

Mira learns how to create
her own personal space
and keep her body safe



Mira and the Body Bubble

AIMED AT 4-6 YEARS OLDS



هيئة أبوظبي
للطفولة المبكرة
Abu Dhabi Early
Childhood Authority



Hello, I am Mira and
today I met Saeed!

He is a
teacher





Saeed is helping
me learn about
body bubbles

And how I can
use them to
make my own
safe space





I can choose
who I want to
let into my
body bubble

If I do not want
someone to come into
my body bubble, I am
allowed to say NO!






Saeed taught me that
no-one should come
into my body bubble
without asking





My brother Ali gave me a tap on the back and I did not like it because he did not ask me first...



I told Saeed
what had
happened

"You must work
together and
respect one another
to keep your body
bubbles safe."

Then it was time for
Saeed to leave




We both said
goodbye



**I have made my body
bubble very strong and I
feel very powerful**

**I like having my own safe
space and being in control
of my body bubble!**

An illustration of a family in a desert landscape. A woman in a black hijab and a man in a white thobe and grey ghutra stand with a young girl in a pink shirt and red pants. A large yellow scroll is held up on the left, and a speech bubble on the right contains text. The background is light blue with white clouds, a pink bird, and several bubbles. There are green hills, palm trees, and a grey rock in the foreground.

**I told Mum
and Dad what
I have learnt**

**“remember to
always tell an
adult if someone
breaks your body
bubble and makes
you feel unsafe”**