WORDS I CAN PRACTICE

A help request I can use

You do not have to know the answer before you ask a question.
Try finishing these sentences.

“I understand this part…”

“I get stuck when…”

“Can you show me…”

I can ask a teacher, caregiver, or another learning helper.

A SAFE ADULT CAN HELP

My brain can need support

Getting stuck does not make you lazy or bad at learning. Different people may need different ways to practice.

“I am trying, but this part is hard. Can we find a way to do one piece together?”

Tell a grown-up if school worries keep you from sleeping, eating, or enjoying your day. Support can start now.

Someone who can help with school:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

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One Thing at a Time

**Learning can feel hard.
I can take a step with help.**



**A hard task is a task.
It is not all of who I am.**

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Mile or a Millimeter

01 / DRAW IT OR WRITE IT

A big task. Smaller pieces.

Pick one real task. Ask a grown-up to help you turn it into small steps. Write or draw what you could do.

My task:

1. The first small piece:

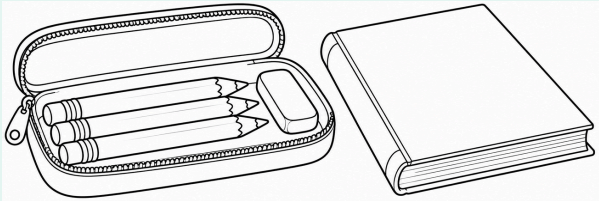
2. The next small piece:

3. How I will know I can pause:

I can start with one part and ask for help with the rest.

02 / SOMETHING TO TRY

What helps me learn?



Color the supplies. Then think about what would help you start.
Your plan can be different from a friend's.

A place where I can work:

Something I need nearby:

One thing a grown-up could help with:

I can try a plan and change it.

03 / MY SMALL PLAN

When I feel stuck

Pause and notice what is hard.
Then choose one small thing to try.
A break can have a plan to return.

- ☐ Ask for an example.
- ☐ Say the directions in my own words.
- ☐ Take an agreed short break.
- ☐ Try one question with a helper.

My first move:

Who I can ask:

"Can you help me with the first step, then let me try?"