



Asking for help



Reader Notes:

These stories have been designed to help children with disabilities or developmental challenges learn more about childcare and kindergarten. Becoming familiar with everyday situations and some of the skills needed to participate in these settings (e.g. asking for help, making friends) can positively impact children's enjoyment and experiences.

As an educator, parent or carer, you can support children by reading these stories together. You could point out the similarities and differences between the story and your child's experiences. You could talk about how the children in the story act and whether your child could try out these behaviours.

We hope these stories can help make children feel more secure, confident and connected at childcare and kindergarten.

This story can be customised with personalised images or photos that are relevant to the child or children you will read it with. Visit allplaylearn.org.au to view our collection of illustrated stories for ideas. Use an A4 printed version of this PDF to insert your photos, we recommend printing these in a 6x4" standard photo size.



Asking for help

I am learning new things every day so I need a little help.
I need help finding things, zipping up my jumper, opening my lunchbox
and writing my name on my drawings. Sometimes I need help.



I can ask my teachers for help. I can smile and use my words. I can say
“excuse me, could you please help me with my jumper?”



I can also say “excuse me, I am feeling sad, can I stay with you?”



I can ask my friends for help too. I can get close, smile and use my words. I can say “hi, could you please help me find a ball?”



I can help other kids too. I can show them how to do something or ask them to play with me if they are lonely. If someone asks for help I can say “sure, I am happy to help you”.



I am getting better at asking for help and helping others too.



AllPlay: Making the world fit for all kids

AllPlay is about creating inclusive environments for children wherever they learn, play, dance and engage in the community.

Our team of researchers brings together the research evidence that sits behind our toolkits and programs to ensure that the strategies we deliver are as effective as they can be.

We work with those committed to creating inclusive communities including coaches, sporting clubs, dance schools, teachers and educators, parents and healthcare practitioners.



Our philosophy:
Change the world, not the child.

Our current programs:



AllPlay Footy

What better way to introduce inclusion than through one of Australia's most loved and influential sports. In collaboration with the Australian Football League (AFL), the AllPlay Footy program is helping footy clubs nationwide embrace inclusion.

The driving force of the AllPlay Footy program, our website, is fast becoming



a world-leading resource for inclusion in sports. Packed with evidence-based strategies such as footy stories and how-to videos featuring AFL stars, it is the go-to place for parents, coaches, kids and anyone interested in learning about inclusion.

Visit: allplayfooty.org.au

"We are extremely proud of our relationship with Deakin University, and the amazing AllPlay Footy resources we are using to ensure more kids with disabilities can access our great game."

Tim Nield - AFL Inclusion (All Abilities) Manager



A research program to support Aboriginal and Torres Strait Islander children in participating in footy, by working with community elders and the wider community.



AllPlay Dance

Works with dance schools, dance teachers, parents and healthcare practitioners to promote inclusion in dance, as well as through our digital resource Australia's first comprehensive digital resource for making dance inclusive for all children. It provides information for creating inclusive dance schools and companies, and equips parents, teachers and kids with evidence-based tools.



Inclusive dance directory

Dance schools around Australia who have embraced inclusion can be listed on the AllPlay Dance website for parents to find.

Visit: allplaydance.org.au



AllPlay Learn

Helps teachers implement inclusion strategies in the classroom through our digital resource allplaylearn.org.au and professional development programs for teachers.

Visit: allplaylearn.org.au



For more stories and information on making education accessible for everyone
please visit: allplaylearn.org.au



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