Asking for help
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For many students (and adults) asking for help is really difficult as it implies that you can't do something, that you are not good enough.

Often, not recognising you need help and then asking for help can lead to negative outcomes.

Read on for ideas how to explain to students that it is ok and normal to ask for help when you need it.
What is help and why do we need it?

Everyone needs help sometimes, both adults and children.

Here are some of the things I have asked for help with in the past week:

- Can someone fix my sink?
- Can you get the washing in?
- Can you get some bread for dinner?
- Can you photocopy this for me?
- Can you pass the remote control for the TV?
- Can you deliver some turf for my lawn?
- Can you give these extra lemons to your mum?
- Can you help me lift this box?
- Can you remind me how to play that scale on the piano?
- Can you carry this for me?
- Can you do me a favour and grab some pizza for dinner please?

and many more...
Remember to use **please** and **thank you**.

**Thank You!**
Do you help other people? Do they help you?

Asking for help is a normal human behaviour.

There are many things we can't do on our own and when we are learning new things we need help to do that.

At home we all work as a team and help each other to make sure all the housework gets shared out.

In school, we work as a team to keep our classroom tidy, return books to the library.

Offering to help others is viewed positively.

At home, if you offer to help around the house makes those you live with happy.

It feels good to help others.
Task 1

Make a list of all the things you have helped someone with this week?

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Task 2

Watch and make a list of all the things you see other people help each other with?
How do you ask for help?

There are lots of ways to ask for help.

1. Use your words. People may not notice that you need help, so use your words and they will help you.
2. Ask for help before you get upset.
3. Use a normal voice to ask for help (unless it is an emergency).

Here are some sentence starters to ask for help.....

- Please can you help me with....?
- I am confused, please can you explain.... again?
- Please can you show me.....?
- This is really tricky. Can I get you to help me with this?
- Could you do me a favour?
- I could really use your help with this.
- Do you think you could help me with this?
- Is it possible for you to help me with this?
- "Name" is annoying me, please can you help me?
- "Name" has taken my ...., please can you help me?

In class:

- you may need to put your hand up and wait for the teacher.
- You may need to wait in a queue
- Keep trying while you wait
If you are unsure, other people will be too and they may be too scared to ask.

So make sure you ask

(it helps everyone).
Task 3

Which sentence starters would work in class?

Which sentence starters would work on the playground?

Which sentence starters would work at home?

Which sentence starters would work out and about?

Which would you use in an emergency?
Ideas who to ask for help in different places

At home

- mum,
- dad,
- brothers,
- sisters,
- other people who live with you,
- visitors to your house
- phone someone you trust

In class

- Friends
- Teacher
- Teacher in another class

On the playground

- Teacher on duty
- Friends
- Go find a teacher you know can help you

Out and about

- Phone someone you trust
- Ask the shop keeper
- Ask a policeman, security person, shop worker

Emergencies

- Call 000
- Shout for anyone who can help
- Wave to get peoples attention
Task 4

Pick a sentence starter to use this week. When did you use it? Who did you ask? 

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Sometimes it can feel scary asking for help.

Ask for help from someone you know will help you until you feel brave enough to ask other people.

When you ask for help people usually say yes, you just may have to wait until they have finished something else first.

Asking for help gets easier the more you do it.

Be Brave