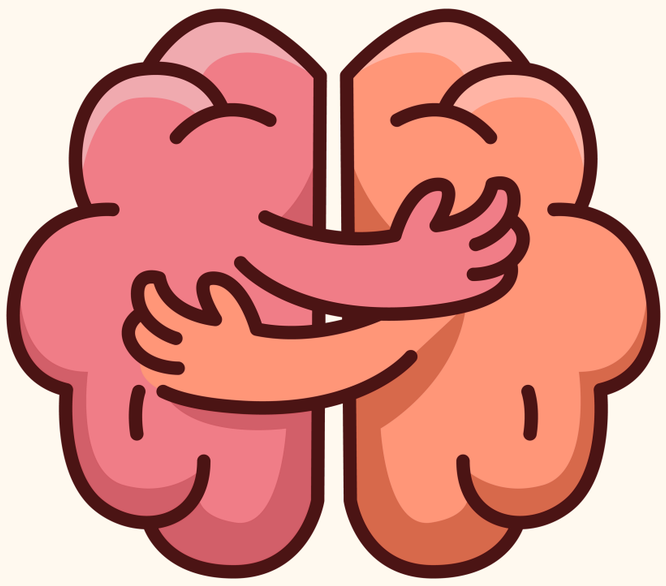
Asking For Help

Being yourself means knowing when you need support.



It’s ok to say

“I don’t understand yet.”

“Can you explain that another way?”

“I need a moment.”

Asking for help is a strength.
Everyone learns better when it feels safe to ask.

connections in mind

Saying What You Need

Your needs matter, naming them helps us support you.



It’s ok to say

“This is too loud for me.”

“I need clearer steps.”

“Can I work somewhere quieter?”

When needs are understood, learning feels safer.

connections in mind

Not Pretending to Fit In

Being yourself should feel safe here.



It’s ok to

Move your body to help focus (like fidgeting or tapping)

Say “I don’t understand”

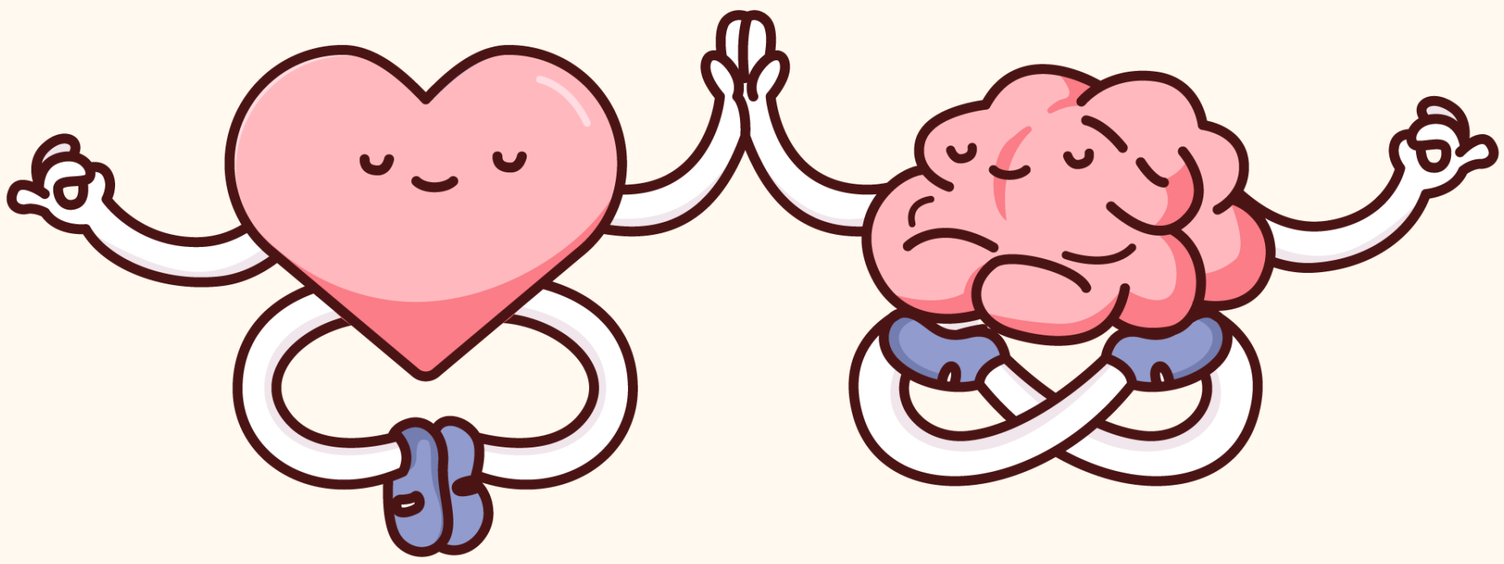
Make different choices from your classmates

Everyone is different and thats ok.

connections in mind

Celebrating Different Brains

Everyone's brain works differently and that's a strength.



Such as

Different ways of thinking

Different ways of communicating

Different ways of learning

Difference is normal.
Safety helps us show it.

connections in mind