

Asking for Help

at Gymnastics



Sometimes at gymnastics we need some help.
We might need help with the equipment or an activity.



We may not understand what the coach has asked us to do. This might make us feel confused or worried.



We may not have heard what the coach said to us.



We might have an argument with another child.



We might need help taking our shoes and socks off or putting them on.



When we need help, we can say “I need help please” or “help please” or just “help”.



Sometimes it's hard to use our words and that's ok, we can point and use pictures to help us explain.



We can give a Picture Card to our coach and then they know we need help.

We can point to things to show the coach what we need help with.



The coach might ask questions to make sure they understand what we need help with.



When the coach understands they will help us.

The coach might help us by telling us what to do or by showing us what to do.



They might help us by moving our body into the right position (if we say they can touch our arms and legs).



Sometimes we might be worried about asking for help.
When we do ask for help, we will be able to understand
better and learn more.

