Ask for Help Well

SD-B136 / STRATEGISTS · AGES 10–12

Practice three ways to ask for help and find which gets the best answer.

YOU NEED: Pencil, a partner who plays the helper

ANALYZE	Think of a small thing you need help with, like opening a jar or finding a book.
CHOOSE	Try three ways to ask: vague, demanding, and clear with a reason and a thank-you.
TEST	Have your partner rate how willing they would be to help for each.
REFLECT	Which words made the biggest difference? Write your best ask.

THREE WAYS TO ASK

	What I said	Helper rating 1-5
Vague		
Demanding		
Clear + please		

My best ask

My best ask:

What made the difference

The key was

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A little help beside the learner. Read this page first; keep the answers here.

LEARNING GOAL
Practice making clear, polite requests.

BEFORE YOU BEGIN
You need: Pencil, a partner who plays the helper. Use a small, friendly ask; avoid real conflicts for practice.

HOW TO GUIDE
Play the helper honestly, but kindly. A clear ask names what you need, why and how long it takes. Say thank you at the end. This is practice for real moments, not a script.

WHY IT MATTERS
Asking for help clearly is a life skill. People help more when they know what is needed and why.

LOOK FOR THIS REASONING
Look for a request that names the need, gives a reason and says thanks, and a rating that makes sense.

IF THEY GET STUCK
Ask: what exactly do you need? How long will it take? Why does it matter to you?

MAKE IT GENTLER
Try just two ways.

ADD A LITTLE STRETCH
Pick a bigger ask and practice it.

A USEFUL STOPPING POINT
Use your best ask in real life this week.