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.
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.