



# Asking for Help

Advocacy skills are at the heart of teaching students how to ask for help. Learners who master this skill alleviate feelings of frustration and avoid shutting down.

Teach students to:

1



Look around for the teacher or an adult who you can ask for help.



2

Check to see if the teacher is busy or helping another student. If not, then ask for help.



3



If the teacher is busy, raise your hand and wait patiently until the teacher is free.

