

THE NO! GAME

a coaching game for learning and practicing of saying No!

for 2 to 6 Players
from 6 years

WHAT YOU NEED

- **1 playing dice**
- **3 small objects per player**
will be used as Tokens.
f.e. beans, coins, marbles, legos, nuts, buttons...
- **1 list of questions**
find it below to print out at home

BASIC RULE

The following basic rule applies throughout the game:
Whenever a player speaks to another player, they must look at them.

TOKENS

Each player receives 3 tokens
The goal is to get rid of all your tokens!

If a player is caught
- not looking at the player they are speaking to
- forgetting to say "Thank you for looking out for yourself!"

the person who caught them shouts
"Got you!"
and gives them one of their tokens.

The first person to collect 6 tokens must leave the game.
If there are 2 players, this ends the game.
If there are 3 or more players, the other players continue playing.

END OF GAME

The first person who gets rid of all of their tokens wins.
The game is over.

HOW TO PLAY**1. Player 1 makes a request to Player 2:**

"I would like you to..."

"Could you please..."

TIP

Jot down a few ideas for requests before starting the game.

2. Player 2 rolls the dice.

Depending on the number on the dice, Player 2 gives an answer – see below.

3. Player 1 reacts to Player 2's answer.**4. The turn is over, players switch roles.**

If there are more than 2 players, roles are passed clockwise*

*Exception: If the dice shows 2, direction of the game is changed.

SPIELER 2 ROLLS THE DICE:

„Okay. “

Spieler 2 does what they were requested to do.



„Only if you insist. “

Player 1 has the choice of reactions:

„No, that’s fine. Thanks for being willing to do it!”

or

„Yes, I insist! “

➔ Player 2 rolls the dice again.



„I would prefer not to, thanks. “

Player 1: „Thank you for taking care of yourself! “



„No thank you, not today. “

Player 1: „Thank you for taking care of yourself! “



“This is not convenient for me right now. “

Player 1: „Thank you for taking care of yourself! “



„Nope. “

Player 1: „Thank you for taking care of yourself! “

ADVANCED VERSION

Have you mastered the game?
You can move on to the advanced version!

Player 1's request is expressed with varying degrees of urgency.
The level of urgency is determined by the dice – see list below.

The first step in the game changes:
Before making the request, Player 1 rolls the dicee.



„ Would you please do XY? “



„ I would be very happy if you could do XY. “



„ It is very important for me that you do XY. “



„ Please, please, please, do XY for me...!! “



“It is absolutely urgent that you do XY. “



„ You must do XY at once.

ENJOY SAYING NO 😊

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LIST OF ANSWERS PLAYER 2



„Okay. “



„Only if you insist. “



„I would prefer not to,
thanks. “



„No thank you,
not today. “



“This is not convenient
for me right now. “



„Nope. “

LIST OF REQUESTS PLAYER 1



„Would you please do XY? “



„I would be very happy
if you could do XY. “



„It is very important for me
that you do XY.”



„Please, please, please,
do XY for me...!!“



“It is absolutely urgent
that you do XY. “



„You must do XY at once. “

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