

Social Skills

Asking for Help

1. Look at the person.
2. Ask the person if he or she has time to help you (now or later).
3. Clearly describe the problem or what kind of help you need.
4. Thank the person for helping you.

I DID TERRIBLY ON MY MATH QUIZ.
NOW I'M GOING TO GET A BAD
GRADE. I'M SO MAD!

WILL YOU HELP ME
STUDY FOR THE TEST?

CALM DOWN, TOMMY. IT'S
OKAY. IF YOU DO REALLY WELL ON
THE TEST, IT WILL MAKE UP FOR
THE QUIZ.

OF COURSE. LET'S GO
HOME AND HIT
THE BOOKS.

