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!

Calm down, Tommy. It’s okay. If you do really well on the test, it will make up for the quiz.

Will you help me study for the test?

Of course. Let’s go home and hit the books.