

**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

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?"