

Accepting “No” for an Answer

Suggested Role-Plays

- 1.** You asked your parents if you could go to the movies with a friend. They said no. Accept their answer by following the four steps of the skill, and then politely ask for a reason why you are not allowed to go.
- 2.** You asked your teacher if you could go to the library to check out a new book. Her answer was no. Show how to accept the answer using only nonverbal responses.
- 3.** You were told to work on a group project with four other students, but you want to work with a different group. You asked the teacher if you could trade places with another student, and he said no. Describe behaviors or reactions you should avoid, and then show how to accept “No” appropriately.
- 4.** At recess, you asked your friend to switch places with you so you could play goalie. Your friend said no. Show how you would accept a “No” answer from your friend.

Accepting “No” for an Answer Think Sheet

Name _____ Date _____

Why is it sometimes hard to hear or accept a “No” answer?

List some times when you were told “No” by a parent, friend, teacher or principal:

-
-
-
-

List reasons why it's important to be able to accept "No" answers:

-
-
-
-

How can the skill of **Accepting "No" for an Answer** help you in the classroom?

How can the skill of **Accepting "No" for an Answer** help you on the playground or in athletics?

How can the skill of **Accepting "No" for an Answer** help you at home?

Accepting “No” for an Answer

- 1. Look at the person.**
- 2. Say “Okay,” or nod to show understanding.**
- 3. Stay calm.**
- 4. If you disagree, ask later.**