



Seeking and Offering Help

Autism & ABA Therapy Social Skills

For more interactive activity, games and resources visit <https://www.autistichub.com/>

Activity Title:

"Helpful Hands: Learning to Seek and Offer Assistance"

Objective:

To encourage the child with autism to understand when and how to ask for help, and to practice offering assistance to others.

Materials Needed:

- Help Scenario Cards: Cards with various scenarios where help might be needed.
- Role-play Props: Items relevant to the scenarios (e.g., a toy that needs fixing, a book placed on a high shelf).
- A comfortable, quiet space for role-playing.

Activity Setup:

Prepare Help Scenario Cards:

- Create or select scenarios that depict situations in which someone might need help (e.g., difficulty completing a task, needing an item that's out of reach).

Gather Role-play Props:

- Collect simple items that can be used to act out the scenarios.

Choose a Calm Space for Role-Playing:

- Select a quiet area where the child feels comfortable to engage in role-playing.

Activity Steps with Example:

Explaining the Concept of Help:

- Begin by discussing the idea of help: "Sometimes we all need help, and it's okay to ask for it. We can also help others when they need it."

Introducing a Help Scenario:

- Example Scenario: "Sam can't reach his favorite book on a high shelf."
- Use a prop (e.g., a book placed high) to make the scenario realistic.

Role-Playing the Scenario:

- Act out the scenario with the child. Encourage the child to either be the one seeking help or the one offering help.
- Guide the child to ask for help appropriately: "Can you please help me get the book from the shelf?"

Practicing Offering Help:

- In the same scenario, switch roles where the child offers help: "I see you can't reach the book. Let me help you with that."

Discussion and Feedback:

- After acting out the scenario, discuss it with the child: "How did it feel to ask for help? How did it feel to help someone?"

Skills Targeted:

- Recognizing Need for Help: Identifying situations where help is needed.
- Verbal Communication for Seeking Help: Using words to express the need for assistance.
- Empathy and Offering Assistance: Understanding someone else's struggle and offering help.
- Social Interaction and Cooperation: Engaging in a social exchange of giving and receiving help.