

Do I Have to Ask or Not?

One of life's most difficult lessons to learn is to know when you can do something without asking and when it's necessary to ask for permission. A good rule of thumb to remember is: "If there is a good chance that the answer to my question could be 'No,' I probably should ask for permission."



Make a list of 10 things that you know you can do on your own right now without asking for permission.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Make a list of 10 things that you cannot do on your own without asking for permission.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

One year from now, will your lists look any different? If so, how? _____

Five years from now, will your lists look any different? If so, how? _____

Ten years from now, will your lists look any different? If so, how? _____

Why will your lists change as you get older? _____

It's All about Others – Asking **for** Permission

TEACHER NOTE: Two-page **activity** sheet is included on the CD.

INSTRUCTIONS: Interview a parent, grandparent, or other important adult in your life. **Ask** the person these questions and record their answers using this form.

Think about a time when you were young and should have asked **for** permission, but you chose not to.



1. What did you do? _____

2. What happened? _____

3. Looking back, why do you think you should have asked **for** permission? _____

4. When was the last time that someone asked you **for** your permission? _____

5. Was it necessary? _____

6. How does it make you feel now when people don't **ask** you **for** permission when they should? _____

It's All about Me – Asking **for** Permission

TEACHER NOTE: Two-page **activity** sheet is included on the CD.

INSTRUCTIONS: Think about a time when you should have asked **for** permission **to** do something, but you chose not **to**.



1. What did you do? _____

2. What happened? _____

3. Looking back, why do you think you should have asked **for** permission? _____

4. When was the last time that someone asked you **for** your permission? _____

5. Do you think asking **for** your permission was necessary? _____

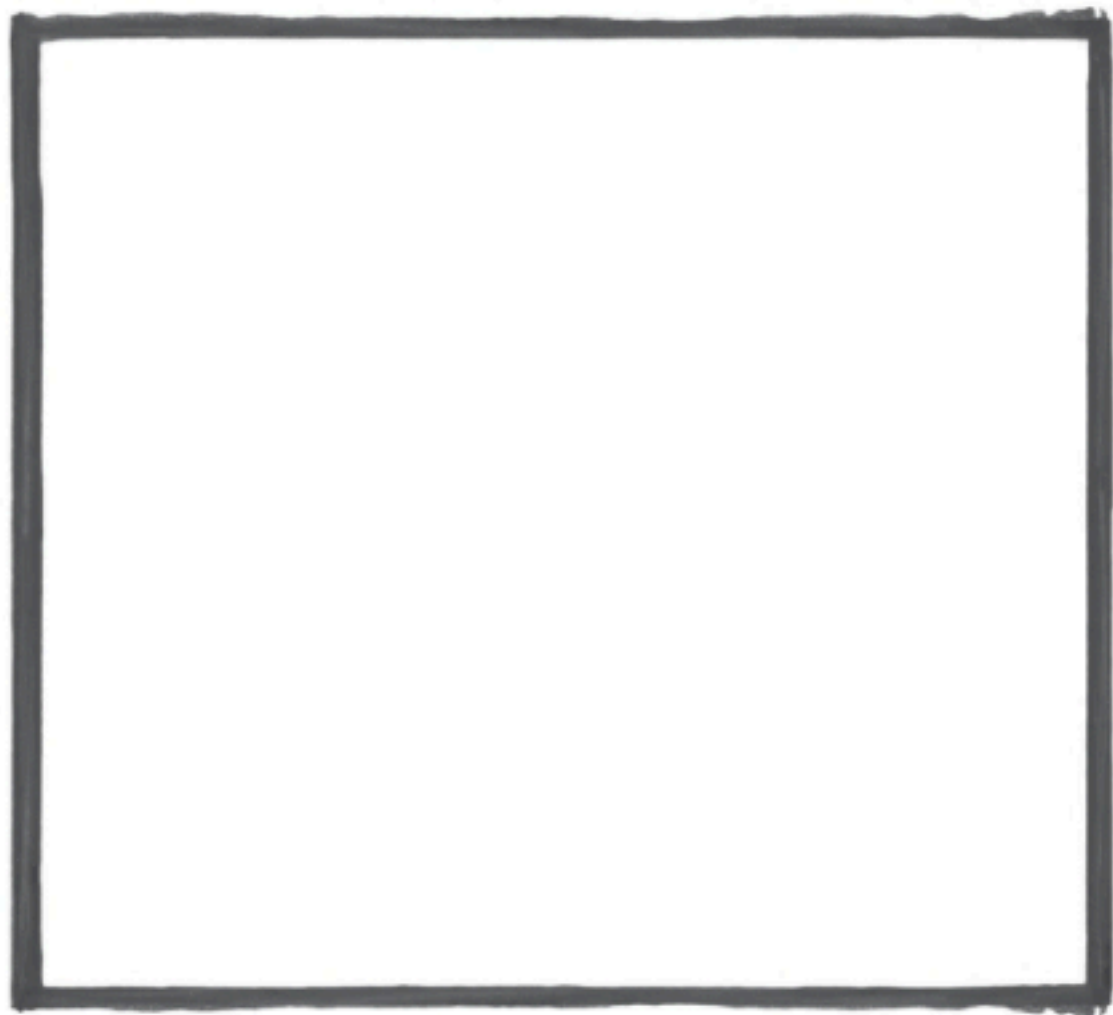
6. How does it make you feel when people don't **ask** you **for** permission when they should? _____

My First and Last

INSTRUCTIONS: Think back **to** the very first time you remember asking someone **for** permission **to** do or get something you wanted.

- Who did you **ask**?
- What were you asking **for**?
- Did the person say "Yes" or "No"?
- If you didn't receive permission, why do you think you were told "No"?

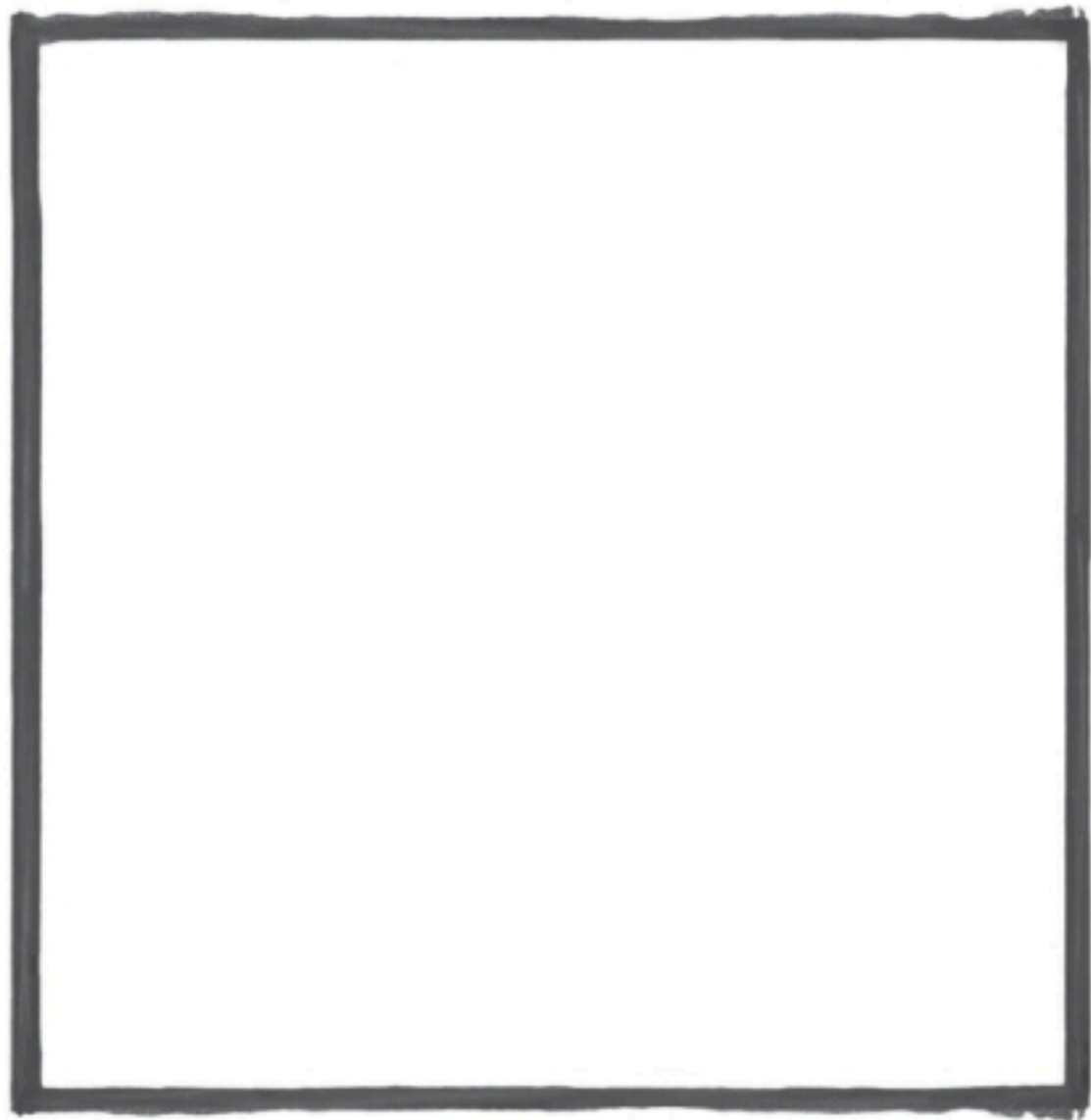
Draw a picture of your first memory of asking **for** permission.



Think about the last time you asked **for** permission **to** do or get something.

- Who did you **ask**?
- What were you asking **for**?
- Did the person say “Yes” or “No”?
- If you didn’t receive permission, why do you think you were told “No”?

Draw a picture of what happened the last time you asked **for** permission.



Permission Not Granted

Sometimes, when you **ask for** permission, you are told "No!" Think of a time when this happened **to** you.

What did you **ask to** do? _____

What were your exact words when you asked **for** permission? _____

Who did you **ask**? (If more than one person, list all of them.) _____
