

Print Pack

Asking for Help

Everything printable for this unit, in the order you will teach it.

Print at full size — do not scale to fit

Everything is US Letter. Card sets have cut guides.

PAGE	WHAT IT IS	HOW MANY
2	Do / Not Yet poster — asking	One, for the wall
3	Do / Not Yet poster — no	One, for the wall
4	Do / Not Yet poster — stuck	One, for the wall
5	Do / Not Yet poster — waiting	One, for the wall
6	Do / Not Yet poster — who	One, for the wall
7	Asking chart	One, for the wall
8	Staff phrase card	One per staff member
9	Skill tracker	One per student
10	Worksheet asking clearly	One per student
11	Worksheet my helpers	One per student
12	Worksheet solve or ask	One per student
13	Worksheet waiting and no	One per student
14	Solve or ask cards	One set, cut and kept together



Asking Clearly

Which one will be answered?

✓ GOOD



- ✓ At the desk
- ✓ Pointing at the exact line
- ✓ Saying what he needs
- ✓ The teacher can answer

✗ NOT YET



- ✗ Standing back
- ✗ Saying nothing
- ✗ The teacher has not noticed
- ✗ Still waiting to start

What the teacher says:

“Excuse me, can you help me with —?” Name the thing. One thing at a time.

When the Answer Is No

Which one heard it well?

✓ GOOD



- ✓ Standing calmly
- ✓ Listening to the answer
- ✓ Hands relaxed
- ✓ Can ask again later

✗ NOT YET



- ✗ Turned away
- ✗ Arms folded tight
- ✗ Shut down
- ✗ Nothing solved

What the teacher says:

No is an answer, not a punishment. Is there another way?

Knowing I Am Stuck

Which one will get unstuck?

✓ GOOD



- ✓ Pencil down
- ✓ Head up
- ✓ Looking for someone to ask
- ✓ Noticed it early

✗ NOT YET



- ✗ Head in his hands
- ✗ Staring at the same page
- ✗ Not looking up
- ✗ Stuck and staying stuck

What the teacher says:

Are you stuck, or is it a small problem? Have you tried twice? It is fine to ask.

Waiting for Help

Which one is waiting well?

✓ GOOD



- ✓ Back at his own desk
- ✓ Working on something else
- ✓ Calm while he waits
- ✓ His turn is coming

✗ NOT YET



- ✗ Leaning on the desk
- ✗ Interrupting another lesson
- ✗ Cannot wait his turn
- ✗ Nobody gets helped

What the teacher says:

"I heard you. Two minutes." "Okay, I'll wait." "Can you tell me when?"

Choosing Who to Ask

Which one picked someone?

✓ GOOD



- ✓ Went to the teacher
- ✓ Paper in his hand
- ✓ Knew who handles this
- ✓ Nearly there

✗ NOT YET



- ✗ Standing in the middle
- ✗ Looking around
- ✗ Has not chosen anyone
- ✗ Still holding the paper

What the teacher says:

Who handles this one? Who else could you ask?

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.



Asking for Help — Every Phrase

For staff. Same words, every time, from everyone.

NOTICING

“Are you stuck?”

“Have you tried twice?”

“It is fine to ask.”

CHOOSING WHO

“Who handles this one?”

“Who else could you ask?”

“Is that person working?”

ASKING

“Excuse me, can you help me with —Name the thing.”

“One thing at a time.”

WAITING

“I heard you. Two minutes.”

“Okay, I’ll wait.”

“Can you tell me when?”

HEARING NO

“No is an answer, not a punishment.”

“Is there another way?”

“You can ask again later.”

Short. Consistent. Repeated daily.

Do not explain more than this. The repetition is what teaches it.



Asking for Help Tracker

Tick when the student does it without a reminder.

Student: _____

Term: _____

Staff: _____

	Try 1	Try 2	Try 3	Try 4	Try 5	On his own
1. Knows when he needs help	☐	☐	☐	☐	☐	☐
2. Chooses the right person	☐	☐	☐	☐	☐	☐
3. Asks clearly	☐	☐	☐	☐	☐	☐
4. Waits calmly	☐	☐	☐	☐	☐	☐
5. Handles a no	☐	☐	☐	☐	☐	☐

Notes: _____



Asking Clearly

Fix each one so it names the thing.

Name: _____

Date: _____

The shape:

“Excuse me, can you help me with —?” Name the thing. One at a time.

TOO VAGUE

“It’s broken.”

MY CLEAR VERSION

TOO VAGUE

“I can’t do it.”

MY CLEAR VERSION

TOO VAGUE

“Where is it?”

MY CLEAR VERSION

TOO VAGUE

“Help.”

MY CLEAR VERSION

My sentence, to keep in my pocket:



My Helpers

Who I ask, and who I ask if they are not there.

Name: _____

Date: _____

AT YESHIVA

Yeshiva work I do not understand _____

Something broken or spilled _____

Someone is hurt _____

AT HOME

Something I need _____

Something that worries me _____

OUT IN PUBLIC

I am lost _____

I cannot find something in a shop _____

If my first person is not there, I ask:



Solve It, or Ask?

Tick one box for each. Try twice before you ask.

Name: _____

Date: _____

SOLVE IT

ASK

My pencil broke and there are spares on the shelf

☐☐

I cannot find my coat anywhere

☐☐

I do not understand the instructions

☐☐

My shoelace came undone

☐☐

Someone is hurt

☐☐

I dropped one paper on the floor

☐☐

The door is locked and I need to get in

☐☐

I finished my work and do not know what to do next

☐☐

One thing I am stuck on right now:



Waiting, and Hearing No

A wait is not a no. A no is not a punishment.

Name: _____

Date: _____

What I can do while I wait:

1

2

3

Two things I can say while waiting:

"Okay, I'll wait."

"Can you tell me when?"

When the answer is no — what do I say?

I ASKED

Can I go outside now?

I SAY

I ASKED

Can I use the computer?

I SAY

I ASKED

Can we do the activity again?

I SAY

I ASKED

Can I have another one?

I SAY



Solve It, or Ask? — Situation Cards

Read a card. Students sort it into the two piles.

CARD 1

**My pencil broke and
there are spares on the
shelf**

Answer: SOLVE IT

CARD 2

**I cannot find my coat
anywhere**

Answer: ASK

CARD 3

**I do not understand the
instructions**

Answer: ASK

CARD 4

**My shoelace came
undone**

Answer: SOLVE IT

CARD 5

Someone is hurt

Answer: ASK

CARD 6

**I dropped one paper on
the floor**

Answer: SOLVE IT

Social Skills Program • Asking for Help Unit • Skill 1 • 12 cards



Solve It, or Ask? — Situation Cards

Read a card. Students sort it into the two piles.

CARD 7

**The door is locked and I
need to get in**

Answer: ASK

CARD 8

**I finished and do not
know what to do next**

Answer: ASK

CARD 9

**My chair is not pushed
in**

Answer: SOLVE IT

CARD 10

I feel sick

Answer: ASK

CARD 11

**I need a tissue and the
box is right there**

Answer: SOLVE IT

CARD 12

**Someone took my
things**

Answer: ASK

Social Skills Program • Asking for Help Unit • Skill 1 • 12 cards

