

I Hate the Word “No!”



Sometimes adults and other kids tell me “no!” They won’t give me what I want.

I can’t control what others do but I can control what I do.

When I can’t have what I want, I feel:

Circle the feelings you have when you can’t get what you want.

Angry



Frustrated



Sad



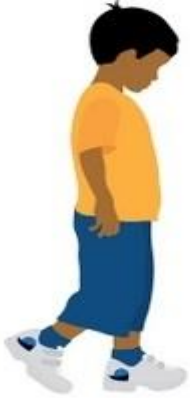
When someone tells me “no” I can do some things to stay calm.

I can choose something else to do.



I can take a break by:

Walking away



or sitting down and taking deep breaths.



I can say how I feel.



When someone tells me “no” I will keep my hands and feet to myself.



I will be respectful and safe.

I cannot hurt myself or anyone else.



I cannot destroy property.



I cannot scream or say mean things to anyone.



Here are some examples of what I can do when someone says “No!” to me.

Example 1

At-Home:

“I want that cupcake!”

Mom says “No!”

I can ask for a piece of fruit, go listen to music, or say I feel frustrated because I really want that cupcake! I can’t hurt myself or anyone else, destroy property, or scream at anyone.

Example 2:

At-School

“I want to read that book about baseball!”

The teacher says, “No. Someone else took it from the library.”

I can pick another book, sit at my seat to calm down, or say “I’m upset that I can’t get that book! I love baseball!”