

Name _____

Date _____

Speak Up for What You Need

Practice clear and respectful requests

Directions: Choose a helpful sentence starter. Then finish the request in your own words.



I need...

Can you please...

I do not understand...

I would like...

I need a break because...

1. The directions are confusing.

Starter: _____

My request: _____

2. The music is too loud.

Starter: _____

My request: _____

3. You need time to calm your body.

Starter: _____

My request: _____

4. You want a choice between two activities.

Starter: _____

My request: _____

A clear request tells: what is happening, what you need, and what would help.

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Review Guide: Choose a helpful sentence starter. Then finish the request in your own words.

I need...

Can you please...

I do not understand...

I would like...

I need a break because...

1. The directions are confusing.

I do not understand

Can you explain the first step?

2. The music is too loud.

Can you please

turn the music down?

3. You need time to calm your body.

I need a break because

I am feeling overwhelmed.

4. You want a choice between two activities.

I would like

to choose between these activities.

A clear request tells: what is happening, what you need, and what would help.