

Sometimes Friends Say No



A social story by Speak for Yourself Speech & Language Pathology

I like to play with people in my class.

Sometimes, I ask a friend to play.



Sometimes my friend might say 'no'.



They might say

Not right now

I want to play something else



I want to play by myself

I'm busy

That's okay. They are allowed to choose.

It might make us feel sad.

We treat them nicely and they will want to play another time.



People have lots of reasons they may not want to play.

It does not mean they are not our friend anymore.

I am too tired to
play.

I want to do
something else.



I can say “okay” and walk away. I can ask them another time.

I choose something else to do.

I play with something else. Or I take time to relax.



I can find someone else to play with.

My friends like it when I respect their choices.

When I am kind and give them space, they will want to play with me another time!

