SAFE
S###!!*
S
TO
DO
WHAT AT HOME

an IMPACTivity book

coloring • mad libs • word search • www.impactbayarea.org
SELF CARE IS NOT A SELFISH ACT

IMPACTBAYAREA.ORG
Setting a boundary isn't about saying NO to others, it's saying YES to yourself.
IMPACT “Mad Libs” 1

If you're playing by yourself, choose the following words before reading the story. If you're playing with a friend (at an appropriate social distance), ask them for words and enter them directly into the story.

1. name of grocery store
2. adjective
3. article of clothing
4. plural noun
5. favorite pickup line
6. verb
7. adjective
8. adjective (complimentary)
9. name of celebrity
10. type of dance
11. adjective
12. plural noun
13. noun – animal
14. verb
15. adjective
16. insulting name
17. verb
18. adjective
19. plural noun
20. animal
IMPACT “Mad Libs” 1

As you patiently wait in line at ______________, responsibly respecting social distance, a person approaches and stands very close to you. They are wearing a ______________ ______________ and they smell like (plural noun). “(favorite pick up line)" they say to you, leaning in even closer.

You take a breath - but not too big, because of the smell, and say “Please __________ and take a few steps back – I am practicing social distancing!”

“Hey, I’m just being ______. You’re just so ______________ and I just wanted to get to know you,” they say. And even though your facial expression and body language are clearly saying “I AM NOT INTERESTED”, they keep on talking. “Has anyone ever told you that you look like____________?" they ask, as they begin to __________ __________ and gesture for you to join in.

“I already said, BACK UP” you say calmly, but getting louder and more __________ to attract the attention of ______________. “You are too close to me, BACK UP” you repeat, flashing your palms at them and looking around to assess the situation. You notice a store employee walking towards you. You look at the employee and say “This__________ (noun- animal) is bothering me, can you please __________?”

“Hey don’t get all __________, I was just trying to be nice!” the annoying person says. “I wouldn’t have tried if I knew you were such a
You take a breath to _________ your adrenaline and remember that your goal is to keep yourself safe, not to come up with a better insult. “I don’t want any trouble, just back up,” you say. “This _________ employee is here to help, so if you leave now, we can all get our _________ and be on our way.”

They look nervous as the employee approaches and gives them a stern look, then backs away from you and leaves. “Are you ok?” the employee asks? “Some _________ just can’t respect boundaries! Amirite?”
It's okay to take a break (from the news)

Pull out your accordion

Catch up with your animal friends

Look at pictures from your favorite travels + occasions

Bake cookies!

Impact BayArea.org
Good boundaries are flexible, permeable and can change at any time.
Boundaries

A Y E S R T R Y F A T N N T
S R R G S T S T Y S E T M E
D I G N I T Y E G N I V I G
W N W M T R O F M O C A R G
O O E D S A T A R M O F N B
R P T E I T C S O A H A Y O
D E N T L A N O I T O M E D
S I P O W E R F U L L P I S Y
L S T R A N G E R S V L G P
N T S W R R O M U H O Y N A
Y A R S D N E I R F H N O M
O F U T C I T N A M O R R T
L F W O I R E T A L R G T D
T C E P S E R M N O E R S G

Play this puzzle online at: https://thewordsearch.com/puzzle/981844/
No is a complete sentence.
set & reset
BOUNDARIES
as often as
NECESSARY
IMPACT “Mad Libs” 2

If you’re playing by yourself, choose the following words before reading the story. If you’re playing with a friend (at an appropriate social distance), ask them for words and enter them directly into the story.

1. noun – friend’s name
2. noun – bad reality show
3. noun – silly nickname
4. noun – dead white man
5. adjective
6. adjective
7. verb
8. emoji
9. emoji
10. emoji
11. noun – insult
12. noun – your secret crush
13. noun
14. day of the week
15. emoji
16. emoji
17. verb
18. adjective
19. noun
20. noun – celebrity name
21. noun
IMPACT “Mad Libs” 2

Your phone buzzes and you see a text from ____________ just as (noun – friend’s name) you are settling in for relaxing ____________ marathon on Netflix. (noun - bad reality show)

start calling to you from the window. “Hey ____________, “ it says, “We’re (noun - silly nickname) going to go kick it at ____________ Park today. U coming?” (noun – dead white guy)

You definitely feel ____________ from the last week of social (adjective) distancing but you also feel ____________ and would really like to (adjective) ____________ with friends, too. “IDK,” you respond “I don’t think we’re (verb)
supposed to… ____________ _____________. “

(emoji) (emoji) (emoji)

“Oh, come on! Don’t be such a ____________, everyone else is (insult) coming… even ____________ !” they reply, cranking up the peer (your secret crush) pressure to try to convince you.

You look at your phone, then at your very inviting looking couch. You also remember that you live with your ____________ and they are at (noun) high risk if they were to get COVID-19. “Can’t today,” you reply.

“Well what about ____________ then? ____________ “

(day of the week) (emoji) (emoji)

“Nah, I am just gonna stay home and ________.”

(verb)
“Aw, you suck! It would be so much more ________ if you come!”

You start to feel a little guilty like maybe you are being a bad friend, but you’re also feeling annoyed that your friend isn’t respecting your boundaries. You put your phone down on the ________ as you try to decide what to say next.

You plop down on the couch and think, what would ________ do?”

You remember the wise words of philosopher and rapper Drake, “you used to call me on my cell phone” and you’re inspired!

“Hey,” you reply, “I don’t wanna go out, but maybe you can call me or we can face time later.”

“Ok, I guess that’s a good ____________. Miss u!”