

Asking for Help During Class

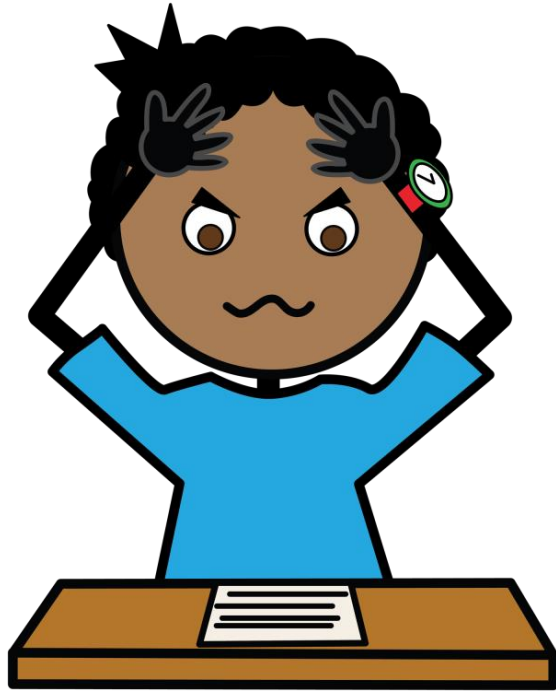
A Social Narrative

Instructions for Using This Social Story Template

- Work as a school team, including caregivers, to make any necessary updates to the narrative before sharing with your student (e.g., there may be specific self-help skills the team is working on during academics that should be included).
- Change pictures to best match the student's needs if necessary.
- Remove this instruction page from the social narrative before printing/sharing with your student.
- Social narratives work best when they include more descriptive than directive statements (Two descriptive statements for every one directive statement). Descriptive statements share facts and feelings. Directive statements direct behavior or a student's responses to situations.
- For more information about how to write social stories, visit <https://tipsheets.vkcsites.org/how-to-write-a-social-story/>.



Sometimes when I'm doing academic work, like math or English or science, the work is easy, and I can finish it quickly all by myself.



Sometimes, the work is more difficult. This is a normal part of learning. All students have some activities that are easy to complete on their own and other activities where they might need support from a teacher or another student.



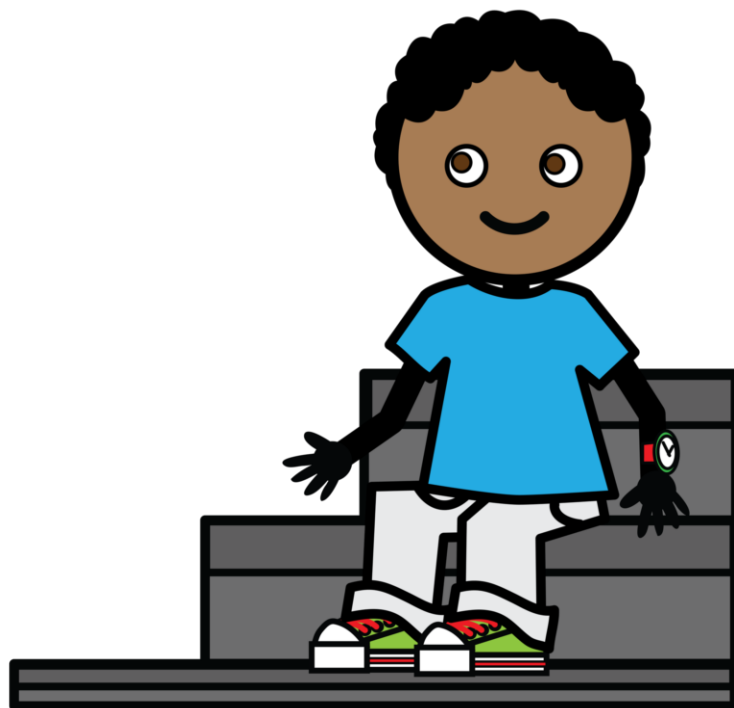
When the work is difficult, it can feel uncomfortable. I might get frustrated, tired, or nervous. I might feel like I don't want to do the work anymore. All these feelings are OK, but I can think about ways to get more support to help me with those feelings.



When I notice that I need support during academic work, I can think about what kind of support would be helpful. Sometimes, I might just need more thinking time to solve the problem or think about my answer.

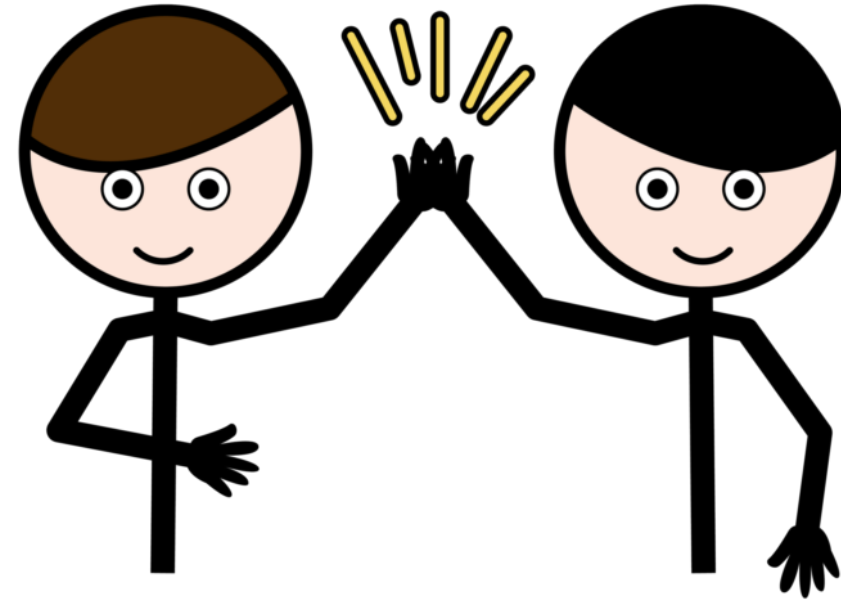
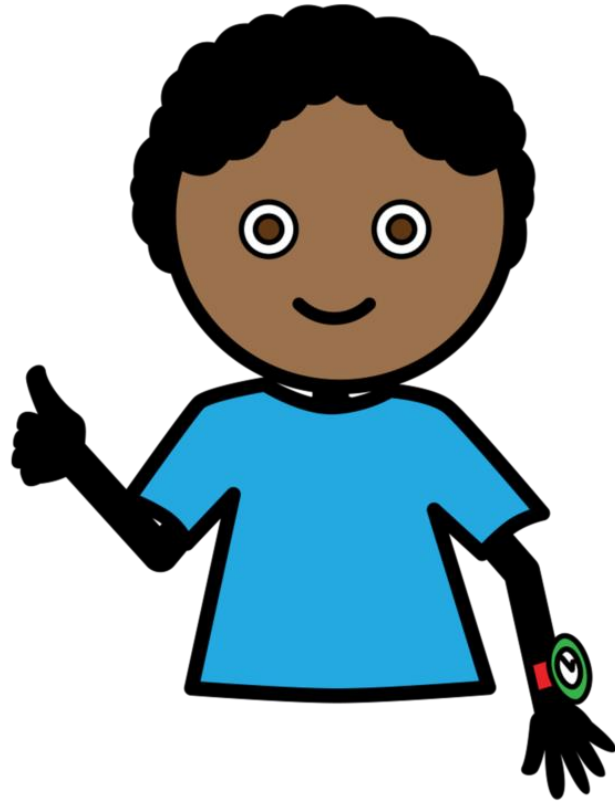


Other times, I might need help from an adult or a classmate. They can help me by showing me an example, giving me a hint, or helping me correct a mistake.



Another way I can ask for support is to ask for a quick break from the learning task. That way, I can start again in a few minutes, feeling ready to continue.

| More Time | Help | Break |
|---|--|--|
| <p>“I need more time please.”</p> <p>“I need some thinking time.”</p> <p>“I am taking a minute to think about my answer.”</p> | <p>Example:</p> <ul style="list-style-type: none"> • “Can you show me how to do this?” • “Can you show me what this should look like?” • “Can you show me an example?” <p>Hint:</p> <ul style="list-style-type: none"> • “Can you give me a hint about the next step?” • “Can you give me a hint about where I could look for the answer?” <p>Correct a Mistake:</p> <ul style="list-style-type: none"> • “Something doesn’t seem right. Can you show me what I missed?” • “My answer isn’t lining up. What should I fix?” | <p>“I need a quick break.”</p> <p>“Can I take a break now and come back to this in a few minutes?”</p> |



When I ask for support when I'm working on academics, it will help me complete more learning tasks and help me stay on track as a student.