



Hi! I'm Zuri and I'm learning to say NO. We are taught how to say "no" when we are in danger or when someone is trying to harm us. But learning how to say NO in other areas of our lives is powerful and important, too. Join me and learn that it's ok to say:
Nope. No, thanks. Not today. No way!



In *I Can Say No*, Jenny Simmons teaches children the power of the word "no." Whether it's saying no to bullying or someone invading their personal space or simply to playing with a friend when they need some alone time, children will learn they can use their voice to stand up for what is good in the world, and good for themselves.

*I learned a little word, And even though it's small,
When I use it with authority, I'm the strongest of them all!*

NO. That's right. I can say **NO.**

*I can say no to a movie I don't like. I can say no if I'm not into riding bikes.
I can say no if I want to be alone, or I'm feeling kind of tired and would rather stay at home.*

Learning to say "no" without feeling guilty or needing to explain themselves gives children the power to protect their boundaries, energy, convictions, and time. Saying "no" also allows them to create space for saying "yes" to the things that matter most. By teaching children how to use this small but mighty word, they will be able to face life with confidence, independence, and a positive sense of self-worth!



Jenny Simmons is a dynamic storyteller who champions self-transformation in students and adults. She is an accomplished singer/songwriter, the author of two books on personal growth and grief, and serves as a Chaplain working alongside students every day. Jenny has been traveling the country for two decades performing and teaching students and adults how to cultivate a life of hope, resiliency and creativity. A former people-pleaser and mom of two daughters, Jenny is passionate about equipping and empowering children to use their voices in ways that establish honest, compassionate boundaries. She lives with her family in Nashville, Tennessee.

