

Dear Families:

We continue to build our social skill concepts on a weekly basis. Our next social skill is 'Asking for Help'. This skill pairs perfectly with our skill last week 'Asking a Question'. On the back you will find the 'Asking for Help' skill along with the steps the students learn regarding how to apply 'Asking for Help'. Please reinforce these steps at home to help your child make the connection from home to school. Not every skill applies to each child; however, we teach them as a class so students can support one another in using the steps properly. If you have any questions please do not hesitate to ask.

Sincerely,  
Ms. DeSoucey  
Ms. Marks

*Skill this Week*

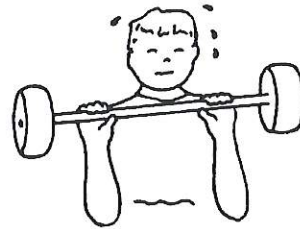


## *Skill 6: Asking for Help*

### STEPS

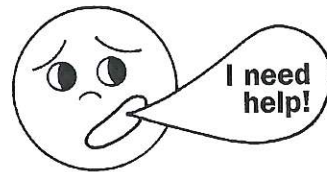
#### 1. Try it.

Talk about the importance of trying on your own first. Sometimes people ask for help instead of trying something difficult by themselves, but doing something difficult on your own can give you a feeling of pride.



#### 2. Say, "I need help."

Acknowledge that sometimes it's frustrating when something is difficult to do, but stress the importance of Using Nice Talk (Skill 2).



### SUGGESTED SITUATIONS

School: You need help putting the paints back up on the shelf.

Home: You need help from a parent in getting dressed for school or finding your swimming suit.

Peer group: You want to ask a friend to help you learn to ride your bike.

### COMMENTS

Remind the children that they may want to use the skill of Saying Thank You (Skill 4) after the help is given. This will help the child understand how to use a sequence of prosocial skills.