**LESSON: *I Can Ask for Help***

**OUTLINE**

1. Introduce the topic of **asking for help.** Ask students if they ever found themselves in a situation where they needed help but didn’t know what to do. Explain that this lesson will help them learn some ways to ask for help at school.
2. Talk about the different problems we may encounter at school and elsewhere. Explain that sometimes we can fix problems on our own, but sometimes we might need help.
3. Explain that there are **4 steps** we can take to ask for help:
4. **Figure out IF you need help**
5. **Think about WHO can help**
6. **Ask for help the right way**
7. **Thank him or her for the help**
8. So what do YOU think? discussion question

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Computer & Projector
* Activity Sheet(s) & materials
* Magnet Cards
1. Give out the magnet cards