

January Guidance Lesson Theme:

Perseverance

Lesson focus...

Self-advocacy is a skill that helps students understand themselves, their needs, and how to speak up to get their needs met. In order to persevere, sometimes it is necessary to ask for help.

In this lesson, students practiced this strategy by asking one another for help with clues while playing an animal guessing game!

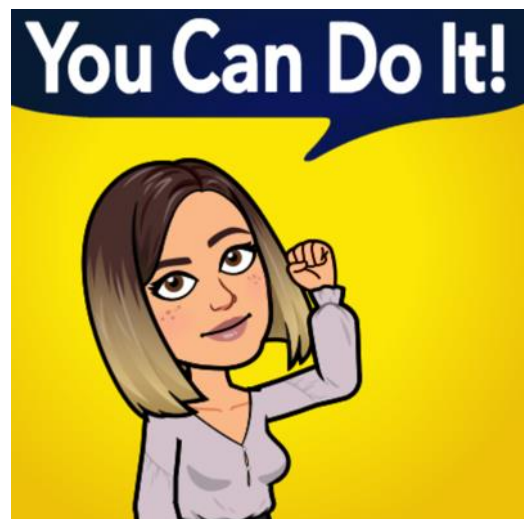
Important lesson takeaways...

- ♥ Being able to ask for help is a critical skill for children to have. It builds their confidence and helps build communication skills. You can use the attached visual aid to help your child practice appropriately asking for help from others.

Follow-up at home by...

You can help your child appropriately ask for help at home by providing opportunities for him/her to ask for help. Some opportunities include:

- ♥ Giving him/her a meal or snack with a missing utensil
- ♥ Putting something that he/she wants out of reach
- ♥ Presenting a tablet or computer with low battery
- ♥ Introducing a game that he/she does not know how to play



Sincerely,

Mrs. Levine, School Counselor



HELP PLEASE!

Here are some ways that you can ask for help.

1. Get their attention



Say "excuse me."



Say their name.



Raise your hand.



Tap the person.

2. Look at the person.



3. Say what you need.



4. Say "please".



5. Say "thank you".

