

Yes and No

To join in, try: That looks fun. Can I play? Waiting close by works too.

Brain note: asking out loud feels risky, but it works better than hovering.

Yes and No

No is a whole answer. Try: No
thanks. I don't want to. You can
stop there.

Brain note: saying a boundary out loud is a
skill you practice, not a personality.

Yes and No

You can say: I need some alone
time. I still like you. I'll come find
you.

Brain note: alone time helps a busy brain
settle. It is not a punishment.

Yes and No

Left out hurts. You can say: I felt left out today. Can I join next time?

Brain note: being left out lights up the same brain areas as physical pain.

Yes and No

Sharing is not giving it all away.
Try: two more minutes, then it is
yours.

Brain note: knowing when your turn ends
makes waiting much easier to handle.

Yes and No

Taking turns: You go, then I go. Say
the order out loud so it stays fair.

Brain note: an agreed rule takes the guessing
out of who goes next.

Yes and No

If a friend is mean: You can walk away. You can tell a grown-up.
Both are okay.

Brain note: leaving is not losing. Walking away is a real choice, not giving up.

Yes and No

Tattling gets someone in trouble.

Telling keeps someone safe. Safe
always wins.

Brain note: when you are not sure which one
it is, tell a grown-up anyway.

Yes and No

Surprise secrets end. Scary secrets do not. Scary ones you always get to tell.

Brain note: no grown-up should ask you to keep a secret that makes you feel sick.

Yes and No

Everyone has a space bubble. You
can say: please back up a little.

Brain note: your body notices someone too
close before your words catch up.

Yes and No

Ask before you hug: Do you want a hug? No is a fine answer, both ways.

Brain note: asking takes two seconds and tells the other person they get a say.

Yes and No

If someone will not stop: Say stop.
Move away. Tell a grown-up you
trust.

Brain note: your no is not rude. Getting help
is not telling on someone.

Yes and No

A real sorry says what you did: I
took your book. I'm sorry. Here it is
back.

Brain note: a sorry that names the thing feels
real. A quick sorry does not.

Yes and No

You can forgive someone and still not want to play today. Both can be true.

Brain note: forgiving is something you do for you. It does not mean it was okay.

Yes and No

To make up: Say what went wrong.
Say your part. Then ask: are we
okay?

Brain note: fixing a friendship after a fight can
make it stronger than before.

Yes and No

Losing: Say good game first. Feel your feelings after. Both are allowed.

Brain note: your body needs a minute after losing. That rush is normal, not bad.

Yes and No

Stand up: Say that's not okay. Or
stand beside them. Or go get a
grown-up.

Brain note: one person standing close makes
a picked-on kid feel much less alone.

Yes and No

Good listening: Eyes up. Mouth quiet. Then ask one question about their thing.

Brain note: being listened to is what makes people feel liked and remembered.

Yes and No

If a friend says no, that is their boundary. You can say: okay, maybe later.

Brain note: hearing no without getting mad is a friendship skill worth practicing.

Yes and No

Share your good news, then ask about theirs. That is the opposite of bragging.

Brain note: turning it back to them keeps the good feeling on both sides.

Yes and No

You can say: I miss you. Can we
have a turn just us? Friends can
have friends.

Brain note: jealousy is a sign you care. It is
not proof you are being replaced.

Yes and No

Not meaning it still hurt them. Try: I didn't mean to, and I am still sorry.

Brain note: what you meant and what they felt are two things. Both count.

Yes and No

If they say everyone is doing it, you
can say: not me. Then walk away.

Brain note: your gut goes tight before your
brain finds words. Trust the tight.

Yes and No

If a friend decides everything, try: I
want to pick this time.

Brain note: friendships work best when both
people get to steer sometimes.

Yes and No

You can leave a chat that feels mean. Save what was said. Show a grown-up.

Brain note: mean words on a screen hurt for real, just like spoken ones.

Yes and No

Teasing stops when you say stop. If
it keeps going, it is not a joke
anymore.

Brain note: if only one person is laughing, it is
not a joke. It is a signal.

Yes and No

To start a friendship: Say hi. Find one thing you both like. Do it again tomorrow.

Brain note: friendships grow from small repeats, not one big brave moment.

Yes and No

You can say: I don't want a hug. A high five instead? Your body, your choice.

Brain note: practicing no with safe people makes no easier with everyone else.

Yes and No

If a friend says they are being hurt,
tell a grown-up. That is being a
good friend.

Brain note: some things are too big for kids to
carry. Handing it up is the help.

Yes and No

If you were the mean one: Say it plainly. Fix what you can. Do better next time.

Brain note: owning it once works better than explaining it three times.

Yes and No

Shy is okay. You can start with one person instead of the whole group.

Brain note: one friendly face is enough for the brain to feel safe in a room.

Yes and No

If someone copies you, try: You like my ideas. Want to make one together?

Brain note: copying usually means they like you. You can still say it bugs you.

Yes and No

Friends change. It is okay to be sad. It is not proof you did something wrong.

Brain note: missing a friend is normal. Your brain got used to them being there.

Yes and No

If you say you will do it, do it. If
you cannot, say so early.

Brain note: friends trust what you do more
than what you say you will do.

Yes and No

If someone says do not tell, and it
feels wrong inside, you can still
tell.

Brain note: a rule that keeps you quiet about
being unsafe is not a real rule.

Yes and No

In a fight you can say: I need a break. I'll come back. Then really come back.

Brain note: an angry brain cannot solve much.
A break gives it time to cool.

Yes and No

See a kid on their own? You can
say: want to sit with us? That is all it
takes.

Brain note: one invitation can change how a
whole day feels for someone.

Yes and No

Some friends are for the
playground. Some are for the hard
stuff. Both count.

Brain note: you do not need one best friend.
A few good ones works fine too.

Yes and No

Hinting is hard to hear. Try saying it
plain: I want a turn now, please.

Brain note: people are bad at guessing. Plain
words work far better than hints.

Yes and No

If someone crosses your line, say it
once, clearly. Get help if it
happens again.

Brain note: repeating a boundary louder
rarely works. Getting backup does.

Yes and No

Keeping a safe secret builds trust.
Keeping a scary one does not. Tell
a grown-up.

Brain note: the test is simple. Does keeping
this protect someone, or hurt them?

Yes and No

Also try: Conflict Repair Scripts,
Empathy-Building Activities, and
Conversation Cards.

Find every set at NextGenLearners.com.