



“Accepting No” Games

Game #1: Accepting No Go Fish

Instructions:

Accepting No Go Fish is very similar to the traditional game of Go Fish, except some of the language is changed.

1. Shuffle the cards and deal seven cards to you and seven to your child (deal five if more than two people are playing.) Place the remaining cards face down in a pile between the two of you.
2. Each player looks at their own cards but does not show them to the other players.
3. The player to the left goes first. Players take turns asking each other for cards with the same value of the cards they have in their hand. Both players will ask for the cards from each other “with respect.” For example, a caregiver that already has a five in their hand would ask the child, “May I please have a five?” If the child has a five, they would hand it to the caregiver. If they do not, the child will say “Go Fish.” The caregiver then draws a card from the pile. If the caregiver draws a five, the caregiver goes again. If the caregiver does not draw a five, their turn is over.
4. As players collect pairs of matching cards, they may discard them in their own discard pile. The player with the most cards in their discard pile when the center pile of cards is gone, wins the game.
5. Caregivers will praise the child for “asking with respect” and “accepting no.” Children will be taught to say “May I please...” as well as “Ok Mommy” when told no. Before you start the game, show your child how to ask with respect as well as how to say “ok mommy” when told no. The caregiver may have to ask the child for a re-do and ask them to say the right words until they get the hang of it.

Game # 2: Accepting No Trick-or-Treat Game

Instructions:

1. Write Yes or No on the backs of index cards.
2. Set out sets of two cards face down around the house. One of the card says “yes” and the other says “no.” On top of each card, put a piece of candy, pennies or a small toy.
3. Go around to each of the stations with your child and have them pick one of the two cards. If they one they pick says “yes” the child keeps the candy, penny or toy. If the card they pick says “no,” then you say, “I am so sorry

Practicing skills you want your child to learn takes practice!

To help your child learn the concept of “Accepting No,” practice in a fun and playful way.

Presented here are three games used at HALO Project to teach kids the concept of “Accepting No.”

The concept of “Accepting No” as presented here is based upon Trust-Relational Intervention (TBRI®.)

For more information about TBRI® visit their website at

www.child.tcu.edu.

More fun games can be found at

www.haloprojectokc.org/resources.

sweetie, I need you to accept no.” Have the child respond with “Ok mommy.” Move through all the stations.

4. Repeat for more fun!

Note: You can practice “sticking together” as you move through the stations. In addition, if you decide to use candy, the child does not have to eat the candy right then and there. Use a baggie and have them collect it for later or when it is appropriate. Be creative about what items you want to set out!

Game # 3: Get It Pick It

Instructions:

1. Gather 3 stuffed animals and some index cards.
2. On the back of each index card, write the name of each character. For example, if I have a horse, a fish, and a bear, I would write “horse” on the back of one card, “fish” on the back of another and “bear” on the last one.
3. Ask the child to place the 3 stuffed animals in different places spread out in the room.
4. While the child is placing the stuffed animals, place the 3 index cards face down next to each other. Make sure the child does not know which index card is which.
5. Place 3 candies or pennies (we use smarties) in front of one index card, two candies or pennies in front of the other and 1 candy or penny in front of the last one.
6. Before you start the game explain that when they are told “no” you would like for them to respond with “ok mommy” or “ok daddy.”
7. Ask the child to “go get” one of the stuffed animals in a respectful manner. For example, “Please go get the horse.” When the child does what you ask, say “good job listening and minding.” When they bring the horse back, ask them which index card they think says “horse.” Check to see if they are correct **WITHOUT** letting them see the answer on the card. If they select the correct card, turn it over face up and let them eat the candy that was next to the card they selected. If they selected the wrong card, place it face down again (without letting them see it) and tell them “No, I am so sorry sweetie you may not have the candy.” When the child says “ok mommy,” praise the child for accepting no (i.e. “good job accepting no.”)
8. Repeat the above sequence for the following two animals that are left in the room. Once they have gotten all the animals, the game is over.
9. Play several rounds and make sure to have fun!

We hope you enjoyed these fun games. Remember, you do not have to use candy! You can use anything you would like!



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