



Activity 2: Defining Boundaries

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Capture your information from the Discovery Cards activity below and answer the Questions to Explore.

Best Describes My Needs ↑

	<hr/> People, Places, Things, Situations		
External Boundary Types	<hr/> Boundary Type	<hr/> Boundary Type	<hr/> Boundary Type
	<hr/> Boundary to Strengthen	<hr/> Boundary to Strengthen	<hr/> Boundary to Strengthen
Internal Boundary Types	<hr/> Boundary Type		<hr/> Boundary Type
	<hr/> Boundary to Strengthen		<hr/> Boundary to Strengthen
	<hr/> ME		

Questions to Explore

Pick one of the boundaries above and answer the following questions.

1. Why do you think this boundary will be important to build or strengthen?
2. What will be the benefit(s) of building or strengthening this boundary?
3. What will be the potential consequence(s) of not building or strengthening this boundary?
4. What is one action you can take to manage this boundary more effectively?
5. Who can you ask for help or support?