

NEW TO ME

Asking for help can answer your questions

Materials: Worksheets, asking for help templates, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

When you move to an unfamiliar place, you don't know where things are or how to do things. Everything is new and different to you.

How do I sign up for sports?
Where's the dog park? Which place makes the best pizza?

So, how do you get answers to all your questions?

You ask for help. Asking for help is how you gain knowledge about your new situation.

It's not always easy to ask for help. Many of us feel insecure or self-conscious about asking a stranger or someone we barely know for help. But when we do ask, we can get great results.



Most often, the person we ask is happy to help. You get the information you need, and they get the satisfaction of knowing they helped someone in need!

Today, we're going to practice asking for help by going through a situation and taking some actions.

ACTIVITY INSTRUCTIONS

- 1 Read the situation at the top of the template. Going from left to right in each row, first read the "Actions to take" and then read "What Darryl says or does." Then, fill in the third box and write "What I could say or do" in the same situation. You'll have 8 minutes to write.

(Set the timer for 8 minutes.)

- 2 When the timer sounds, we'll share our ideas about asking for help.



ASKING FOR HELP

The situation: Darryl wants to play basketball, but he doesn't know where to sign up. He asks an adult for help.

Actions to take	What Darryl says or does	What I could say or do
Politely get the attention of the person you want to ask.	"Excuse me. May I ask you a question?"	
Tell the person what you need.	"Can you please tell me where to sign up for basketball?"	
Listen carefully to the person's answer.	Darryl listens, nods and writes down the information.	
Repeat what you heard to the person.	"OK, I go to the school office and the sign-up sheet is at the front desk."	
Thank the person for helping you.	"Thank you. I really appreciate your help!"	