**This week I might try:**

***To Ask for Help***

**I’ll try to remember that there are 4 things I can do to ask for help.**

**I can keep track of what I’m learning on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **I Can Follow Directions:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| 1. **Figure out IF I need help** |  |  |  |  |  |
| 1. **Think about WHO can help** |  |  |  |  |  |
| 1. **Ask for help the right way** |  |  |  |  |  |
| 1. **Thank him or her for the help** |  |  |  |  |  |

