



April 2020 Social Emotional Virtual Learning

ECSE/Program/K-2nd Grade

Asking for help

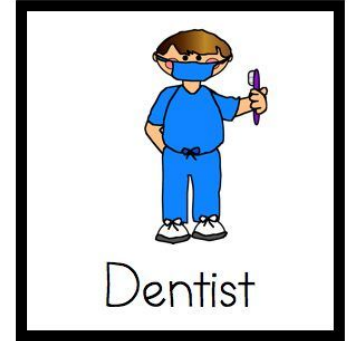
Learning Target:

Students will learn to ask for help.

Let's Get Started:

Helpers are all
around us in our
community.

Who are some other
helpers?





You can be a helper too!

What is your favorite way to be a helper?

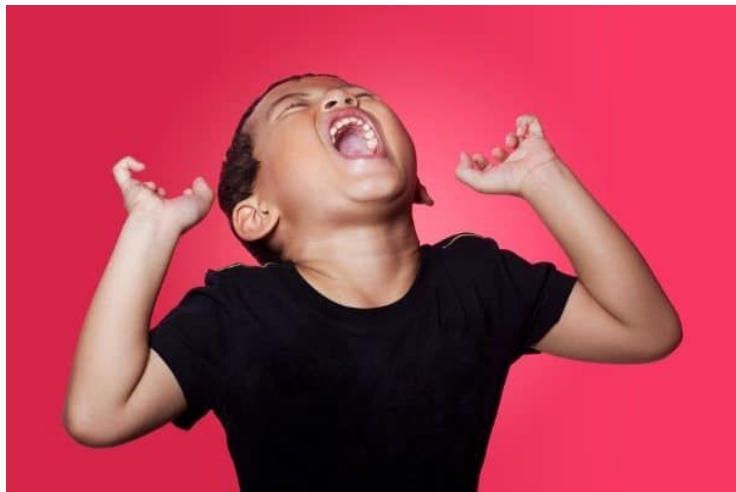
Sometimes you might need help from someone else!

Read this story about asking for help:

I sometimes don't know what to do.

I can ask for help.

I can go to a grown-up or helpful friend and say, **“Help me please.”**



Try it!

Say, “Help me please.”

Say, “I need help.”

Say, “Thank you for helping me.”

It’s okay to ask for help!



Helping Game:

Materials:

- A basket, a bag, or a box
- Stopwatch or timer on your phone
- Small items, e.g., blocks, cars

(make sure that you have a lot of items to fill up in the basket (too many for your child to pick up in a very short amount of time))



Directions:

- 1) Set a short amount of time and ask your child to fill the basket by themselves.
- 2) When the time is running out, help your child.
- 3) After, ask your child how it felt to get help.