My Help Signal Toolkit

Design a word or gesture to tell an adult you need a pause or company.

WHY THIS ACTIVITY EXISTS

This two-page kit helps with everyday communication or practical preparation. It is not an assessment or a clinical exercise. If your child is not interested, skip it.

HOW TO USE IT TOGETHER

Decide together what the chosen signal means and how you will respond. Practice it during an ordinary calm moment.

THREE SMALL STEPS

1. Pick a word, gesture, or picture for your signal. 2. Show a grown-up what it means. 3. Choose what you would like the grown-up to do.

WORDS TO TRY

Say something like: “My help signal means I need...” Let your child change the words, point, draw, or decline.

WHEN TO STOP

Respect the signal; never insist on continuing a worksheet when the child stops.

MAKE IT ACCESSIBLE

Read aloud, write for your child, use pointing, or do just one part. This is a conversation invitation, not homework.

My Help Signal Toolkit

This page is yours. You can change it, skip it, or make it your own.

1 Pick a word, gesture, or picture for your signal.

2 Show a grown-up what it means.

3 Choose what you would like the grown-up to do.

MY DRAWING OR NOTES

You may want to choose:

[ ] Stay near me

[ ] Give me some space

[ ] Help me say it

[ ] Let us stop