

Asking for Help at School



I may need help in school.



Sometimes I feel mad when my work is hard.
Sometimes I feel mad when a friend
is mean to me.



I may need help with my school work.
I may need help with my locker.



It is okay to feel mad or frustrated.
I may need help with lots of things.



I may need help with a friend.



My teacher wants to help me.

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Asking for Help at School (Continued)



I need to ask for help if I need it.
I need to go to my teacher,
then I can say “Can you help me?”



My teacher will do their best to help me.
My teacher will be happy when I ask for help.



Or “Help me please.”



I will feel better when I ask for help.



I can tell my teacher what I need help with.
I can say “I need help with _____.”



I will be okay.

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