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.

Teacher Prompts

1. “Look at it again. Think about it more.” “Can you do it yourself?”
   “Can you wait and do something else instead right now?”
3. “Or another adult.”
4. (Teachers will need to teach students what the “signal” is.)
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.”