SEL · PROBLEM SOLVING AND DECISIONS · GRADES 3–5

Ways to Say No

When kids push you to make a bad choice, how can you say no? Circle the strongest way for six moments.



Name: _____ **Date:** _____

Strong ways to say no: say "no" clearly, give a reason, suggest something else to do, or walk away and tell a grown-up.

Circle the letter of the strongest way to say no.

1. **Friends dare you to ring a neighbor's doorbell and run.**
   - (a) "No thanks. Let's go shoot hoops instead."
   - (b) "Okay, just this once."
   - (c) Say nothing and do it.
2. **A friend wants to copy your test answers.**
   - (a) Let them copy.
   - (b) Give them half the answers.
   - (c) "No, that's cheating. I can help you study next time."
3. **Kids say, "Let's sneak out of class while the teacher is busy. Come on!"**
   - (a) Go so you fit in.
   - (b) "No, I don't want to get in trouble. I'm staying."
   - (c) Go, but only for a minute.
4. **An older kid offers you a pill and says it is candy.**
   - (a) Say "No!", walk away and tell a grown-up right away.
   - (b) Take it to be polite.
   - (c) Put it in your pocket for later.
5. **Friends want you to say mean things about a classmate.**
   - (a) Laugh along.
   - (b) Say one mean thing so they like you.
   - (c) "No, that's not kind. Let's talk about something else."
6. **A friend wants you to play a game you are not allowed to play.**
   - (a) Play for a few minutes.
   - (b) "No, I'm not allowed. Want to build with blocks?"
   - (c) Play it and hide it.

My go-to words for saying no: _____

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ANSWER KEY · PROBLEM SOLVING AND DECISIONS · GRADES 3–5

Answer Key: Ways to Say No

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



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