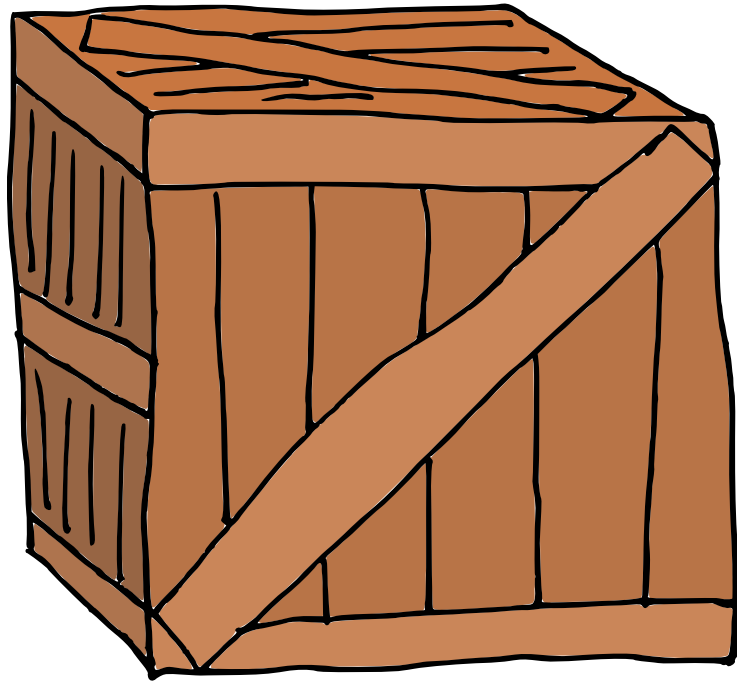


Asking for Help

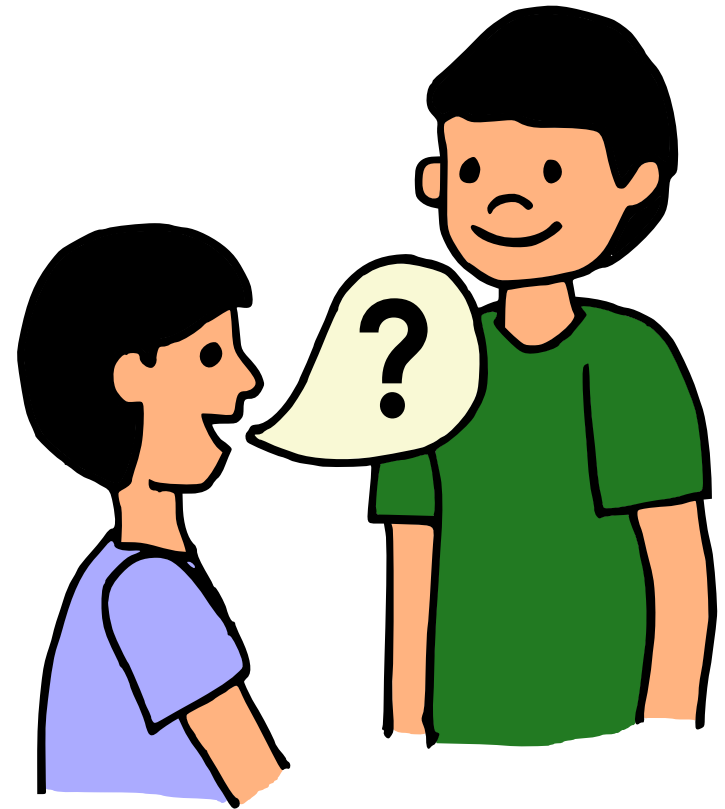


**Sometimes people
work on a project and
get frustrated.**

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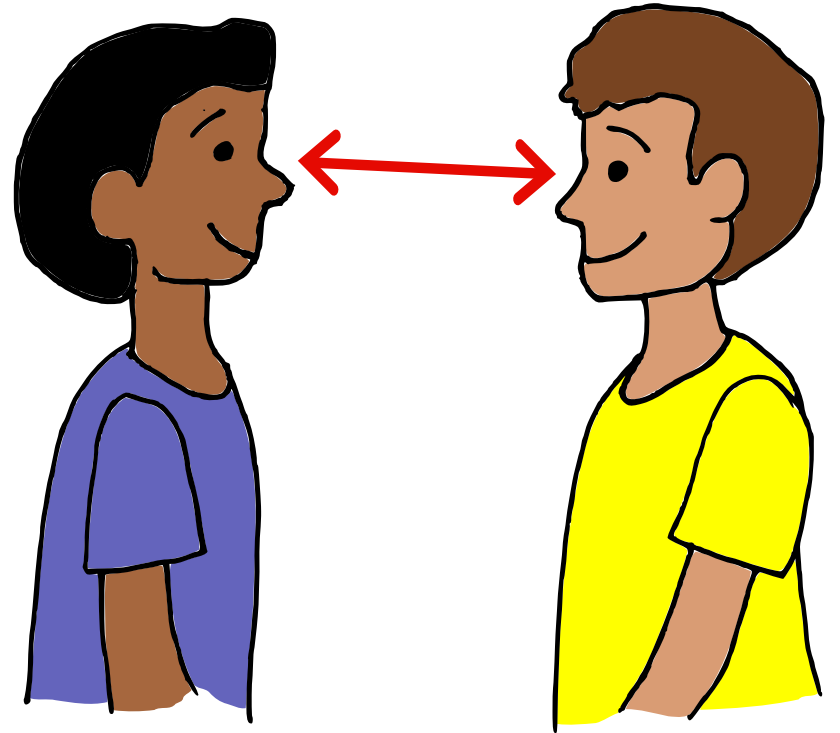
Or they need to lift something heavy or complete a big job.



These are times when it is a good idea to ask for help.



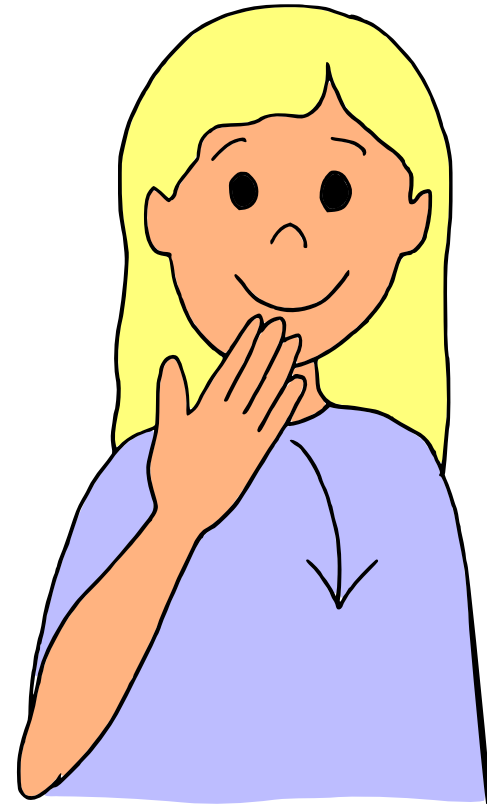
Everyone needs help sometimes. This is how adults ask for help.



Look at the person and calmly get their attention.

help

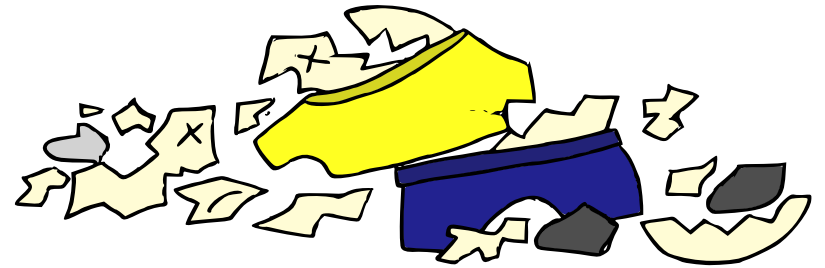
Say, "Excuse me, can you please help me?"



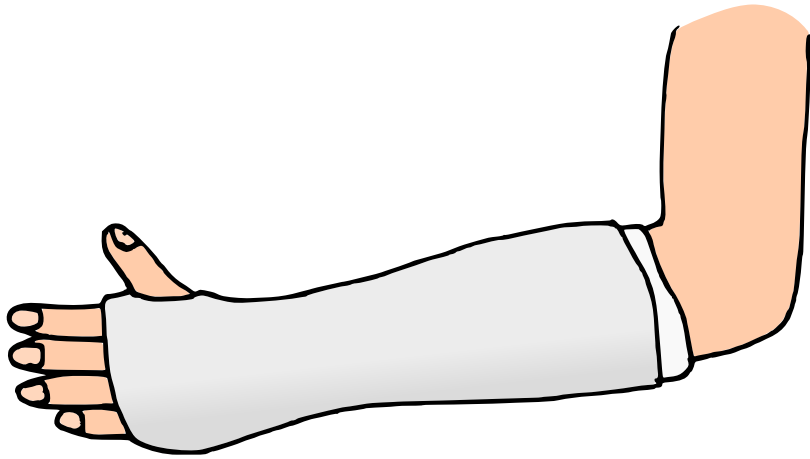
Afterwards, it is important to say thank you.



Sometimes people feel embarrassed to ask for help. It is important to ask anyway.



When people need help and don't ask, things can get broken.



People can get hurt.



Or a project won't get finished.



Asking for help is
something adults do.