



May 2020 Social Emotional Virtual Learning

ECSE/Program

Accepting No

Learning Target:

Students will practice accepting no.

[Daniel Tiger video](#)

How did Daniel Tiger feel when the class chose a rabbit?

They said “no” to getting a class turtle.

Even when things don’t go our way or someone says “no” we can be like Daniel Tiger. We can take a minute to think.

Later we might notice a good thing that we didn’t expect!

If we feel frustrated we can breathe or move our body.

Let's Practice!

What would you do?

You want a piece
of candy, but a
grown-up says
“No.”



Would you.

Stomp your feet?

Yell or growl?

Take a deep breath and say “I
feel _____”?



Let's Practice!


What would you do?

You want to play outside. A grown-up says "No, you have to clean your room."



Would you...

Go outside anyway?

Clean your room and ask again? 

Ignore them and play a game inside?

Let's Practice!

What would you do?

You ask a friend
to play a game
and they say
“No.”

Would you....

Say “okay” and ask to play
together later?



Use unkind words?

Tell an adult?



There are things grown-ups can do to help children accept “no.”

Give your attention when the child is requesting.

Explain why you are saying “no.”

Be consistent and follow through.

Communicate what your answer was with other caregivers so they can be consistent.