

How to Ask for Help

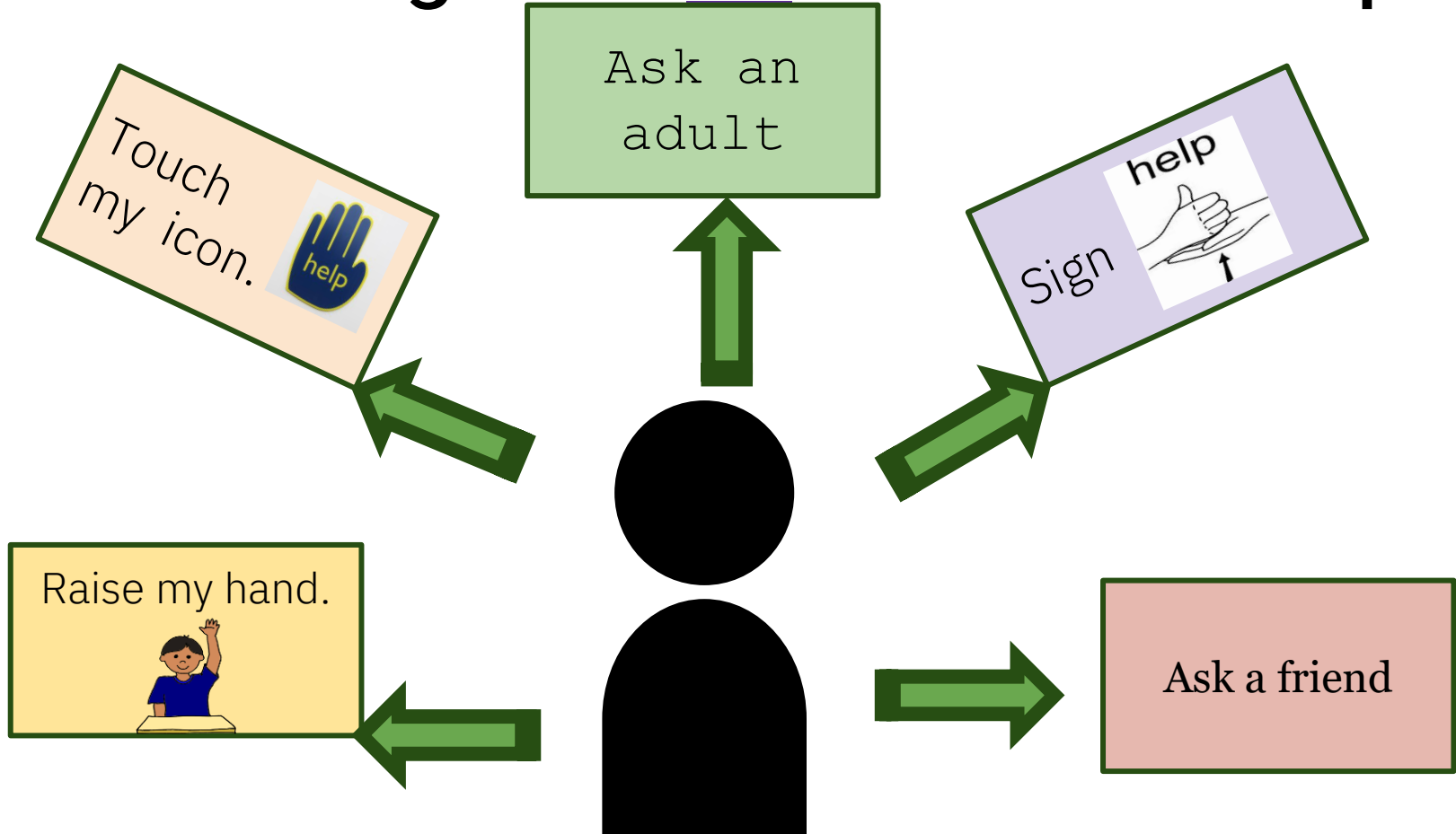
It is okay to ask for help.

Sometimes I am unable to do things by myself.

When this happens I can ask for help.



Here are things I can DO when I need help:



Here are things I can SAY when I need help:



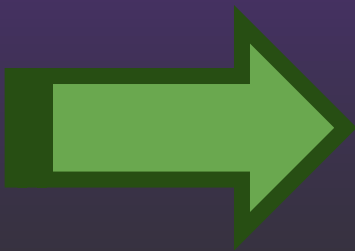
Practicing how to ask for help

It is ok to ask for help when I need it.

Asking for Help

Time to Practice!

When I am unable to do things by myself, I can:



I can not open my lunch box
and I am hungry.

How can I get help?



things to SAY

things to DO

How can I get help?

I am trying something new,
and I don't know what to do.



things to SAY

things to DO

My work is too hard!



How can I get help?

things to SAY

things to DO

I am getting dressed and
can't button my shirt.

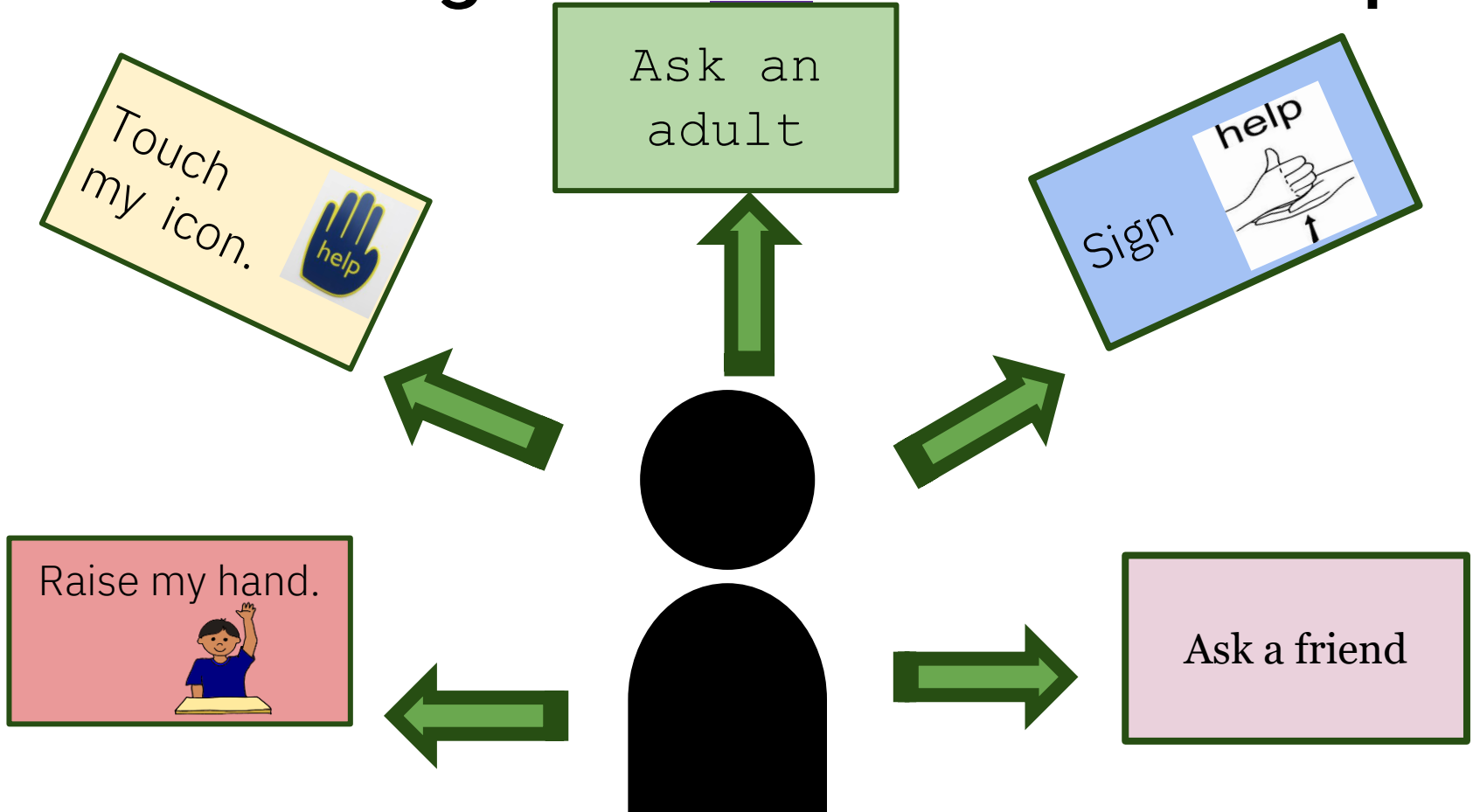
How can I get help?

things to SAY

things to DO



Here are things I can DO when I need help:



Here are things I can SAY when I need help:

