

## Asking for Help



1. Try it first.
2. Say, "I need help."  
If you can't do it.

## Interrupting

1. Decide if you need to interrupt.



2. Walk up to the person.



3. Wait until there is a break in their conversation.



4. Say, "Excuse me."

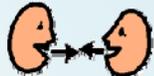


## Interrupting



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## Using Your H.E.A.D. in a Conversation



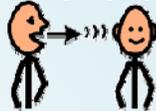
**HAPPY VOICE:** Use a happy, medium-volume voice.

**EYE CONTACT:** Look at people's eyes when talking or listening to them.

**ALTERNATE:** Take Turns talking.

**DISTANCE:** Keep about an arm's length away from people when talking.

## T.G.I.F



**TIMING:** Wait for pause in other person's conversation.

**GREETINGS:** Hi. Hello.

What's up? How are you?

**INITIAL QUESTION**

What you ask someone to start a conversation.

**FOLLOW-UP QUESTIONS**

Questions you ask to get more information.

## Greeting Others

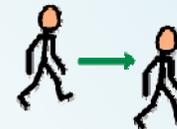
1. Smile.



2. Say, "Hi, \_\_\_\_\_." (Kids) or say, "Hello." (Adults)



3. Walk on.



## Greeting Others



1. Smile.
2. Say, "Hi, \_\_\_\_\_." (Kids) or say, "Hello." (Adults)
3. Walk on.

## Asking Someone to Play

1. Decide what you want to play.



2. Decide who you want to play with.



3. Ask, "Do you want to play with me?"



4. If they say, "No", then ask someone else or try a different game.



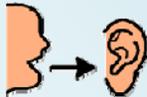
## Asking Someone to Play



1. Decide if you want to play with someone.
2. Find something to play that others may like.
3. Walk up to the person.
4. Wait for a pause or for them to look at you.
5. Ask, "Do you want to play with me?"
6. If they say, "No", then ask someone else or try a different game.

## Following Directions

1. Listen



2. Think about it.



3. Ask if you do not understand.



4. Do it.



## Keeping Calm

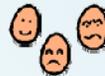
1. Stop and Count to 10.



2. Take three deep breaths.



3. Tell someone how you feel.



4. Do something fun to feel better. Play a game, read, draw, or use the computer.



## Dealing with Making a Mistake

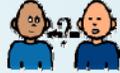


1. Say, "It's okay to make a mistake. Mistakes help us to learn."
2. Think about what you can do to learn from your mistake.
  - a. Try it again until you get it right.
  - b. Ask for help.
  - c. Apologize if your mistake upset someone else.
3. Pick your best choice.

## Accepting No for an Answer

1. Sometimes parents and teachers say "No" when you ask them for something.

2. Say, "Okay" and do not get mad.



3. If you accept no for an answer, the other person will be happy and may let you do something you want to do later. Some time later.....

