

Boundaries Worksheet

for kids

To set boundaries with your children, you as the parent need to first decide what appropriate expectations you have for your children:

What behaviors do you expect at home?

What specific activities require set behaviors (dinner, chore time, leaving to go somewhere, homework time):

How do you expect your children to act during these activities?

How do you want your kids to treat their room/stuff?

Using the answers from above, create your list of expectations for your children.

Behavior Expectation/Boundary	Result of Respecting Boundary	Consequence for Crossing Boundary