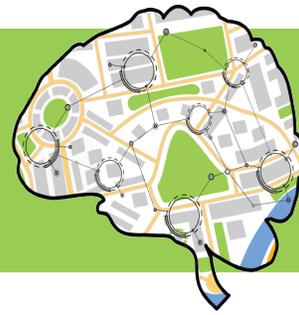
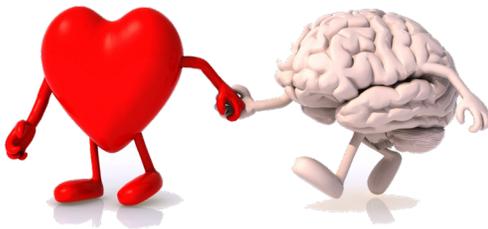


Asking for Help Skills Activity Guide Grade K-2



Know Your *Neuro*

Video Quiz Questions



1. What are 'asking for help' skills? **Answer:** Your ability to ask for help.
2. What keeps people from asking for help? **Answer:** Sometimes people do not ask for help because they are scared, embarrassed, or think they will bother someone if they ask for help.
3. What is the first step when asking for help? **Answer:** Raise your hand and say, "I need help."
4. What are other ways to ask for help? **Answer:** Say, 'I still don't understand. Please help.' or, 'I know this but need help remembering how to do it.'
5. What is the second step when asking for help? **Answer:** Find good helpers to help you.
6. What is a good helper? **Answer:** A good helper is someone who will give you help when you ask for it.



Long-Term Learning

Help Makes You Stronger

Ask students to share or write down ways that asking for help can make you stronger. The following three items were mentioned in the video: a) learning new things, b) understanding things in new ways, and c) feeling positive about yourself because you asked for help.

Helping Hands

Have students trace their hand, a friend's hand, or the teacher's hand onto a piece of paper. Along each finger write a way that they could ask for help. Examples include:

- 'I can help.'
- 'How can I help?'
- 'Would you like some help?'
- 'May I help you?'

Helping Chain

Throughout the week, everytime a student asks for help, add a paper clip to a chain of paper clips. Challenge students to see how long they can make the chain by the end of the week.

Who Are Your Helpers?

Read the following scenarios and ask students to share who from and how they would ask for help if:

1. Someone says something mean to you at recess.
2. A friend wants you to break a rule with them.
3. A group leaves you out of a game.
4. Someone hurts your feelings and makes you feel sad.
5. You are struggling on a school activity.
6. You feel really angry about something.
7. You feel really lonely and want to play.
8. You don't know how to do your homework.



Spot the Helpers

Watch the video 'Ask for Help Song' and ask students how many helpers they saw in the video. Encourage them to think of other people that do helping jobs and when they could be of help.

Video Lesson - Identify all the helpers in the video.

<https://www.youtube.com/watch?v=ohkiH4NGogg>