

ALTERNATIVES TO "NO"

20 ALTERNATIVE PHRASES TO USE IN PLACE OF SAYING "NO"

*I CAN SEE YOU'RE HAVING A HARD TIME,
CAN I HELP YOU?*

*WE USE OUR QUIET VOICES INSIDE &
OUR LOUD VOICES OUTSIDE.*

*WE CAN PLAY TOGETHER NICELY, OR PLAY
NICELY BY OURSELVES.
WHAT WOULD YOU LIKE TO DO?*

*I CAN SEE YOU'RE HAVING TROUBLE
USING YOUR WORDS WITH YOUR FRIENDS.
LET'S TRY A NEW ACTIVITY.*

*WE USE OUR WORDS WHEN WE ARE UPSET,
NOT OUR HANDS.*

*YES, WE CAN ASK AN ADULT FOR HELP WHEN
WE'RE _____ (mad, upset, angry, frustrated, etc.)*

*YOUR FOOD IS NOT FOR THROWING, IT'S
FOR EATING TO KEEP OUR BODIES HEALTHY
& STRONG.*

*YOU SEEM _____ (angry, mad, sad, etc.)
RIGHT NOW, WOULD YOU LIKE A FEW
MINUTES TO YOURSELF?*

YES, WE CAN USE OUR WORDS.

DO YOU WANT TO TALK ABOUT IT?

*LET'S TALK ABOUT WHY YOU'RE UPSET INSTEAD
OF YELLING. I CAN UNDERSTAND YOU
BETTER WHEN YOU USE YOUR INSIDE VOICE.*

*IF YOU WOULD LIKE A TURN WITH THE TOY,
LET'S ASK YOUR FRIEND IF YOU CAN USE IT
WHEN THEY'RE DONE INSTEAD OF TAKING IT.*

PLEASE KEEP YOUR HANDS TO YOURSELF.

LET'S ONLY USE KIND WORDS.

*WOULD YOU LIKE TO ASK ME AGAIN
IN A CALM VOICE?*

*WE CANNOT USE OUR HANDS WHEN
WE ARE UPSET.*

*IT'S OK TO FEEL THIS WAY, BUT WE CAN'T _____.
(hit, use bad words, throw things, have a tantrum, etc.)*

*CAN WE THINK OF BETTER WORDS TO USE
THAN THE ONES YOU JUST SAID?*

*OUR HANDS ARE ONLY FOR OURSELVES,
THEY CANNOT TOUCH OTHER PEOPLE.*