

Accept No – Activity 1 - Lesson



Purpose:

We want to teach our child(ren) to Accept No. When children Accept No, they avoid taking up time that could otherwise be spent doing something they enjoy, and it increases the chance they may get yes in the future.

Materials:

Image of Accept No Poster

Lesson:

This week we teach how to Accept No.

First – Say the steps and have your child(ren) repeat them after you. You can create hand gestures to go along with the steps, which help the children remember. Explain that move on, means to go back to what they were doing or find something else to do.

Second – Talk about the reasons and situations when it is important to Accept No.

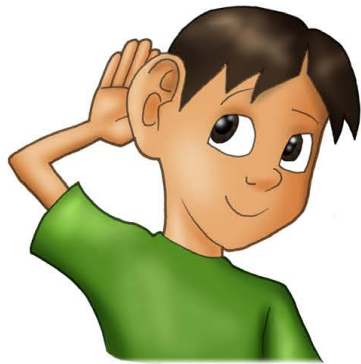
Third – Practice. Role play a time when your child would need to Accept No. For example, when your child asks if they can go play with their friend next door, and you say no, it is important for them to look at you, listen, and then move on.

The following page has a printable poster of Accept No.

Accept No

Aceptar No

1 LOOK
Mirar



2 LISTEN
Escuchar

3 MOVE ON
Seguir



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