



### Lesson Time

Your child is learning to ask for what he or she needs or wants. When asking for help, your child needs to:

- Face the person he or she is speaking to
- Use a strong, respectful voice

Asking for help when stuck is an important part of learning. Knowing how to ask for help respectfully helps your child at school and at home.

### Play Time

Play a game with your child during mealtime to practice asking for what you need or want.

Say: **We're going to play a game of Please Pass while we eat. When you want something passed to you, face the person who has it, use a strong, respectful voice, and ask for what you want. I will start.** Face your child. **Please pass me the bread.**

If someone forgets to face the person, use a strong, respectful voice, or say "please pass," have that person try again.

### Story Time



Gloria

This week's story is about Gloria. Gloria needs help zipping up her coat. Ask your child about this story.

- **What do you see in this photo?**
- **Who can Gloria ask for help?** (Her teacher. A friend.)
- **How should she ask for help?** (She should face her teacher and use a strong, respectful voice.)

**Let's practice how Gloria should ask for help.** Have your child face you and ask for help in a strong, respectful voice: "Will you please help me?"