



UNIT FIVE >>> KNOW YOUR LIMIT

Dear Magdalen Parents,

THIS MONTH ///

We are rounding the corner and starting unit five of the Friendzy Curriculum. This month's unit, **KNOW YOUR LIMIT**, teaches us about the importance of setting **healthy boundaries** by listening to our mind, body, and heart so we live within our limits and thrive.

Catchphrase (main point for students to catch on to):

“Know Your Limit”

Key Verse (Biblical anchor points):

Psalm 16:5-6

“Lord, you alone are my portion and my cup; you make my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.”

I Corinthians 10:23

“I have the right to do anything,’ you say—but not everything is beneficial. ‘I have the right to do anything’—but not everything is constructive.”

It is important to know your limit and listen to your body. Your body gives off warning signs to get your attention when getting close to making an unwise choice; a choice that will push you past your personal limit. When you know your limits and listen to your body it helps you set a healthy boundary for your life so that you can thrive. Talk with your child about the importance of knowing your limits and setting healthy boundaries. **Continue the Conversation** at home; here are the main points of this unit:

1. **Pay attention to your personal limits.** Pay attention to the warning signs you feel in your mind, heart, and body when you are pushed past your limit. A decision that is ok for someone else might not be right for you. These indicators will help you to establish personal boundaries.
2. **Establish healthy boundaries.** Healthy boundaries require us to be confident in our own opinions, desires, and needs. Understanding the 5 types of boundaries (material,

physical, mental, emotional, and spiritual) is essential in equipping us to set personal boundaries to help us live within our limits.

3. **Healthy boundaries = knowing your limits and sticking to them!** Discovering our boundaries helps us to know our limits and stay within them so we can thrive. Boundaries are a guideline we establish for how others should treat us.
4. **Boundaries make room for you to respect yourself and others.** As we love and respect ourselves we ought to love and respect others. Boundaries bring awareness of how to respect and love others.

CREATING HEALTHY BOUNDARIES ///

Learning to set healthy boundaries in our relationships is an essential life-long skill. When boundaries are healthy, we know our limits. We have boundaries that we can see and others that we cannot see. Here are five personal boundaries that are helpful for us to understand.

Material boundaries: A boundary related to my possessions

Physical boundaries: A boundary related to personal space

Mental boundaries: A boundary related to thoughts, values, or opinions

Emotional boundaries: A boundary related to emotions

Spiritual boundaries: A boundary related to experiences in relation to God

PUT IT IN ACTION ///

Two core competencies taught in the Know Your Limit unit are social awareness and responsible decision making. Below are signs of these skills in action. When you see your child putting these skills into practice, celebrate their growth and development!

SIGNS OF SOCIAL AWARENESS

- > Perspective-taking
- > Empathy
- > Appreciating diversity
- > Respect for others

SIGNS OF RESPONSIBLE DECISION-MAKING

- > Identifying problems
- > Analyzing situations
- > Solving problems
- > Evaluating
- > Reflecting
- > Ethical responsibility

COMMUNICATION IS KEY ///

As you connect with your student about knowing their limits and creating healthy boundaries, remember that we are here to support you. Please let the school know of personal boundaries established by your student that would be helpful in ensuring their success in the classroom. Communication is key in helping students thrive!

Knowing our own boundaries and respecting the boundaries of others helps us to be better friends!

Blessings,
Mrs. Patterson