

## Lesson 2: Asking for Help

### Skills

- A. Try on your own first.
- B. Decide what help you need.
- C. Raise your hand.
- D. Ask politely.

### Materials

Activities Book:  
pages 35 through 37

Picture Book:  
pages 78 through 85

### Introduction

Some students miss learning opportunities because they're afraid asking for help will make them look stupid.

Other students might not request help in an appropriate tone of voice. They may demand rather than ask. People don't appreciate demands. Teachers respond more willingly to pleasant requests.

It's important for your students to learn to ask questions to interact appropriately with their teachers in the classroom. Students who can ask for help appropriately are seen as responsible learners.

### Goals

In this lesson, your students will increase their classroom responsibility by learning when and how to ask for help. The activities will teach your students to

- try to find the answer by themselves first
- be specific when asking for help
- raise their hands and wait patiently until someone can help
- ask in a friendly tone of voice
- learn to ask the right person for help at the right time
- listen when help is given
- say thank you

### Preparation

Talk to your students about the importance of asking for help if they need it. Fill a bag so full of books that you have to carry it in both hands. Carry the filled bag and walk to the closed classroom door and try to open it. Show your students that you're having trouble opening the door and ask one of them for help. Then, talk to your students about what could have happened if you hadn't asked for help.

### Social Skills Story

Use page 78 in the Picture Book for this story. Ask, "Can you think of a time when you didn't ask for help when you should have? Tell about it. One day, Jonathan asked for help. But he didn't ask politely. Listen to this story."



Jonathan missed school for a week while he was sick. While he was absent, the class learned what *categorize* meant. When he got back, Mrs. Sahwani told the class to categorize five pictures of objects. Jonathan became frustrated when he didn't understand what to do. He needed help.

1. What social skill did Jonathan need to learn?

*how to ask for help*

2. Tell about a time when you needed to ask for help.

*Answers will vary.*

3. Do you think it's better to ask for help before or after becoming frustrated? Why?

*Answers will vary.*

4. Teachers usually want students to try on their own first, then ask for help. Why?

*Answers will vary.*

5. Can a student ask for help too much? Explain your answer.

*Answers will vary.*

## Friendly Way

Name \_\_\_\_\_

It's important to ask for help the right way. Say exactly what help you need. Use a friendly tone of voice.

Circle the pictures that show students who know how to ask for help.



Tell what's wrong with the pictures you didn't circle. Then, tell how these students could ask for help in a better way.

# Asking for Help

Name \_\_\_\_\_

You know skills for asking for help. Look at the skills and the sentences below. Finish the sentences and practice what you have learned.

A. Try on your own first.



I will try \_\_\_\_\_  
\_\_\_\_\_ on my own.

B. Decide what help you need.



I need help \_\_\_\_\_  
\_\_\_\_\_.

C. Raise your hand.



I will raise my hand for \_\_\_\_\_  
\_\_\_\_\_.

D. Ask politely.



I will \_\_\_\_\_  
\_\_\_\_\_.