

## ASKING FOR HELP

# Know When You Need Help

What we are working on at yeshiva this week

### What this means

- Notice you are stuck rather than pushing on
- Tell the difference between a small problem and a stuck problem
- Try twice before asking
- Ask before it becomes a big problem

### The words we use — please use the same ones

**“Are you stuck, or is it a small problem?.”**

**“Have you tried twice?.”**

**“It is fine to ask.”**

### What helps at home

When he is stuck, wait a moment before stepping in. Let him notice it himself and ask.

### You will know it is working when

- Student asks before a task is completely stalled.
- Student tries independently before asking.
- Student can name what he is stuck on.

### You do not need to teach a lesson

Using the same words as yeshiva is the whole thing. Please do not explain more.



## ASKING FOR HELP

# Choose Who to Ask

What we are working on at yeshiva this week

### What this means

- Match the problem to the right person
- Teacher for yeshiva work, staff for safety, parent at home
- In public: someone working, in a uniform, behind a counter
- Ask a second person if the first cannot help

### The words we use — please use the same ones

**“Who handles this one?.”**

**“Who else could you ask?.”**

**“Is that person working?.”**

### What helps at home

Talk about who he would go to at home for different problems — and who he would go to if you are not there.

### You will know it is working when

- Student picks an appropriate person without prompting.
- Student names a backup when the first is unavailable.
- Student approaches a worker rather than a stranger in public.

### You do not need to teach a lesson

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## ASKING FOR HELP

# Ask Clearly

What we are working on at yeshiva this week

### What this means

- Get the person's attention first
- Say what you need, naming the thing
- One request at a time
- Calm voice, normal volume

### The words we use — please use the same ones

**“Excuse me, can you help me with —?.”**

**“Name the thing.”**

**“One thing at a time.”**

### What helps at home

If he asks vaguely, ask him to name the thing. “Help me with what?”

### You will know it is working when

- Student gets attention before speaking.
- Student names the specific thing he needs.
- Student asks in a voice the other person can hear.

### You do not need to teach a lesson

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## ASKING FOR HELP

# Wait for Help

What we are working on at yeshiva this week

### What this means

- Understand that a wait is not a refusal
- Do something useful while waiting
- Ask once, then wait — not again and again
- Ask when it will be, if you need to know

### The words we use — please use the same ones

**“I heard you. Two minutes.”**

**“Okay, I’ll wait.”**

**“Can you tell me when?.”**

### What helps at home

If you cannot help straight away, say how long — and come back exactly when you said.

### You will know it is working when

- Student asks once rather than repeating.
- Student uses the time instead of stalling.
- Student stays calm through a short wait.

### You do not need to teach a lesson

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## ASKING FOR HELP

# Handle a No

What we are working on at yeshiva this week

### What this means

- Stay calm when the answer is no
- Ask why, once, in a calm voice
- Ask whether there is another way
- Accept it and move on

### The words we use — please use the same ones

**“No is an answer, not a punishment.”**

**“Is there another way?.”**

**“You can ask again later.”**

### What helps at home

When you have to say no, say it plainly and let him ask once whether there is another way.

### You will know it is working when

- Student stays calm after a refusal.
- Student asks about alternatives instead of repeating the request.
- Student moves on to something else.

### You do not need to teach a lesson

Using the same words as yeshiva is the whole thing. Please do not explain more.

