

# Keeping Personal Space

Personal space is the physical distance around us that we need to feel comfortable with others. We can think of it as an invisible bubble surrounding our bodies. We keep personal space to avoid making others feel uncomfortable. To keep personal space



As a rule, keep 1 arm's length away from other people.



Read others' body language to help us know if we are invading their personal space.



Use the relationship ruler to help us know how much personal space to keep with different people. **Strangers = more distance**  
**Close friends = less distance** **Family = even less distance**