Asking for Help

1. Ask yourself, “Do I really need help?”
2. Raise your hand; mouth closed.
3. Look at the teacher.
4. Wait for the teacher’s signal.
5. Say, “Please, I need help,” and say exactly what you need.
Lyrics of “Asking for Help” from Core Knowledge Social Skills CD:

Do I need help right now?
Do I need help right now?
I’ll try it myself
And if I still need help
Then I can—
Look at my teacher now.
Look at my teacher now.
I’ll raise my hand.
She’ll call on me and
Then I’ll say . . .
“Please, I need help,”
“Please, I need help today.”