

My Daily Helper

Pink Bunny & Friends

Asking for Help



A Social Story About
Asking for Help

1

Sometimes I Need Help



Sometimes things are hard.
I might feel stuck,
confused, or upset.
It's okay to need help.



Ask Together

What are some times
you need help?



2

I Stop and Think



I take a deep breath
and stop for a moment.
I think about what I need help
with and who can help me.



Ask Together

What can you do before
asking for help?



3

I Find a Trusted Grown-Up



I look for a grown-up I trust.
It might be a parent, teacher,
coach, or another adult
who can help me.



Ask Together

Who are some grown-ups
you trust?



4

I Use Kind Words



I ask for help using kind words.

I can say,

"Can you help me, please?"

I use a calm and polite voice.



Ask Together

What words can you use
to ask for help?



5

I Listen Carefully



The grown-up listens to me.

I listen too.

We talk about what happened
and what we can do.



Ask Together

Why is it important
to listen?



6

We Solve the Problem Together



We work together to find a solution.

Teamwork helps us feel better and fixes problems!



Ask Together

How does it feel to work together?



7

I Say "Thank You!"



I say "thank you"
when someone helps me.
It shows I am grateful
for their time and kindness.



Ask Together

How can you show
thankfulness?



8

It's Okay to Ask for Help



Everyone needs help sometimes. Asking for help is not a sign of weakness. It is a sign of strength and smart choices!



Ask Together

Why is asking for help a smart choice?



9

I Can Help Others Too



When I see someone who needs help,
I can be kind and offer help too.
We all can help each other!

**Ask Together**

How can you help a friend
who needs help?



10

Great Job!



You Did It!



I can ask for help.

I use kind words.

I am brave and smart!

Asking for help is a good choice!