Joining in

Amira could see a wave and a bag on a chair. She still had to work out what they meant. You can practise checking a clue and choosing how to join in.

Check what you saw

Someone waves from a full table. You can see an empty chair with a coat on it. What do you know for sure? What could you ask to find out?

“Were you waving me over?”

Choose how to join

Imagine you know one person at the table. Try asking for a seat, asking that person to walk over with you, or arranging to meet them later. Which would suit you today?

“Could you come over with me?”

You can say a line, write it, point to it, use AAC or pass. You can practise with the made-up situations on these pages.

Making room for someone

Ellis helped Amira join the table, and Tess helped her get to know Rowan. A clear invitation tells someone what you're offering and gives them time to decide.

Try a clear invitation

You've saved a seat and your friend is at the door. Show where the seat is. Try giving them a choice and think about what you'd say if they wanted to sit somewhere else.

"I saved you a seat here. Do you want to join us?"

Introduce someone

Introduce two people using their names. If they're comfortable with it, mention something they might enjoy talking about. Try a question you'd genuinely like to hear the answer to.

"Amira, this is Rowan. We're in drama club together."

Try both roles. Notice what helps when you're the person being invited and when you're the one making the invitation.

Saying what you need

Amira asks Rowan to repeat something, takes a quiet break and decides how to share her drawing. Practise a short phrase you could use in each situation.

Ask for a repeat or a break

A friend says something while everyone else is talking. Try asking them to repeat it. Then imagine the room is getting too loud and try asking for a quieter place or a short break.

“I missed that last bit. Could you say it again?”

Set or respect a boundary

Someone wants to take a photo of your drawing. You can say yes, say no or decide later. Try a response from each side. If the answer is no, a simple ‘Okay’ is enough.

“I’d rather you didn’t take a photo.”

If you offer someone company and they want to go on their own, give them space. You can ask later whether they’d like to rejoin you.

Take one idea with you

Choose one situation below. Try it with someone you trust, think it through on your own or write how it could go.

At a club

You arrive late. Everyone has started, and you don’t know which group you’re in. How could you ask for a clear first step? What could someone in the group do to make it easier?

“Could you show me where to start?”

At lunch

A classmate asks whether the seat you’ve saved is free. Try explaining who it’s for. If you can see another free seat, point it out. Swap roles and practise asking for somewhere to sit.

“I’m saving this one. There’s a free seat over there.”

Finish these sentences for yourself. ‘One line I might use is …’ and ‘One thing someone else could do to help is …’