Asking for Help Politely Worksheet

Age Group: 6-10 Years | Skill Focus: Everyday Communication

My name: ..... **Date:** .....

How to use this worksheet
You will find kind words and practise asking a teacher, a shopkeeper or a family member for help. Do each step in order. Asking for help is brave and smart!

1 When Do I Need Help?

Tick ONE from each box, or write your own. Think of a time you could ask for help!

Where am I?

- ☐ At school
- ☐ At home
- ☐ At a shop
- ☐ At the park

My own: .....

Who can help me?

- ☐ My teacher
- ☐ A family member
- ☐ A shopkeeper
- ☐ A grown-up I trust

My own: .....

What do I need?

- ☐ Help with my work
- ☐ Help finding something
- ☐ Help with a problem
- ☐ Help if I feel lost

My own: .....

Help Spark!
Asking for help is smart. Use 4 steps: get attention, say please, say what you need, say thanks.
Example: *"Excuse me, could you please help me find my book? Thank you!"*

My situation: .....

.....

I feel… Tick ONE!

☐ Calm ☐ A little shy ☐ Worried

A time I needed help was:.....

.....

2 Find the Kind Words

Kind words make people happy to help. Try them out!

Kind Words Bank

ATTENTION: **Excuse me** **Hello** **Sorry to interrupt**

ASK: **Could you please…?** **Can you show me how?** **I need help with…**

THANKS: **Thank you** **Thanks for helping** **That was kind**

Which one is kinder? Tick it!

- ☐ "Help me now!"
- ☐ "This is tricky. Can you show me?"
- ☐ "Thank you for helping me!"
- ☐ "Tell me where the milk is."
- ☐ "Excuse me, could you help me please?"
- ☐ "This is too hard. I give up!"
- ☐ "Finally!"
- ☐ "Excuse me, where is the milk?"

Who would you ask? Write T for Teacher, S for Shopkeeper or F for Family.

_____ "Where can I find the bread, please?"

_____ "I do not understand this sum. Can you help?"

_____ "Could you help me tie my shoes, please?"

_____ "How much does this cost, please?"

Draw yourself asking for help! Add a speech bubble with your kind words.

3 Plan Your Question

Plan exactly what you will say. Say what you need clearly so the helper knows how to help!

STEP 1 **Get their attention kindly**

Try: "Excuse me, ___."

.....

.....

STEP 2 **Ask clearly: what do you need?**

Try: "Could you please help me with ___? I am trying to ___ but ___."

.....

.....

.....

STEP 3 **Say thank you**

Try: "Thank you for helping me!"

.....

.....

Real-Life Scenes. What would you say?

1. You cannot find your pencil in class: .....

2. You cannot reach the cereal on the shelf:.....

3. You do not understand your homework:.....

Read your plan out loud once. Check it!

☐ I got attention ☐ I said please ☐ I said thank you

Tip: Wait politely if the person is busy. Then ask in a calm, clear voice!

4 Practise Asking

Practise your question out loud. Tick each Helper Tip you remember!

Polite Asking Tips

- ☐ Smile and look at the helper
- ☐ Say please and thank you
- ☐ Say exactly what you need
- ☐ Use a calm, clear voice
- ☐ Wait politely if they are busy
- ☐ Listen to the answer

Practise 3 times. Colour a star after each one!

Practice 1: to a mirror	Practice 2: to a toy or pet	Practice 3: to family or friends
☆	☆	☆

Real-Life Challenge! Ask for help politely this week.

☐ I asked my teacher ☐ I asked my family ☐ I asked a shopkeeper

What I asked for help with: .....

How did your asking feel? Tick your choice!

★★★	★★☆	★☆☆
Super asker!	**Getting there**	**Needs more practice**
☐ Tick here	☐ Tick here	☐ Tick here

My favourite kind word was........

Parent / Teacher Feedback

What the child did well: .....

One thing to try next time: .....

Polite stars: ☆ ☆ ☆ ☆ ☆ **Signed:** .....

Well done! You know how to ask for help!