

HOW TO  
Set Meaningful  
*boundaries*



An *Earth School* workbook

# GET READY

- Print out of the workbook or get color paper
- Take 10 minutes per map
- Make sure your children are in a good mood

## THIS WORKBOOK IS FOR YOU IF YOU WANT...

- to stop repeating yourself
- to avoid contradicting yourself
- a healthy atmosphere in your home



## THIS IS ABOUT COLLABORATION

This workbook was created as a family activity. The mind maps and bright colors are here to engage your children. What's more boring than a list?! This activity is educative and can be incorporated in your homeschooling program.



# Action Steps

## ▶ PRINT OUT THE MAPS

As an alternative, you can also use colored paper of course.

## START THE CONVERSATION ▶

Explain to your children that today you are going to explore boundaries  
Ask them if they know what boundaries are, how they could be good  
and how they could be bad (give examples).

## ▶ DO ONE MAP AT THE TIME

explain that you are going to fill it out together. Let them write  
down if they can or do it for them, but let them speak first and  
listen to what they have to say. For the individual map, it takes  
one per child.

## ADVERTISE ▶

Put your beautiful boundaries map in a visible place of the living area.

Take the opportunity to have the kids speaking about their boundaries  
map activity with their dad or another person. Keep the maps alive by  
referring to them. It takes 21 days to create an habit.

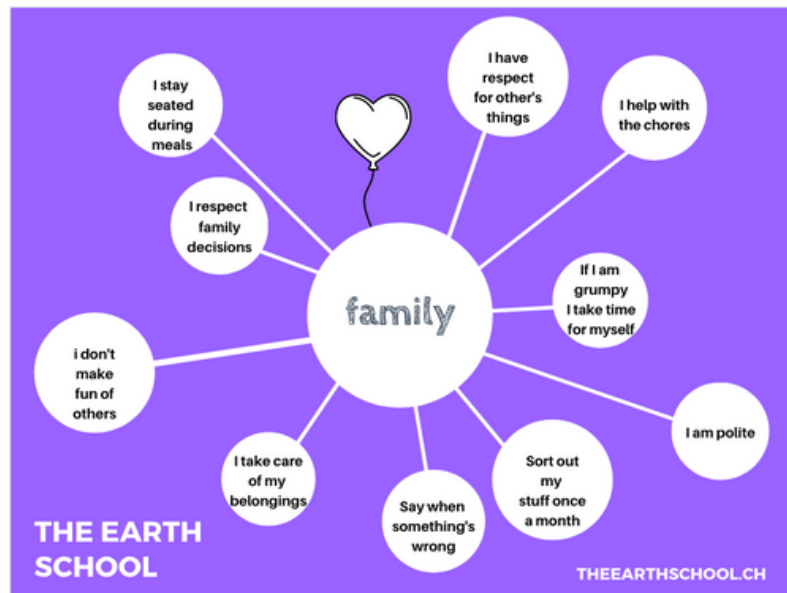
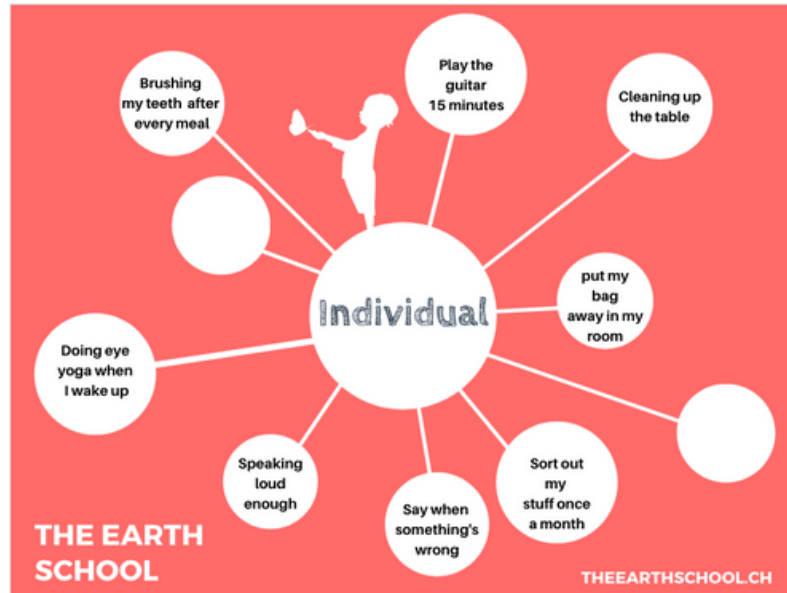
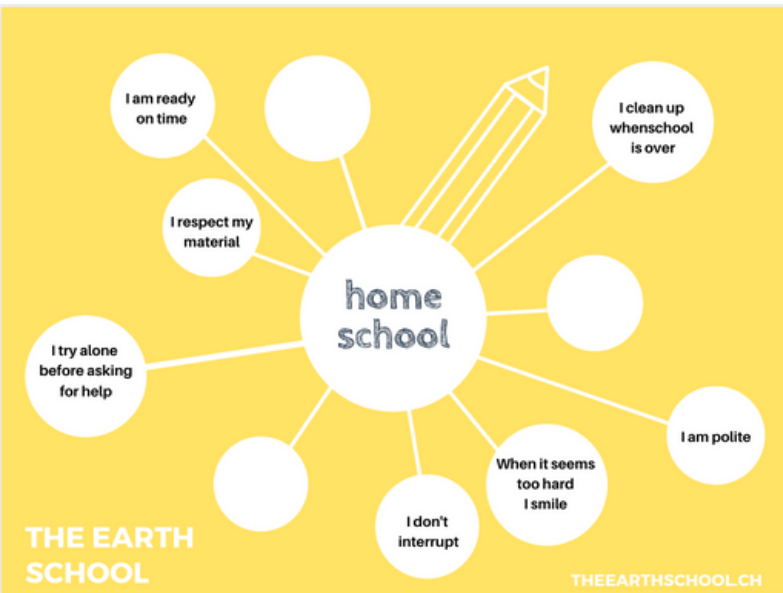


## EXTRA TIPS

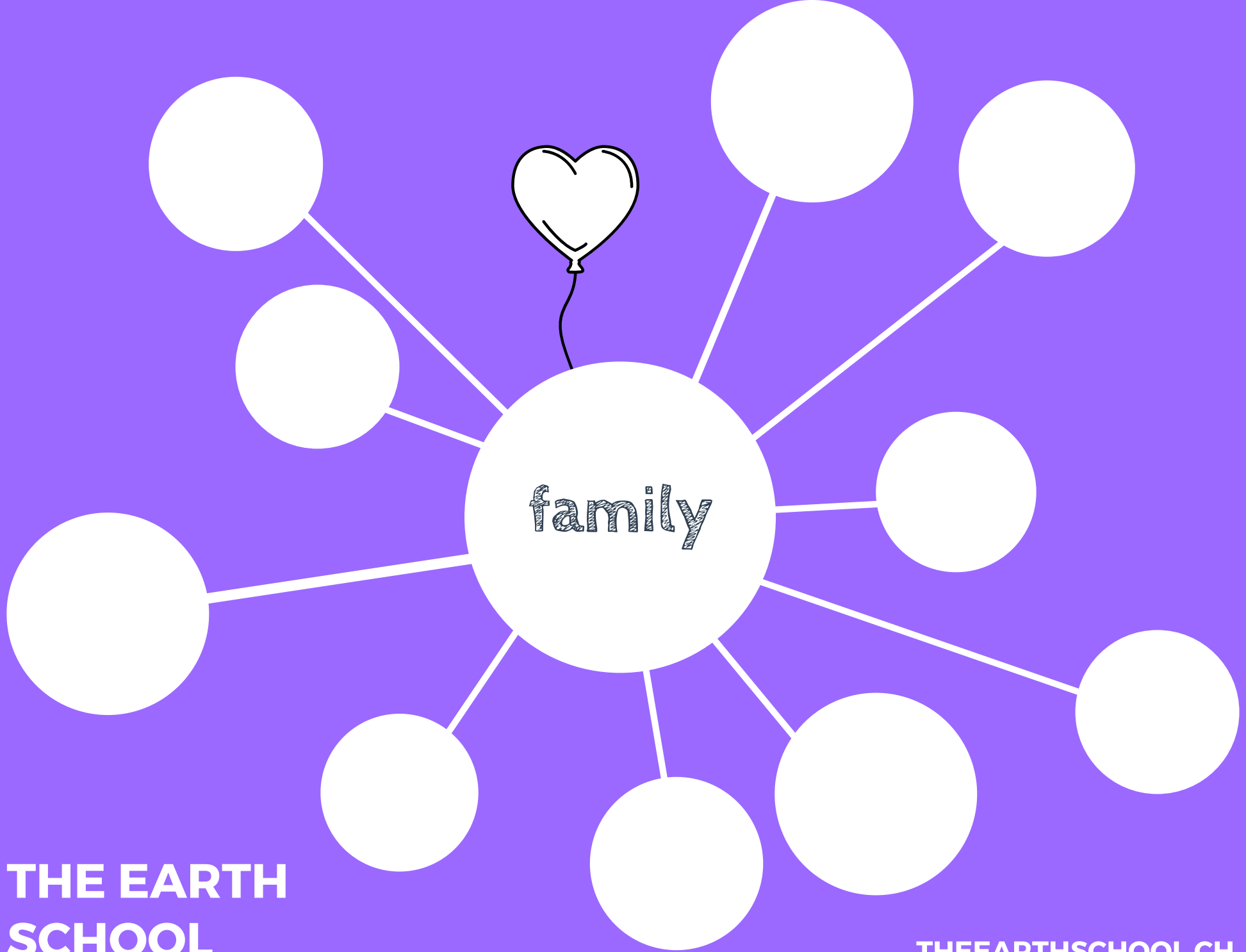
- Boundaries make sense only if you apply them
- Be very attentive in the first days to implement your boundaries
- If you see that a boundary doesn't make sense or that one is missing, change it!

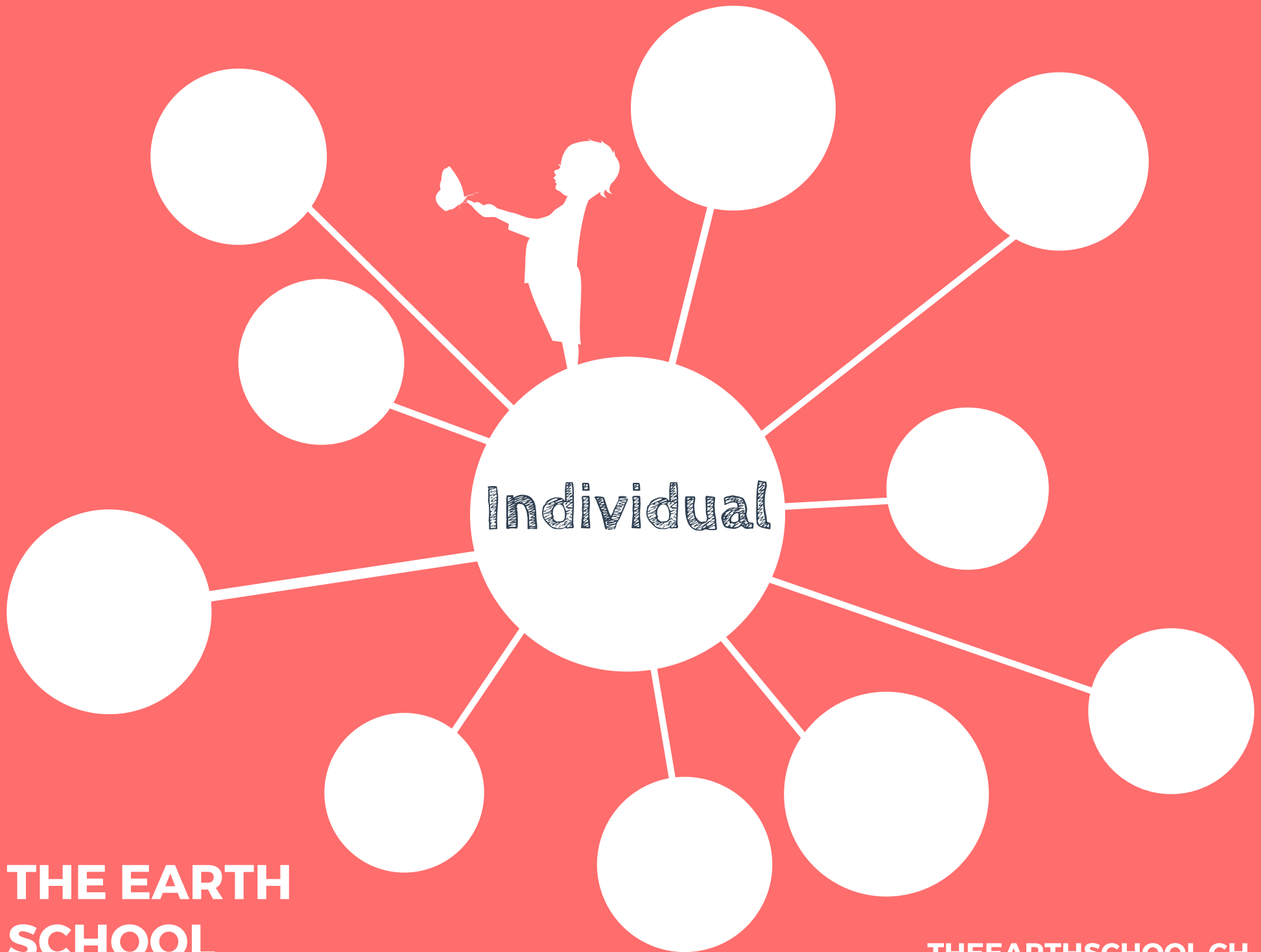


# HERE ARE OURS

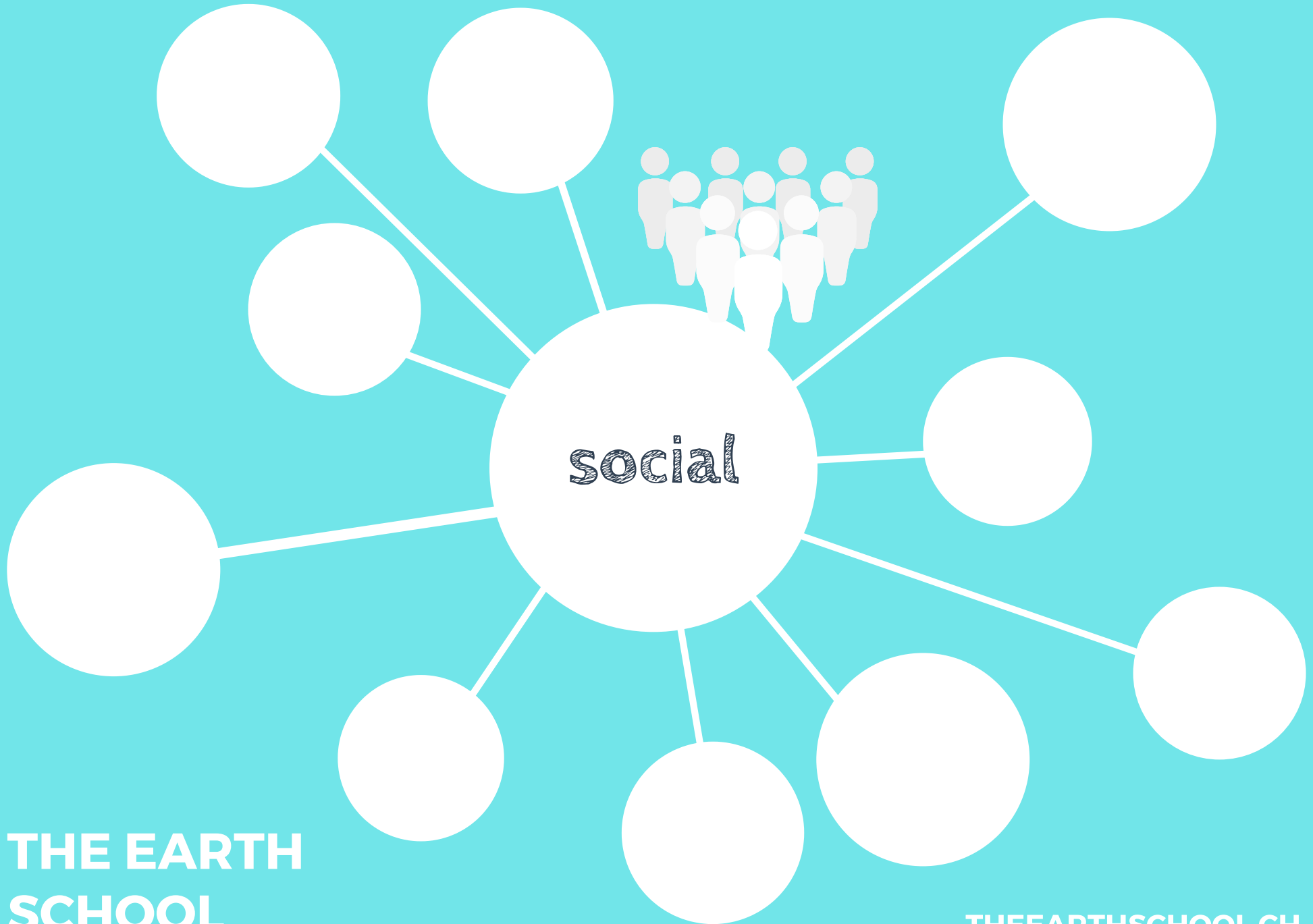












## *You did it!*

You have clear boundaries. Now your children know exactly what you expect of them and can do their best.

THIS IS AN ONGOING PROJECT. TAKE NOTES OF WHAT YOU WANT TO IMPROVE REGARDING BOUNDARIES

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# Congratulations

**TODAY YOU DID**  
TEACH COLLABORATION  
CREATE CLARITY  
LISTEN TO YOUR CHILDREN  
MAKE YOUR LIFE WAY EASIER

