

My Daily Helper

Pink Bunny & Friends

When the Answer Is No



**A Social Story About
Handling Disappointment Safely**

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I Ask for Something



It is okay to ask for something I want. Sometimes the answer may be no.

Ask Together

What are some things you ask for?



I Hear “No” or “Not Now”



A trusted grown-up may say no or not right now to keep me safe or follow the plan.

Ask Together

Why might someone say not now?



I Feel Disappointed



I may feel sad, angry, or disappointed. My feelings are real and okay.

Ask Together

How does disappointment feel?



I Pause and Breathe



I keep my hands, feet, and body safe while I take a breath.

Ask Together

What helps your body stay safe?



I Ask “When?”



I can calmly ask when it may be available or use a timer.

Ask Together

What question can you ask?



I Look at Other Choices



A grown-up may show me other safe things I can do.

Ask Together

What other choice could work?



I Choose a New Plan



I pick another activity while I wait.

Ask Together

How can a new plan help?



My Body Calms



Big feelings change with time, breathing, and support.

Ask Together

What helps feelings get smaller?



The Plan Moves Forward



Sometimes I can have the item later, and sometimes the plan stays no.

Ask Together

How can you handle either answer?



Great Job - I Handled It!



I may not like the answer, but I can handle it safely and feel proud.

Ask Together

What safe choice did you make?

