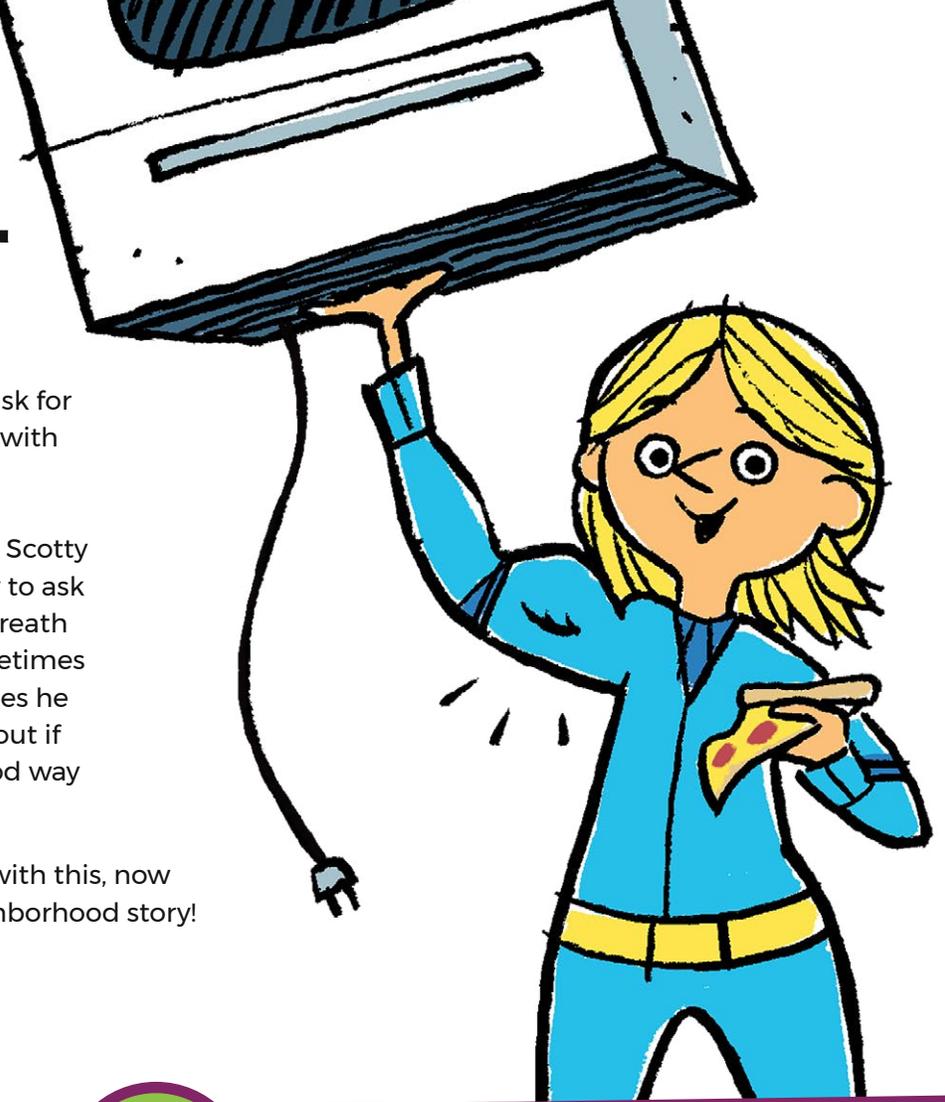


Hi friends, it's me – Dr. Sherri, P!H!D!

Today, we're going to talk about how to ask for what you want or need, and how to deal with your feelings if the answer is no.

This week in The Imagine Neighborhood, Scotty helps Macho Supreme find a macho way to ask for the thing he wants: he takes a deep breath and asks in a calm, respectful voice. Sometimes Macho gets what he wants and sometimes he doesn't! It's totally okay to feel bummed out if the answer is no, but there's always a good way to handle that feeling.

You heard how Macho and Scotty dealt with this, now you get to make your own Imagine Neighborhood story!



Emotion Experiment

#5

Asking Respectfully

Step 1

Read the list of scenarios on the next page with your grown up. Role-play asking for those things in a calm, respectful way. Sometimes the answer will be yes and sometimes it will be no.

Step 2

If the answer is no, first think of a disappointment word. Macho says “curses!” You could say that or come up with your own word, like “drats!” or “blast!”

Step 3

After expressing your disappointment, use self-talk to tell yourself something that will help you move past it. Something like, “Oh, well. Maybe next time.” Or, “You win some, you lose some.” Or even, “Better luck next time!”

Bonus: Use your sock puppets to act out one of the scenarios and make a short video showing the question, the answer, and the self-talk. If you missed how to make a sock puppet, you can check it out [here](#). You and a grown-up can [send in](#) your video to be featured on our [Infinite Refrigerator](#)!



Practice Your Asking Skills with Each of These Scenarios!

1

You meet a NASA scientist and ask to fly their brand-new spacecraft.

2

You're almost to the next level of your game and ask for a few more minutes of screen time.

3

You want to try baking a new recipe, but you need to ask if you can use all of the food in the fridge (and in the cupboards, too).

4

You ask for a turn to play with the cool toy your sibling is using.

5

You ask a grown up if you can drive their car.

6

Just before dinner time, you ask a grown-up if it's okay to go on an adventure with a dragon that just landed in your yard.

7

You go to the bank and ask them for 10 million dollars to build a life-size Hogwarts castle.

8

Come up with your own silly scenario—the sillier the better!

9

Come up with your own real-life scenario. What's something you might ask for later today?

Grown-ups: Read through the scenarios with younger kids and give them a chance to rephrase their requests until they've landed on something that's calm and respectful. Answer "yes" to some requests and "no" to others. Have kids come up with their own ideas of things to ask for, with some that are silly and some that are serious.

It's science!

