

Name \_\_\_\_\_

## Stronger Together

**Directions:** Think about times when you asked for help from a classmate, teammate, or friend. Write your reflections about how seeking help affected your relationship or made a situation better. Use complete sentences and include specific details.



1. Describe a time when you asked a peer for help. What was the situation?
2. How did your peer respond when you asked for help?
3. How did asking for help make you feel at first?
4. Did asking for help make your friendship or teamwork stronger? Explain how.
5. What did you learn about yourself from this experience?
6. Why is it important to ask for help instead of trying to do everything alone?