



I can ask for help

- In school there are lots of times when I need help.
- Asking an adult when I need help is important so that I don't get upset or angry.
- In lessons I can put my hand up to show an adult that I need help.
- At playtime I can walk over to an adult and ask them to help me.
- Sometimes the adult may be busy and I have to wait for them to help me. This is OK.
- While I am waiting I can try and think of things that can help me.
- Asking for help is OK. I can ask an adult before I get upset or angry.

