



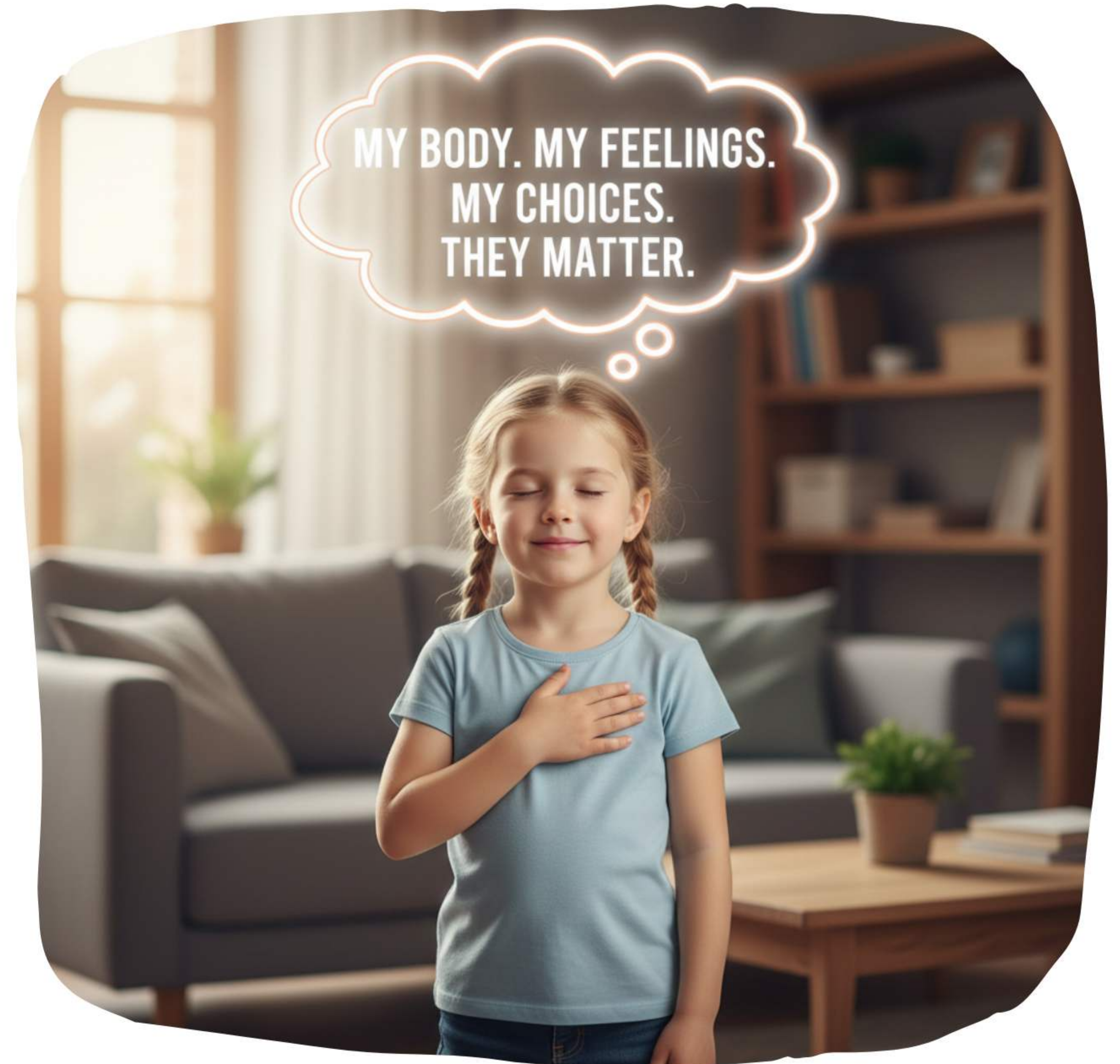
“Sometimes I may feel uncomfortable, unsure, or not ready for something.”



“It is okay to say no when something doesn't feel right to me.”



“Saying no helps keep me safe and comfortable.”



“My body, feelings, and choices matter.”



“If someone asks me to do something I don’t like, I can say no.”



“I can use clear words like ‘No,’ ‘Stop,’ or ‘I don’t want to do that.’”



“I can say no if someone is bothering me or not respecting my space.”



“I can say no if I need a break or if something feels too loud or overwhelming.”



“I can say no if a game or activity feels unsafe.”



“I should use a calm and strong voice when I say no.”



“I don’t need to explain everything if I don’t want to.”



“If someone doesn’t listen to my no, I can walk away.”



“I can also find a trusted adult who will help me.”



“My no is important, and people should respect it.”



“I can practice saying no to feel more confident.”



“When I say no when I need to, I protect myself and show confidence.”



Vocabulary

- Respect

A: Treating someone's words and feelings as important. (Correct)

B: Ignoring what people say.

- Overwhelmed

A: When things feel too loud, too much, or too fast. (Correct)

B: When I feel sleepy.

- Space

A: The room or distance I need to feel comfortable. (Correct)

B: A place with stars and planets.

- Unsafe

A: Something that could hurt me or make me uncomfortable. (Correct)

B: Something fun and exciting.

- Confident

A: Feeling sure of myself and my choices. (Correct)

B: Feeling unsure and scared.



Spellings

A: No (Correct)

B: Kno

A: Stop (Correct)

B: Stopp

A: Saef

B: Safe (Correct)

A: Spase

B: Space (Correct)

A: Brake

B: Break (Correct)



Comprehension

- When is it okay to say no?
A: When something feels uncomfortable, unsafe, or not right for me. (Correct)
B: Only when everyone else says no too.
- What kind of voice should I use when saying no?
A: A calm and strong voice. (Correct)
B: A shouting or scared voice.
- What can I do if someone doesn't listen to my no?
A: Walk away and find a trusted adult. (Correct)
B: Stay there quietly.
- Do I always have to explain why I'm saying no?
A: No, I don't have to explain everything. (Correct)
B: Yes, I must always explain.
- Why is saying no important?
A: It protects me and respects my feelings. (Correct)
B: It makes things harder for everyone.



Open-Ended Questions

- When is a time you needed to say no?

- What makes saying no sometimes difficult?

- Who helps you when someone doesn't listen to your no?

- How does your body feel when something doesn't feel right?

Role-Play Activity

- **Scenario 1**

Someone touches your toy without asking. → Practice saying, “No, I’m using that.”

- **Scenario 2**

Someone is too close and you need space. → Practice saying, “I need space, please.”

- **Scenario 3**

A friend wants you to play a game you don’t like. → Practice saying, “No thank you, I don’t want to play that.”

- **Scenario 4**

Something feels too loud or overwhelming. → Practice saying, “I need a break.”