

<p>When I need help I can...</p>	<p>Ask a peer next to me for help.</p> <p>"Hey _____, can you help me?"</p>
<p>Raise my hand and ask the teacher for help.</p> <p>"Ms. or Mr. _____, can you help me?"</p>	<p>Tell the teacher I don't understand.</p> <p>"Please help me. I don't understand."</p>
<p>Ask for missing materials that I need to get started on the assignment (pen, paper, workbook, etc.).</p> <p>"I need a _____ to start my work."</p>	<p>I can ask to take a break if I'm feeling frustrated.</p> <p>"I need a break to help me calm down."</p>