

Episode: “Pirouette Upset”

When Albie gets too close to Zia, she learns it’s important to respect other people’s personal space and to ask permission before touching. She even visits the Philadelphia Ballet to see how the dancers get up close for lifts but give lots of space for turns and twirls.



Activity

Materials:

- Just you and a friend!

Steps:

1. Watch “Pirouette Upset,” and watch how Albie learns that the best way to know if someone wants to be touched is to ask them first.
2. Make a big list of greetings with your child. How many ways can we say hello with our bodies? What are some of the ways Albie thinks of? Here’s a list to start you off:

Wave	Low Five	Elbow Bump	Silly Face
High Five	Fist Bump	Hug	Blow a Kiss
Smile	Hand Shake	Wink	Air Hug



3. What other greetings can you come up with? Practice each one with your child, asking for permission when performing the greetings that require touching.
4. Create your very own secret handshake. Incorporate parts when it’s okay to get up close and other movements that require more space. Point out how you have to work together to decide how and when to do each movement.

Tips

- A secret handshake is a great way to negotiate personal space. If your child wants to add a move that you don’t like, use it as an opportunity to talk about respectful ways of saying hello.
- Remind your child that just asking if they can touch someone isn’t enough. They need to ask and then wait for a response. Practice this together.
- Remind your child that their body belongs to them and no one else!

In this activity, your child:

- Learned about different ways of saying hello with our bodies
- Collaborated with you to make a secret handshake
- Listened to and respected physical boundaries

Talk to your child! Conversation Starters:

- How does Zia kindly ask Albie for space? Let's practice some ways to ask for more space when we need it. What are some ways we can tell someone to step back or to stop touching?
- What if someone asks for a hug and you're not in the mood? What are some other ways you can greet them instead?

Keep Going!

Personal Space Bubble

Have your child stand inside a hula hoop to demonstrate their own personal space bubble. You can also ask them to use airplane arms to demonstrate the same idea. Then, put yourself in a hula hoop or extend your arms, too, and walk around without "popping" each other's personal space bubbles.

Red Light, Green Light

Play a game of red light green light to practice listening for permission. Simon Says works well for this, too.

Watch "Gabe"

We can learn a lot about how someone feels about something not only by what they say but by their expressions, too. Watch the "Gabe" episode of *Albie's Elevator* to learn more about body language.

Vocabulary

Greeting: A way of saying hello

Personal space:

The area around someone's body

Permission: Giving someone the okay to do something





Related Resources

More At-Home Activities

Visit PBS LearningMedia for more activities like this inspired by *Albie's Elevator*.

Children's Books with Related Themes

Check out these children's books online or at your local library to continue exploring the concepts in this episode.

Will Ladybug Hug? by Hilary Leung

This little ladybug loves to hug but not all of her animal friends like to say hello that way.

How to Say Hello by Sophie Beer

This book features lots of different ways to greet friends and loved ones that don't all include physical touch.

Yes! No!: A First Conversation About Consent by Megan Madison & Jessica Ralli

An introductory book about consent for very young children.