



Asking for help

- Asking for help means I want someone to assist me.
- There are friendly rules for how I can ask for help. These depend on where I am and what I'm doing. Here are some examples:
 - **In Class:** When I need help in class, I raise my hand and wait for the teacher to be ready. It's okay to wait a bit.
 - **When Someone's Talking:** If the person I need help from is talking, it's okay to wait until they stop before I speak.
 - **Waiting in Line:** Sometimes, I have to wait in line until it is my turn to ask for help.
 - **Quiet voice:** I can wait for my turn to speak and use my normal talking voice.
 - **Emergency:** When it's a real emergency it is okay to shout for help.
- Asking for help, when I need it, is okay. Remembering the right way to ask makes it even better!

