

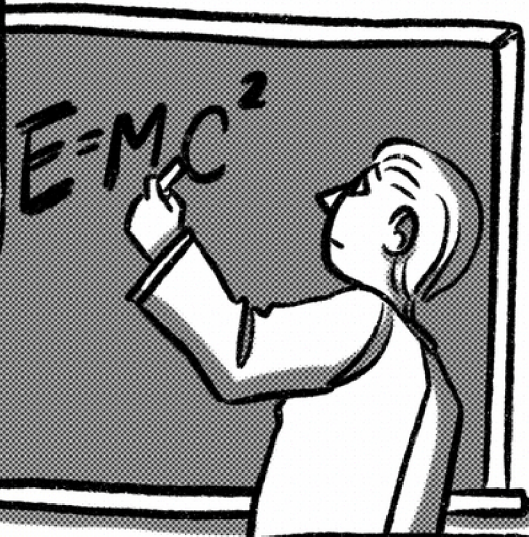
Oh hey, didn't see ya there. Welcome back to:

FLOW LIFE SKILLZ!

Today we're talking
about : how to
Get the Help
You Need In
School.



If you're like me
and school is super
tough for you, you
may need some
extra help to do well.

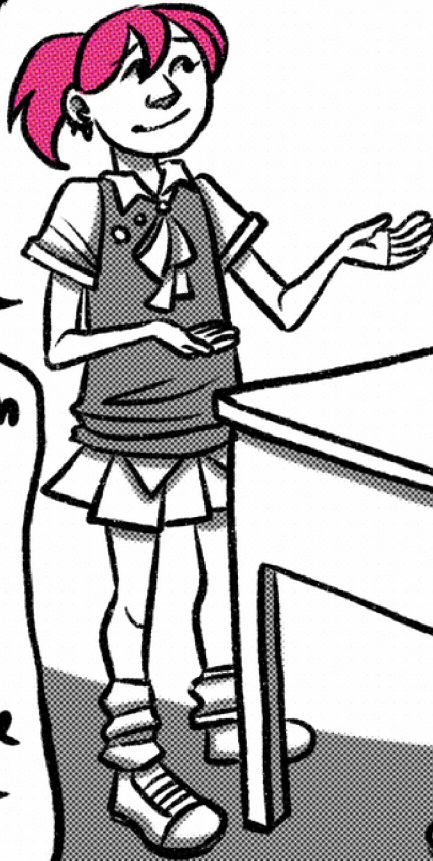


It's totally
ok to struggle
& need help!
It can just be
tough to know
where to get it.



One of the first steps is to talk to your teachers & tell them how you specifically struggle.

This helps them understand your needs, & help you make a game plan to meet those needs.





(I know that part
can be kinda scary,
but trust me. Your
teachers want to
help you & will
usually be super
cool about it.
(Promise!)

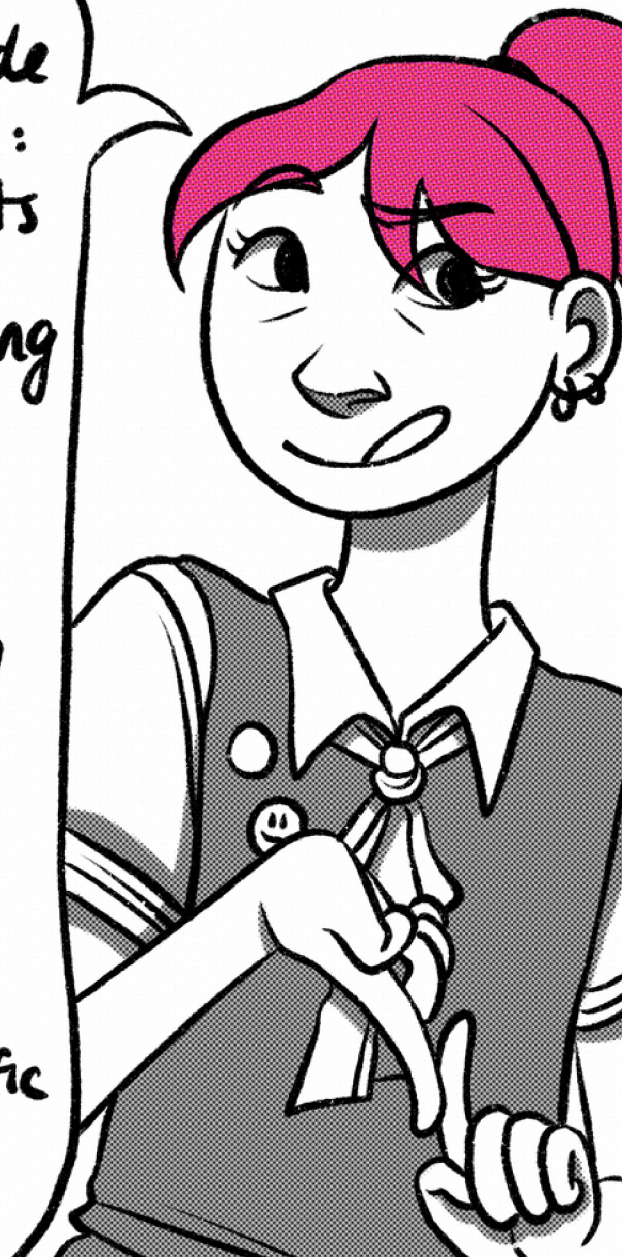
This plan can include
lots of things, like:

→ extra time on tests
+ bigger projects
→ after school tutoring
(by the teacher
themselves or
maybe another
classmate!)

→ Staying organized
with your work!

→ getting a fidget
toy to help focus

→ talking about a
grade scale specific
to your needs



If you feel comfy + safe doing so, talk to your parents about school stuff.

They want you to be able to do your very best + get the help you need too.



School can be super tough & challenging, but it can be WAY harder to figure out by yourself. There's so many people who want to help you out. All you gotta do is ask!

