

Asking for Help

Four steps, in the same order

1 NOTICE I AM STUCK

I tried twice and it is not working

2 PICK THE RIGHT PERSON

Teacher, staff, parent, or someone working

3 ASK CLEARLY

"Excuse me, can you help me with —?"

4 WAIT

A wait is not a no

If the answer is no:

Stay calm. Ask once: "Is there another way?"

You can ask again later. No is an answer, not a punishment.

