



OK to Say No Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Pens /Pencils
- ▶ Ok to say No worksheet

L.O:

- ▶ To know that it is ok to say no.
- ▶ To be able to identify when I could and/or should say no.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Ask the children to discuss why it can be a good thing to not always say yes to something, but to decline or say no every now and then.

MAIN TEACHING (10mins)

Tell the children that as our social and professional/ educational lives get busier, more and more people will ask things of us such as to socialise, or work, or to help them out, and whilst we may be keen to say yes to as many things as possible this can have a negative impact on our wellbeing.

It can be important to give ourselves time for ourselves, to do the things that we enjoy doing alone, to stay calm and rejuvenate our mind.

Some things however require a different approach when saying no, as maybe just saying “no” would not be enough and could come across as rude. Have the children think about when it is ok to just say “No” or “No thank you” or when it possibly requires an explanation. Such as “No I cannot come out to play today as I have homework to do for tomorrow.” At least the person asking knows it’s not because of them.

MAIN TASK - Ok to Say No(15mins)

Tell the children that you are going to read out the list of scenarios where they may want to say no, and as a group they have to shout out either “no”, “no thank you” or “no thank you, because” depending on which they think would be the appropriate response.

Note: there are no real wrong answers here. It is largely to highlight the importance of saying no should they feel the need to.

- ▶ **Friend:** Do you want to come out to play?
- ▶ **Family member:** Would you like an ice cream?
- ▶ **Teacher:** Do you need a pencil?
- ▶ **Shopkeeper:** Would you like a bag?
- ▶ **Stranger:** Will you come with me?

Together see if you can come up with some more examples.

PLENARY (2mins)

GROUP DISCUSSION – Have the children talk about these different scenarios, how they might react and why this might be.

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CHILDREN'S SHEET

Think about different scenarios that you might want or need to say no to and how you would say no. As the below situations are called out you must shout out one of the following responses that you think best suits the situation. Whether it is a simple "No" or a more polite "No Thank You" or if you feel an explanation is needed, "No, thank you, because"

- ▶ **Friend:** Do you want to come out to play?
- ▶ **Family member:** Would you like an ice cream?
- ▶ **Teacher:** Do you need a pencil?
- ▶ **Shopkeeper:** Would you like a bag?
- ▶ **Stranger:** Will you come with me?

