



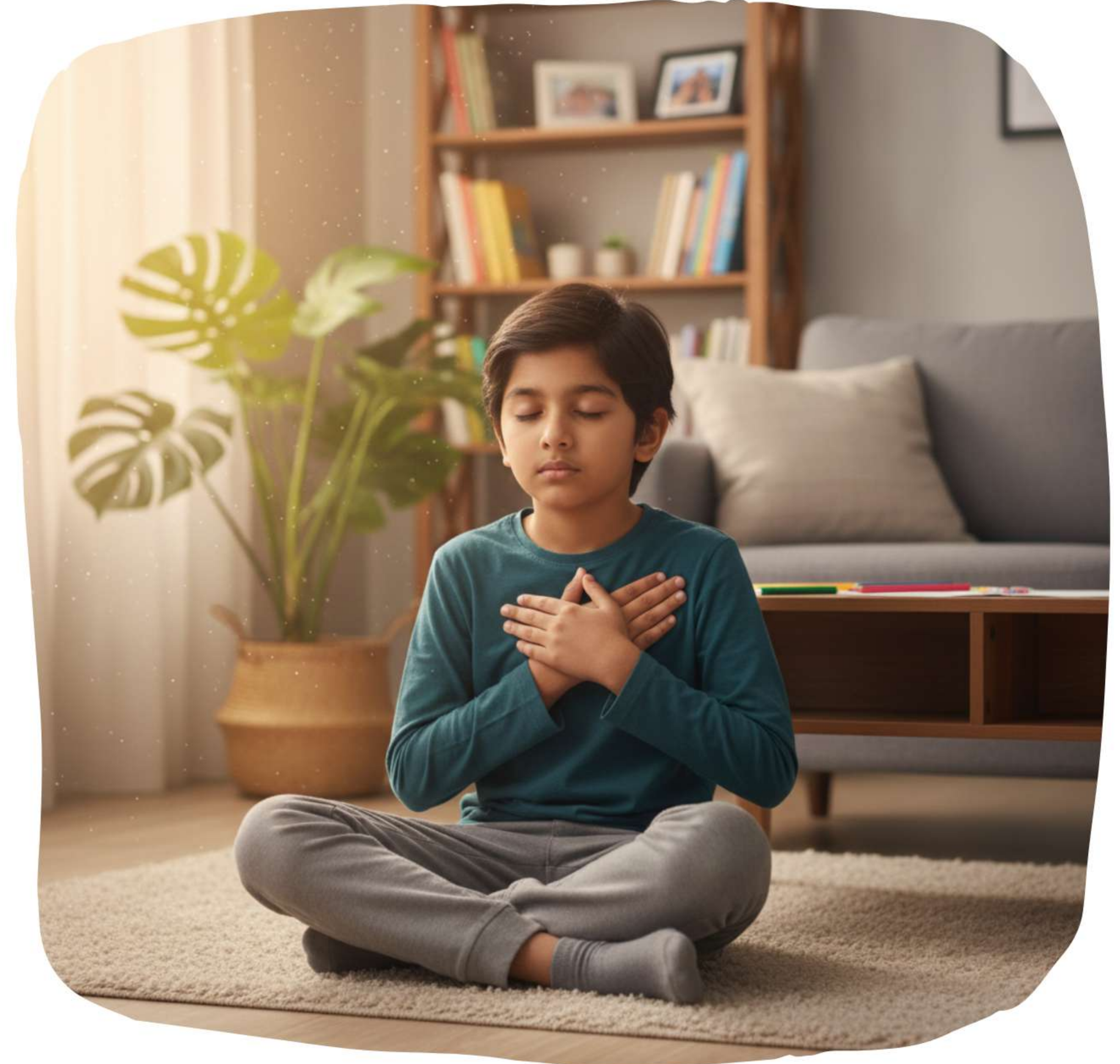
“Sometimes I need help, comfort, or something important.”



“It’s okay to have needs—everyone does.”



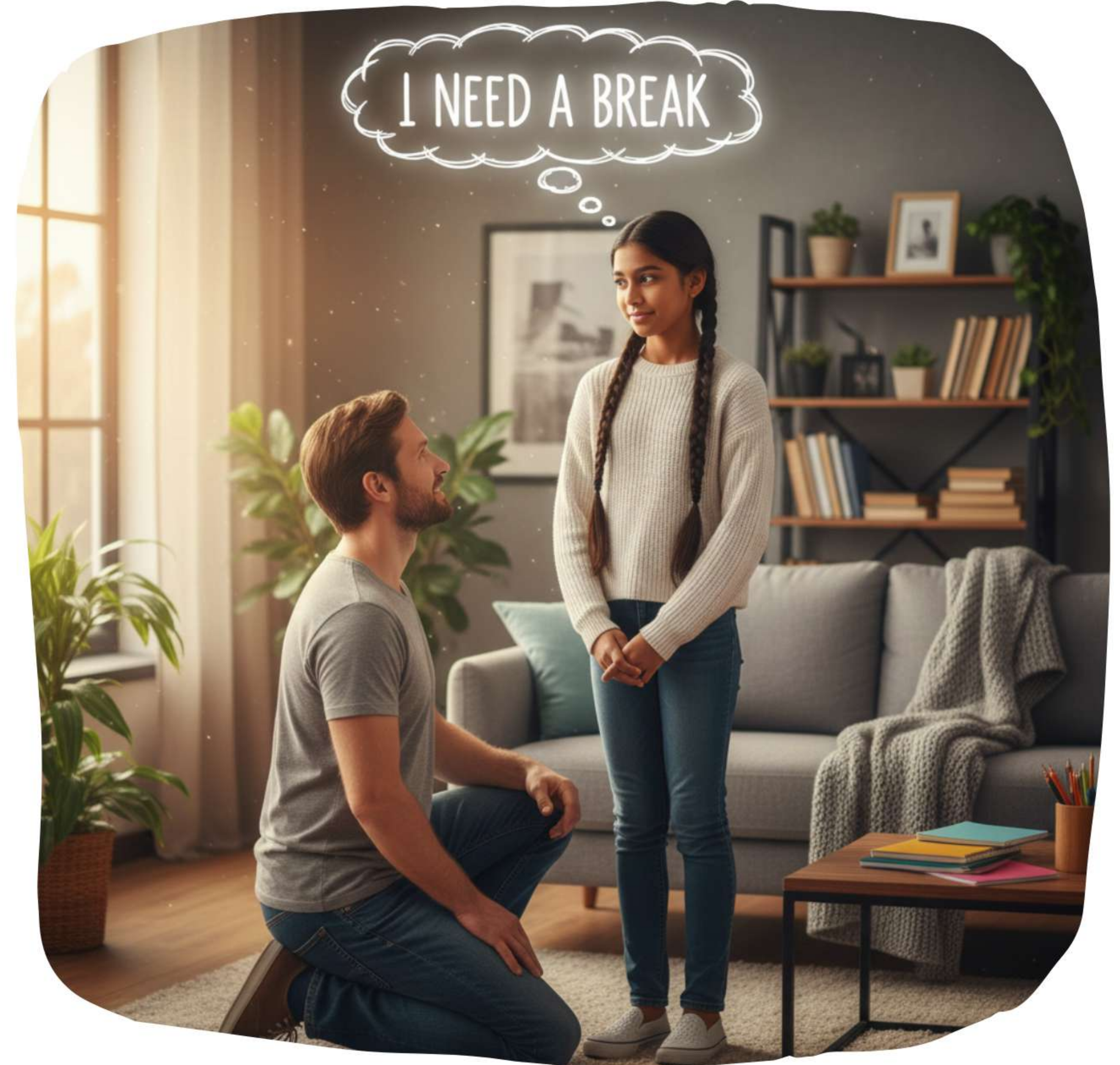
“Asking for what I need helps others understand me.”



“I can start by noticing how I feel inside.”



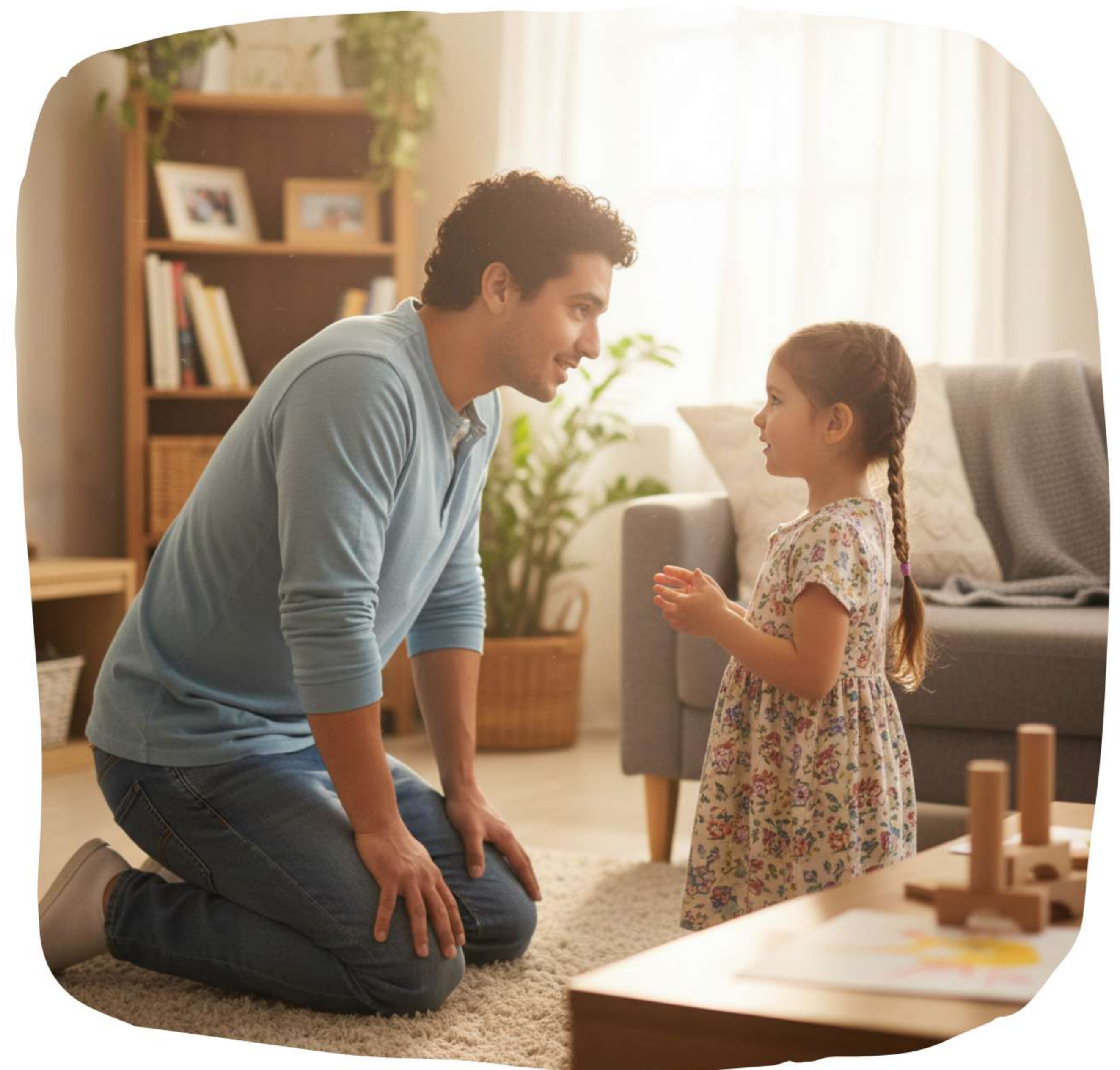
**“If I feel tired, hungry, hurt, or confused,
that tells me I need something.”**



**“I can use clear words to say what I
need.”**



“I can ask for water, space, help, or a turn.”



“My voice matters, and people want to help me.”



“If I feel shy or unsure, I can take a deep breath first.”



“I can look at the person and speak clearly.”



“If someone doesn’t hear me, I can try again politely.”



“If the person can’t help, I can ask someone else.”



“Asking for what I need shows confidence and responsibility.”



“People are proud of me when I use my words.”



“When I ask for what I need, things get easier for me.”



“I can practice asking for what I need, and I will get better each time.”



Vocabulary

- Need

A: Something important for me to feel okay or safe.

B: ~~Something~~ (Correct) I think about for fun.

- Ask

A: Use my words to tell someone what I need. (Correct)

B: Stay silent and hope someone guesses.

- Confused

A: Not understanding something. (Correct)

B: Feeling very excited.

- Polite

A: Speaking kindly and respectfully. (Correct)

B: Shouting loudly.

- Responsible

A: Taking care of myself in a good way. (Correct)

B: Letting others do everything for me.



Spellings

A: Need (Correct)

B: Nead

A: Hlep

B: Help (Correct)

A: Brake

B: Break (Correct)

A: Ask (Correct)

B: Askh

A: Watr

B: Water (Correct)



Comprehension

- Why is asking for what I need important?
A: It helps others understand and support me. (Correct)
B: It bothers other people.
- What can I do if I feel shy or unsure?
A: Take a deep breath first. (Correct)
B: Run away and hide.
- What should I do if someone doesn't hear me?
A: Try again politely. (Correct)
B: Yell louder.
- What can I ask for when I need something?
A: Help, water, space, or a turn. (Correct)
B: Things I don't really want.
- What does asking for what I need show?
A: Confidence and responsibility. (Correct)
B: That I'm being difficult.



Open-Ended Questions

- What is something you needed today?

- How did you ask for it?

- Who do you feel comfortable asking for help?

- What makes asking for help sometimes hard?

Role-Play Activity

- **Scenario 1**

You feel thirsty. Practice saying, “I need some water, please.”

- **Scenario 2**

You feel confused about a school task. Practice saying, “Can you help me understand this?”

- **Scenario 3**

You need space because you feel overwhelmed. Practice saying, “I need a small break.”

- **Scenario 4**

You want a turn with a toy. Practice saying, “Can I have a turn, please?”