your friend while telling them a funny story. They ask you to step back a bit from them. You don't move and keep talking.	Your friend borrowed your favorite book. They give it back and you see it got juice spilled on it.