

My Refusal Skills Activity Guide Grade K-2



Know Your *Neuro*

Quiz Questions



1. What are refusal skills? **Answer:** Your ability to say no, especially to things that make you uncomfortable or to risky behavior.
2. What is a boundary? **Answer:** It is like an imaginary hula hoop that surrounds your body. It is always with you. It separates what you think and feel from what others think and feel.
3. When you practice refusal skills, what are you setting? **Answer:** Your boundaries!
4. How do refusal skills and boundaries help you? **Answer:** They keep you safe. They keep you from doing things that you should not do.
5. How do you build your refusal skills? **Answer:** Practice! Practice what you will say ahead of time. Then, use your refusal skills to keep yourself safe. Use your refusal skills to say 'no' if someone asks you to do something you are uncomfortable with. Use your refusal skills to say 'no' to yourself when you are tempted to break a rule.

Classroom Activities

Refusal Skills Rally

Divide the class into groups of 3-5 students. Ask each group to compete against the others by thinking of as many fun and creative ways to say 'no' as they can. Give them about 5-10 minutes to complete their lists. Ask a person from each group to read their group's answers out loud. Write each group's answers on the board. Tally the amount of responses. Praise all the groups for coming up with the most, the most creative, and the funniest refusal skills.

Honest Moments

Ask students to name three things they have trouble saying 'no' to when they are with others. Ask them to be honest and admit if they ever have trouble saying 'no' to themselves when they want to do things they know they should not. Praise for honesty!

Refusal Skills Song

Teach students the Refusal Skills Song:
Pass, no thanks, no now, I'm good
Makes your brain grow like it should
Use your brakes. Pick what to say.
Then train your brain to turn away!

Say No Scenarios

For each of the following scenarios, ask students what refusal skill they would use and why.

1. Your friend brought a toy to school. The teacher put it on their desk until the end of the day because toys are not allowed in class. When the teacher was not looking, your friend asks you to go and get the toy off the desk then, give it back to them.
2. You are playing a fun game with your friends during recess when a student comes up and tells you that you need to stop playing the game with your friends and play a different game with them instead. You are happy playing the game with your friends and want to keep playing with them.
3. In the bathroom, you see some students plugging up the toilet with paper. They ask you to join in with them.
4. During the spelling test, your friend asks you to show them your paper so they can copy your answers.
5. Ask students to think of a scenario when they felt pressured to do something they did not want to do.

