

# Personal Space

A free printable social story for ages 4-9

Personal space is an abstract idea, and many children, especially those with autism, need it made concrete before they can respect it. This story uses the space bubble and an arm's-length check kids can actually perform. Social skills groups and inclusion classrooms use it as a regular refresher.

Everyone has personal space. It is like an invisible bubble around each person.

My bubble is mine, and other people have their own bubbles.

People feel comfortable when their bubble has room.

When I talk to someone, I can stand about one arm away.

I can check by stretching out my arm. If I can touch the person, I can take a small step back.

Some people like closer space, like family hugs. Some people like more space.

I can watch faces for clues. If someone steps back, they might need more room.

If someone is too close to me, I can say, "Please give me some space."

In line, I can leave a little gap so I do not bump my friends.

On the rug, I can keep my body in my own spot.

Giving space is a kind way to show respect.

When I remember the space bubble, friends feel calm and happy around me.

I am learning about personal space, and practice makes it easier.

### **Tips for Reading This Story Together**

- Make the bubble physical once: hold a hula hoop at waist height so your child sees and feels the radius.
- Practice the arm's-length check as a game at home until it is a quick, discreet habit.
- Use carpet squares, tape marks, or spots for any sit-and-wait situation while the skill develops.
- Teach both directions explicitly: how to give space and the exact words to ask for space.

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