

Asking the Teacher for Help

A free printable social story for ages 5-10

Many children, especially those with autism or language delays, freeze or give up instead of asking for help when work gets hard. This story gives them a concrete script for getting the teacher's attention the right way. Speech therapists and teachers often pair it with quick role-play practice.

Sometimes my schoolwork feels tricky.

Everyone needs help sometimes, even grown-ups.

When I need help, my teacher wants to know.

Asking for help is a smart thing to do.

In class, I can raise my hand and wait for my teacher to see me.

My teacher might be helping another kid first.

Waiting can be hard. I can take a breath and try the next part while I wait.

When my teacher comes, I can say, "Can you help me, please?"

I can also point to the part that is confusing.

My teacher will listen and help me understand.

After I get help, the work usually feels easier.

The more I practice asking, the easier it becomes.

I am a kid who can ask for help.

Tips for Reading This Story Together

- Role-play the script at home: you play the busy teacher, your child raises a hand, waits, and uses the exact words from the story.
- Agree on a backup signal with the teacher, such as a help card on the desk, for days when speaking up feels too hard.
- Praise the asking itself, not just finishing the work: I love that you asked for help.
- Reread the story on Sunday nights or before tests, when the pressure to work independently spikes.

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