

# STOP AND THINK SOCIAL SKILLS

## Asking for Help

Asking for help is a very important skill for elementary school students. Not only can it help when students are learning new skills (i.e. when they are completing a worksheet or trying a new skill for the first time), it can also help them to solve personal or conflict problems (i.e. when a peer is distracting them and they can't resolve the situation themselves, when a friend is not sharing, or when another student is teasing them).

By practicing the asking for help skill, students will feel more comfortable and competent in their ability to ask for assistance. Teaching this skill will also help to maintain a positive relationship and an open communication style with children - something that is increasingly important as students get older.

**Use the Stop and Think language at home with your children to help reinforce the steps of asking for help.**

**Step 1:** Stop and Think.

**Step 2:** Am I going to make a good choice or a bad choice? A good choice!

**Step 3:** What are my choices or steps?

### Grades K-1:

1. **Decide** if you really need to ask for help.
2. **Raise** your hand and **look** at the person you want help from.
3. **Wait** until you are recognized.
4. **Say**, "I need help" in a nice or quiet voice and **tell** the person what you need help with.

### Grades 2-5:

1. **Ask** yourself, "Can I do this alone or do I really need someone else's help"?
2. If you need help, **raise** your hand (or cue) and **look** at the person you want help from.
3. **Wait** until you are recognized.
4. **Say**, "I need help" in a nice or quiet voice.
5. **Tell** the person what you need help with.

**Step 4:** Just do it!

**Step 5:** Good job!

*Students in grades 4-5 can add after step 1: Think about the different people who might help you and choose one.*