

# I Can Ask For Help

A social story for Kairav — Teaching how to request help when stuck or frustrated



1

My shoelace is stuck. I cannot fix it.



2

I feel hot and frustrated. That is okay to feel.



3

I can ask for help. I tap 'help please' on my Avaz.



4

Mummy comes to help me. She shows me how to untangle it.



5

My shoe is fixed! I tap 'thank you' on my Avaz. Asking for help makes me strong.