What is Personal Space?

Personal Space is the area around your body. It’s called “personal” space because it’s just for you.
Let me show you. Stand with your arms out.

The blue area is your personal space.
People should not stand any closer than your fingertips when they are talking, playing, or walking in a line.
It looks like this.
An easy way to measure personal space is by looking at the floor. Count 3 tiles.

I can count 1-2-3 tiles. There should always be 3 tiles between me and other people. That’s how we respect personal space.

Paula Kavanagh, Registered Psychologist
There are lots of different rules about personal space. Some people like BIG personal space.

GAH!! You are TOO close!

No Problem! Is this far enough?

That means they like a lot of room between them and other people.
Some people have small personal space.

That means they don’t mind when people get close to them.
It’s important to remember that even if we have small personal space, we have to be respectful of our friends. That’s why the 3-Tile Rule is so helpful!

Everyone is happy when we use the 3-Tile rule.
The 3-Tile Rule

1 2 3

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1 2 3