

How to ask for help

Asking a parent or teacher for help can be challenging.
Here are a few suggested phrases to use when you 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?**

Remember to always say "please" and "thank you."

