

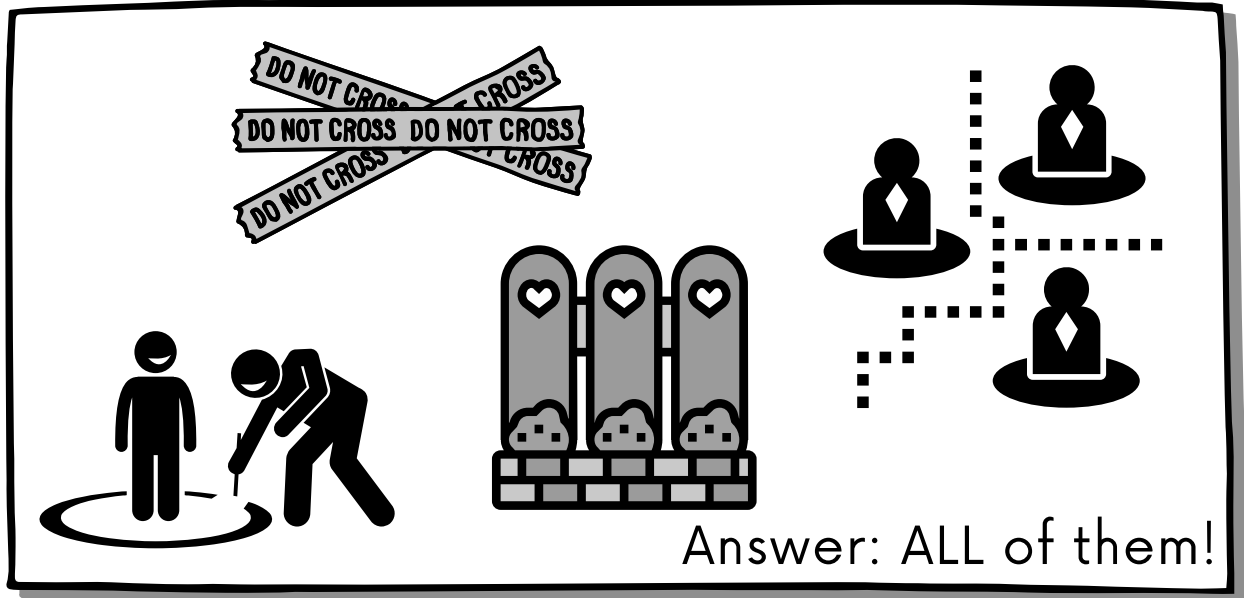
Name \_\_\_\_\_

Date \_\_\_\_\_

# What is a boundary?



Circle the examples of a boundary

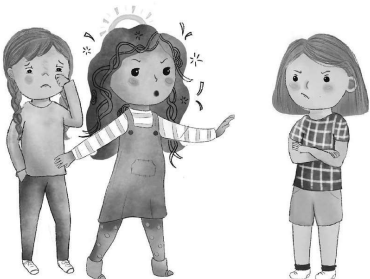
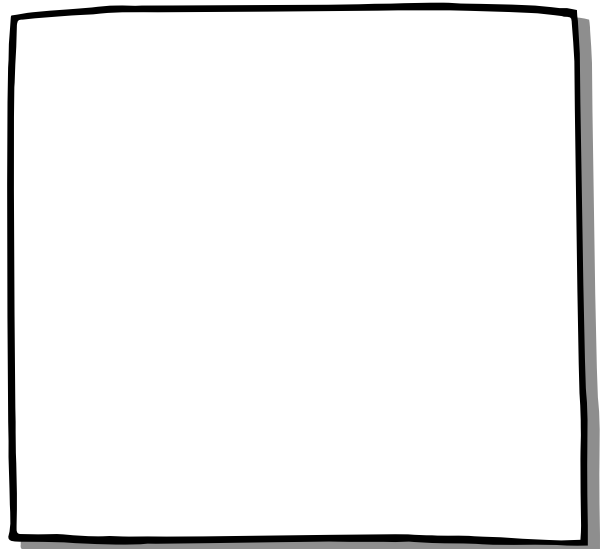


A boundary is a physical limit like a fence or a barrier, or a limit that we say to other people about what we find acceptable (or not) in their actions toward others or us.



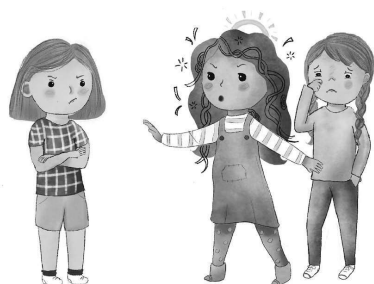
Draw a HEART!

Setting a boundary means  
showing yourself love



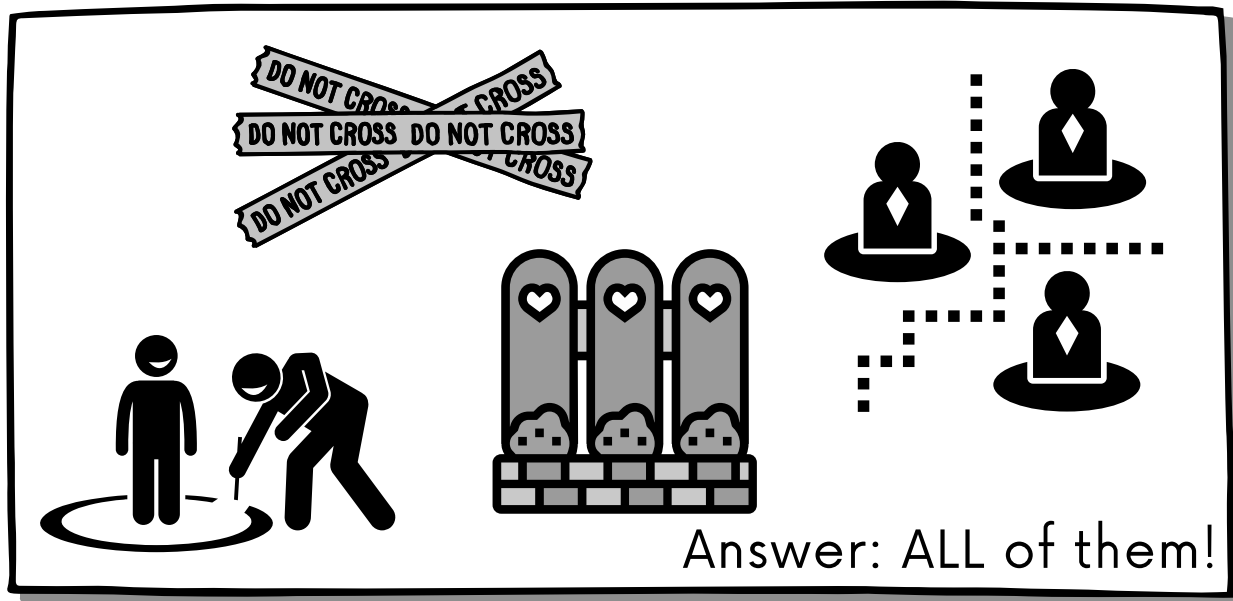
Name \_\_\_\_\_

Date \_\_\_\_\_



# What is a boundary?

Circle the images that represent a boundary

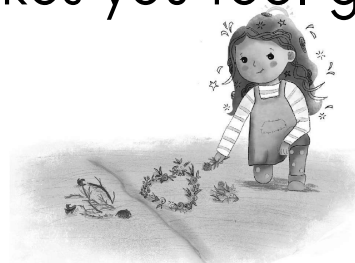


Answer: ALL of them!

A boundary is a physical limit like a fence or a barrier, or a limit that we say to other people about what we find acceptable (or not) in their actions toward others or us.



Draw a heart-shaped boundary around what makes you feel good



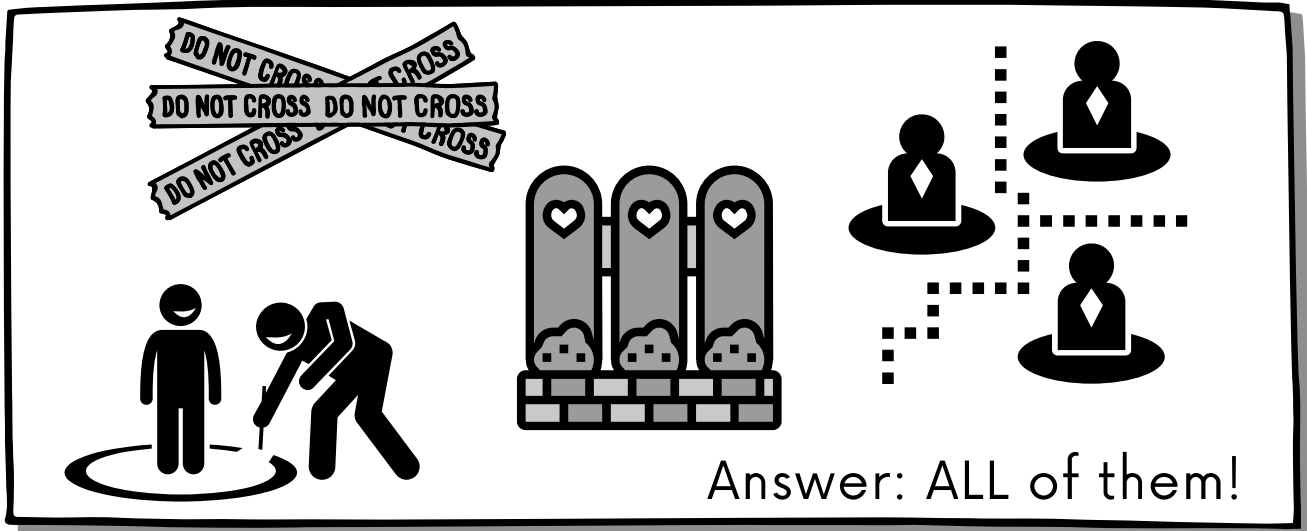
Setting a boundary = self-love

Name \_\_\_\_\_

Date \_\_\_\_\_

# What is a boundary?

Circle the images that represent a boundary



Answer: ALL of them!

A boundary is a physical limit like a fence or a barrier, or a limit that we say to other people about what we find acceptable (or not) in their actions toward others or us.

Violence	Hurt
Truth	Care
Kindness	
Help	
Joy	
Mean words	Lies



Draw a heart-shaped boundary around what makes you feel good

Setting a boundary = self-love

You are **ASSERTIVE** when you set a boundary.  
What does that mean?



Confidently speaking up for yourself or others	or	Aggressively forcing others to do what you want
--	----	---

# HELLO FRIENDS!





# HELLO FRIENDS!



ChristinaFurnival.com

The  
Not-So-Friendly  
Friend

How to Set Boundaries  
for Healthy Friendships



# HELLO FRIENDS!



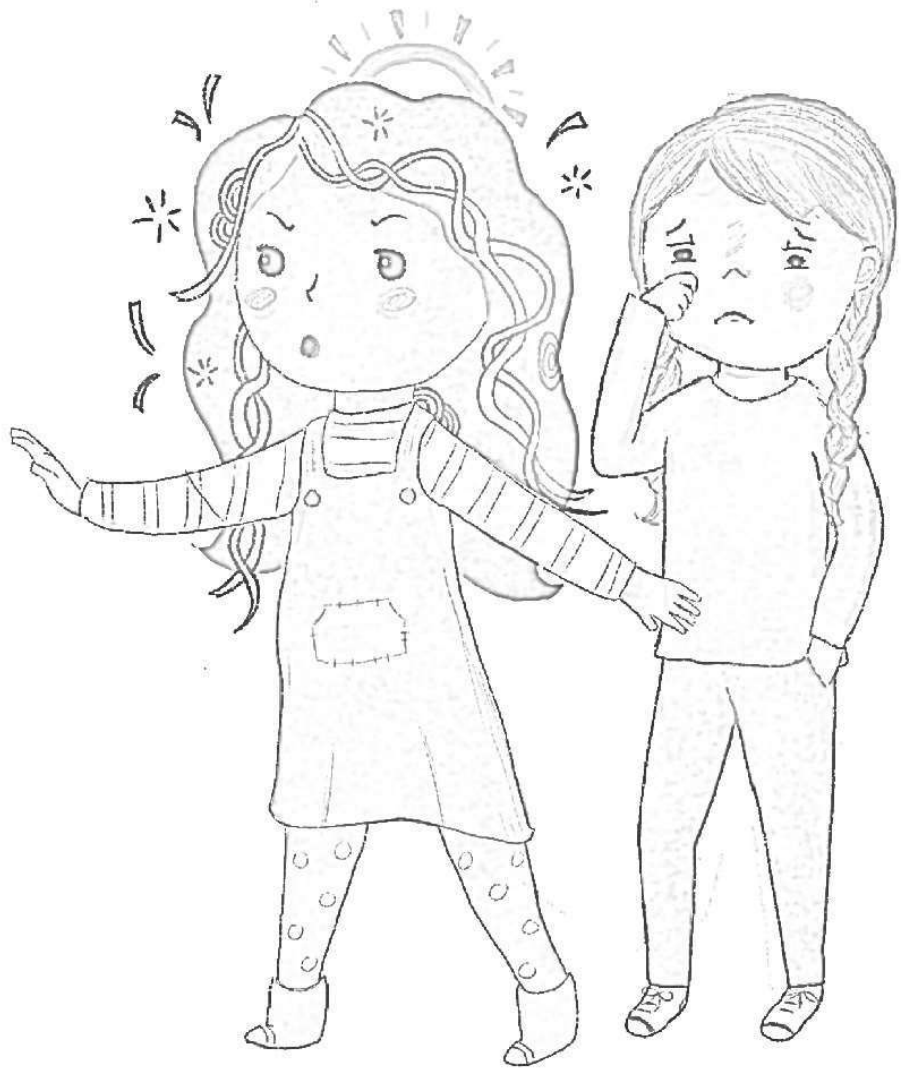
[ChristinaFurnival.com](http://ChristinaFurnival.com)

The  
Not-So-Friendly  
Friend

How to Set Boundaries  
for Healthy Friendships



# HELLO FRIENDS!





# HELLO FRIENDS!



ChristinaFurnival.com

The  
Not-So-Friendly  
Friend

How to Set Boundaries  
for Healthy Friendships



# HELLO FRIENDS!



ChristinaFurnival.com

The  
Not-So-Friendly  
Friend

How to Set Boundaries  
for Healthy Friendships

# ★ HELLO ★ FRIENDS!



## The Not-So-Friendly Friend

How to Set Boundaries  
for Healthy Friendships

ChristinaFurnival.com

# ★ HELLO ★ FRIENDS!



## The Not-So-Friendly Friend

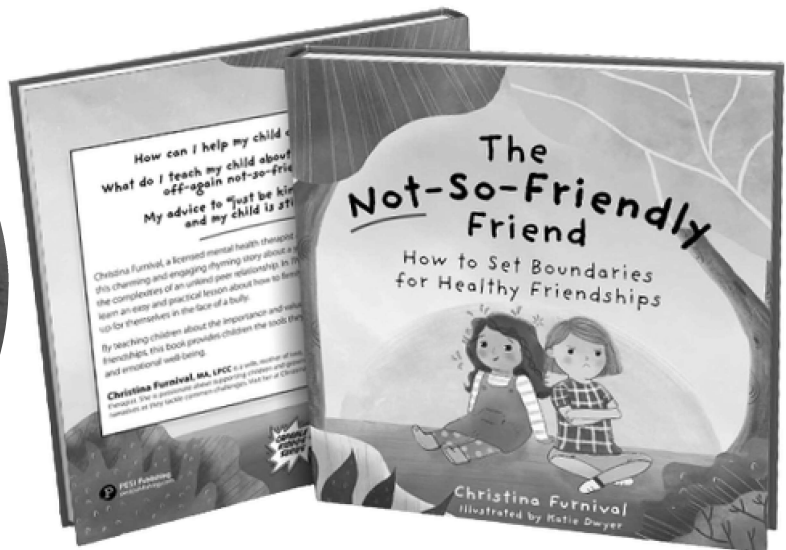
How to Set Boundaries  
for Healthy Friendships

# How can I help my child deal with a bully? What do I teach them about handling an on- again-off-again, not-so-friendly friend?

Christina Furnival, a licensed mental health therapist and mom, helps answer these questions in this charming and engaging rhyming story about a young child who successfully navigates the complexities of an unkind peer relationship.

In *The Not-So-Friendly Friend*, children will learn an easy and practical lesson about how to firmly and assertively—yet kindly—stand up for themselves in the face of a bully.

By teaching children about the importance and value of setting boundaries for healthy friendships, this book provides children the tools they need to foster their social confidence and emotional well-being.



## Order Today on Amazon!