

Instructions: Identify a problem that you might need help with and write it down in the first column. Write down where that problem can happen. Write down who you can ask for help. Write down how you would ask for help. Be as specific as you can. Use the word banks if needed.

What is the problem?	Where can the problem happen?	Who can I ask for help?	How should I ask for help?
WORD BANK: don't understand the instructions/assignment, can't locate my materials, don't know what to do next, don't feel good, won't finish in time, missing some material, am sick or injured	WORD BANK: classroom, cafeteria, job site, public transportation, home, in the community	WORD BANK: co-worker, peer, teacher, school nurse, supervisor, parent, another adult	WORD BANK: raise my hand, tap the person on the shoulder, call their name, call them on the phone, go find them, write my question down and give it to them