

My Daily Helper

Pink Bunny & Friends

When a Friend Says No



**A Social Story About
Respecting an Answer and Finding Another Choice**

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I Ask to Play



It is okay to invite someone to play or do an activity.

Ask Together

What words, pictures, or gestures could you use?



My Friend Says No



The person may be busy, need space, or want something different.

Ask Together

What words, pictures, or gestures could you use?



I Feel Disappointed



I may feel sad, confused, or rejected. My feelings are real.

Ask Together

What could help with this feeling?



I Pause and Breathe



I keep my body safe and give myself a moment.

Ask Together

What could help with this feeling?



No Is About This Choice



One no does not decide my value or every future interaction.

Ask Together

What could you do during this step?



I Ask About Later



I may calmly ask whether another time could work, then accept the answer.

Ask Together

What words, pictures, or gestures could you use?



I Look at Other Choices



I can play alone, invite someone else, or choose another activity.

Ask Together

What could you do during this step?



I Choose a New Activity



I choose something that helps me move forward.

Ask Together

What could you do during this step?



I Respect the Answer



I do not pressure, follow, argue with, or touch the person.

Ask Together

What could you do during this step?



Great Job - I Handled No!



I respected my friend's boundary and took care of my feelings.

Ask Together

What part of this story are you proud of?

