



# Asking for help



I am learning new things every day so I need a little help.  
I need help finding things, zipping up my jumper, opening my lunchbox  
and writing my name on my drawings. Sometimes I need help.



I can ask my teachers for help. I can smile and use my words. I can say  
“excuse me, could you please help me with my jumper?”



I can also say “excuse me, I am feeling sad, can I stay with you?”



I can ask my friends for help too. I can get close, smile and use my words. I can say “hi, could you please help me find a ball?”



I can help other kids too. I can show them how to do something or ask them to play with me if they are lonely. If someone asks for help I can say “sure, I am happy to help you”.



I am getting better at asking for help and helping others too.



For more stories and information on making education accessible for everyone  
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