

Ollie the Owl Learns to Accept “No”

Lesson Objective:

Students will learn about the importance of accepting "no" and understanding that it often comes from a place of care and protection.

Materials Needed:



- The story “*Ollie the Owl Learns to Accept NO*”
- The song “*No, No, No, Ollie*”
- Ollie’s Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1- Role-play with puppets
- Activity 2- “No Means Love” handout
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly talk about what it means to hear "no" and why it can be important.
- Introduce the concept of understanding and accepting "no" as a way to keep us safe and help us learn.

Greeting and Circle Time Teacher Script

- **Warm Welcome and Opening Discussion:**
 - "Good morning, everyone! Let's all sit in a circle. Today, we are going to talk about something important called 'accepting no.' Can anyone tell me a time when they heard the word 'no'?"
 - (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)
 - "Great! Sometimes we hear 'no' from our parents, teachers, or friends. It can feel disappointing, but 'no' is often said to keep us safe and help us learn. Let's learn more about this through a story about Ollie the Owl."

Read the Story (15 minutes)

Story Time Outline:



- Read the story *Ollie the Owl Learns to Accept 'No'* aloud to the class
- Engage the children by asking questions during key parts of the story

Story Time Teacher Script:

1. Prepare the Students for the Story:

- a. "Now, I'm going to read you a story called 'Ollie the Owl Learns to Accept 'No.' Listen carefully and think about how Ollie feels when he hears 'no' and what he learns from it."
- b. (Read the story aloud, pausing at key moments to ask questions and engage the children.)

● Read the Chapter with Emphasis on Key Moments:

- **While reading**, pause during key moments.
- **Ask Questions:**
 - What did Ollie want to get from the beehive?
 - Why did Mama Owl say “no” to Ollie?
 - How did Ollie feel when he heard “no” the first time?
 - What did Ollie do to help himself calm down?
 - Why did Papa Owl say “no” to swimming in the stream?
 - What did Ollie do after Papa said “no”?
 - Who did Ollie talk to when he felt sad about hearing “no”?
 - What did Benny the Bear say about hearing “no”?
 - What kind of berries did Harriet the Hare say not to eat?
 - What did Ollie learn by the end of the story?

Ollie the Owl Learns to Accept "No"

In a forest full of trees so tall,
Lived Ollie the Owl, loved by all.
He liked to play and explore each day,
But sometimes "no" would come his way.

One bright morning, with the sun so high,
Ollie wanted to soar and fly.
He saw a beehive up in a tree,
And thought, "I'll get honey for me!"

He flapped his wings, ready to go,
When Mama Owl said, "Ollie, no!
The bees will sting, it's not safe, dear,
Please listen to me, stay clear."

Ollie felt his feathers droop,
He wanted that honey, not just a swoop.
But Mama's "no" was firm and kind,
He needed to listen and keep it in mind.

Ollie felt a little mad,
His heart was heavy, he felt so sad.
He wanted to do what he had planned,
But now he had to understand.

He took a breath, so deep and slow,
Remembering what he should know.
When Mama said "no," it was to protect,
To keep him safe, not to reject.

Later that day, Ollie saw a stream,
He wanted to swim, it was a dream.
But Papa Owl said, "Ollie, no!
The current's strong, the water's low."

Ollie sighed, his wings hung low,
Accepting "no" was tough, you know.
But he took a breath and thought it through,
Papa was right; he knew it too.

He found his friend Benny the Bear,

Playing a game without a care.
"Benny," said Ollie, "I feel so low,
How do you handle hearing 'no'?"

Benny smiled, his eyes so bright,
"I think of why it might be right.
'No' can keep us safe and sound,
Help us stay safe on the ground."

Ollie nodded, feeling better,
Understanding "no" was like a tether.
It kept him safe, it helped him learn,
To be patient and wait his turn.

Harriet the Hare hopped by so quick,
"Ollie, join us, come and pick
Some berries sweet, but not the red.
They're not good for us," she said.

Ollie wanted to eat them all,
But he remembered Mama's call.
"No" can mean to keep away,
From things that might ruin the day.

Ollie learned that "no" was kind,
A way to keep him safe, remind
That sometimes "no" is the best way,
To protect and love us every day.

So if you hear "no" and feel upset,
Take a breath, don't forget.
"Why" is what you need to know,
For "No" can help you learn and grow.

Ollie the Owl, wise and bright,
Learned to accept "no" with all his might.
With patience and a grateful heart,
He knew "no" played a special part.

3. Post-Chapter Teacher Script

- "This story was about Ollie the Owl learning that sometimes when someone says 'no,' it's not to be mean or stop the fun—it's to keep us safe, help us grow, and show they care. Ollie learned that hearing 'no' can be hard, but it's part of learning how to make good choices and stay safe."

4. Post-Chapter Questions

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- How do you feel when someone tells you “no”?
- Why do you think parents or teachers sometimes say “no”?
- What can you do to feel better when you hear “no” and feel upset?
- Can “no” be a way someone shows love or care? How?
- What might have happened to Ollie if he had gone to the beehive anyway?
- Have you ever wanted to do something but an adult said “no”? What happened?
- What does it mean to be safe, even if it means not getting what we want?
- Why is it important to take a deep breath when we feel upset?
- How can we be respectful when someone tells us “no”?
- What will you remember from Ollie’s story the next time someone says “no” to you?

Sing the Song (10 minutes)



- Teach the children the *No, No, No, Ollie* song
- Sing the song together a few times, encouraging the children to join the actions.

"Let's learn a song about accepting 'no.' It's called 'No, No, No, Ollie.' We'll sing it together and do some fun hand actions."

"No, No, No, Ollie"

Hand Movements

[Verse]

Ollie the owl goes hoo hoo hoo
Wants to climb up to the moon
Mama owl says No no no
Not safe to go up in the blue

Cup hands around mouth

Wag finger "no"

[Chorus]

Ollie says no, but why, oh why
Wants to flap his wings and fly so high
Mama says here on the ground we'll play
We'll find fun games for today

Hold hands up, shrug, why?

[Verse 2]

Ollie the owl wants candy, sweet
Hoo hoo hoo make it a treat
But candy all day
No no no
Healthy food helps you grow

Rub stomach

Wag finger "no"

[Chorus]

Ollie says no, but why, oh why
Wants to have a candy mountain high
Mama says, let's snack on fruits
Gives you energy for pursuits

Hold hands up, shrug why?

[Bridge]

Ollie sometimes feels so sad
When he can't do what he had planned
But mama owl hugs him tight
Shows him what's good and right

Frown

Hug yourself

[Verse 3]

Ollie the owl wants to play in rain
Hoo hoo hoo splash again
Mama says it's time to come inside
Warm and dry, we'll abide

Wiggle fingers like rain falling

Beckon hand gesture to come

Song Wrap-up

“That’s a fun song to help us remember that although we sometimes hear the word 'no', it’s because someone loves us or is trying to keep us safe.

Do an Activity (20 minutes)

- Students will practice learning to accept ‘no’.

Please choose from the following 2 activities:



Activity 1: Role-Play with Puppets (15 minutes)

Introduce Activity

"Now, we're going to use some puppets to act out different situations where Ollie and his friends hear 'no' and learn to accept it. Who wants to be Ollie? Who wants to be Harriet the Hare, Benny the Bear, and Betty the Beaver?"

Activity Instructions

- Use the owl, bear, hare, and family puppets to act out the different scenarios below, where Ollie and his friends hear "no" and learn to accept it.
- Let the children take turns using the puppets to practice hearing "no" and responding positively.

Scenario 1: Ollie and the Tree Climb

Characters: Ollie and Benny

Prompt: Ollie wants to climb to the top of a tall tree to see the whole forest.

Benny says, “No, Ollie. That branch looks too wobbly—it’s not safe.”

Goal: Ollie feels disappointed but listens and chooses a lower, safer branch to sit on.

Scenario 2: Buzz and the Berries

Characters: Buzz and Harriet

Prompt: Buzz wants to pick and eat the bright red berries they find in the woods.

Harriet says, “No, Buzz. Those berries can make you sick.”

Goal: Buzz pauses, takes a breath, and says, “Thanks for helping me stay safe, Harriet.”

Scenario 3: Benny and the Big Snack

Characters: Benny and Betty

Prompt: Benny wants a second helping of pie during snack time.

Betty says: “No, Benny. We’re saving the rest for later.”

Goal: Benny frowns but says, “Okay. I’ll wait,” and finds something else to do.

Scenario 4: Sammy’s Rough Game

Characters: Sammy and Ollie

Prompt: Sammy is playing tag, but starts running too fast and bumping into others.

Ollie says, “No, Sammy. That’s getting a little too rough.”

Goal: Sammy stops, says “Sorry,” and continues the game more gently.

Scenario 5: Harriet and the Rainy Day

Characters: Harriet and Buzz

Prompt: Harriet wants to go out and play in the rain without her boots.

Buzz says, “No, Harriet. You’ll get soaked and catch a cold.”

Goal: Harriet feels frustrated, but says, “Okay, I’ll wait and get my boots.”



Activity 2: No Means Love Hearts(15 minutes)

1. Introduce Activity

"Next, we're going to make 'No Means Love' hearts. Here's a paper heart for each of you. Decorate it with drawings, and write or have help writing something that shows understanding and accepting 'no.'"

"Remember, when someone says 'no,' it's because they care about us and want to keep us safe. What are some things you can think of that show someone cares for you when they say 'no'?"

Activity Instructions

1. Provide materials for the children to make "No Means Love" hearts.
2. Have them draw on the No Means Love handout and decorate it with drawings, and positive words about understanding and accepting "no."
3. While they work, discuss how "no" can show love and care by keeping us safe and helping us learn.

"Alright, everyone! While we make our 'No Means Love' hearts, I want to talk to you about why grown-ups sometimes say 'no.'

Sometimes, we really want to do something fun or get something we like, and we hear 'no.' It can make us feel sad or even mad. And that's okay! It's normal to feel that way.

But guess what? When adults like your parents, teachers, or caregivers say 'no,' it's because they care about you and want to keep you safe. For example, if you want to eat a lot of candy, your parents might say 'no' because too much candy can make your tummy hurt. Or if you want to run into the street, they might say 'no' because it's dangerous with cars around.

Here are some ways to make hearing 'no' a bit easier:

1. Take a Deep Breath: When you hear 'no,' try to take a deep breath. This can help you feel calmer.
2. Ask Why: It's okay to ask why you can't do something. Understanding the reason can help you feel better.
3. Think of Something Else Fun to Do: If you can't do what you wanted, try thinking of another fun thing you can do instead.

Let's make our hearts and think about all the times 'no' has helped keep us safe and healthy. You can draw or write something that shows how 'no' can be loving and caring. Maybe it's a

picture of your mom or dad giving you a hug, or a drawing of a stop sign reminding you to stay safe.

Remember, hearing 'no' can be hard, but it helps us learn and grow. And it shows that the people who say 'no' really love and care about us."

Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- Gather the children back in a circle.
- Review what they learned about accepting "no" and understanding its importance.

Review and Reflection Teacher Script



1. **Gather in a Circle for Reflection:**

- "Let's all come back together in a circle."

2. **Closing**

- "What did we learn about accepting 'no' today? Why is it important to understand when someone says 'no' to us?"
- (Encourage a few children to share their "No Means Love" hearts and explain what they wrote or drew on them.)
- Teacher:
- "Great job, everyone! Remember, 'no' helps keep us safe and helps us learn. It's a way to show care and love."

Home Connection Letter

1. **Sending Information Home:**

- "Before you go, I have a letter for you to take home that explains what we learned today in class."
- Hand out the letters as the children prepare to leave.

Parent Letter

Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Families,

Today in class, we learned about accepting "no" through the story "Ollie the Owl Learns to Accept 'No'." This story teaches children the importance of understanding and accepting "no" as a way to keep us safe and help us learn.

Here's what we learned:

- Accepting "No" – Understanding that "no" can come from a place of care and protection.
- Listening and Understanding – Recognizing that hearing "no" can help us stay safe and learn important lessons.

We practiced these concepts through role-playing and making "No Means Love" hearts. You can help reinforce this at home by encouraging your child to talk about times they hear "no" and why it can be important.

Thank you for your support!

With gratitude,



“No” Means Love

