

# How to ask for help

Asking a parent or teacher for help can be challenging. Here are a few suggested phrases for kids to use when they need a helping hand:

**Is this a good time to ask for help?**

**I'm having trouble with \_\_\_\_\_. Can we talk about it?**

**I'm trying my best, but I still don't understand \_\_\_\_\_.  
Can you help me?**

**I don't understand what I have to do.  
Could you explain it to me?**

**Is there any advice you could give me about \_\_\_\_\_?**

**I understand \_\_\_\_\_, but I'm not sure about \_\_\_\_\_.  
Could you explain it to me?**

**I've tried \_\_\_\_\_ and \_\_\_\_\_, but I'm stuck.  
Can you help me out?**

**I'm really lost. Can I take a short break before trying again?**

**Here's my plan. What do you think?  
Do you have any suggestions?**

Remind them that it is always important to say "please" and "thank you."

