

Moonpath

Big Feelings

Stories for meltdowns, overwhelm, and the calm after.

Fourteen short, printable social stories for nonverbal autistic children — written for the moments when feelings get too big to carry. Each story is paired with simple AAC vocabulary and a predictable rhythm your child can lean on, again and again.

For parents of autistic kids aged 4–12.

moonpath.in · built for nonverbal autistic kids

Inside this bundle

14 printable stories. Each is one page, designed to read aloud with your child.

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My Hands Want to Hit

A social story for Kairav — What to do when I feel angry and want to hit someone



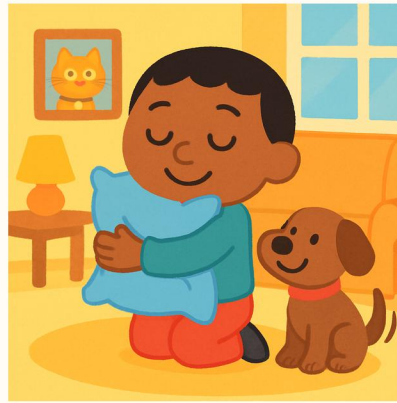
1

Sometimes my body feels hot and angry inside. My hands make fists.



2

My hands want to hit someone. That feeling is big and scary.



3

I can squeeze my pillow instead. Hitting hurts people but pillows are safe.



4

I tap angry and help on my Avaz. Mummy comes to help me.



5

We breathe big together. My angry feeling gets smaller. My hands are safe hands.

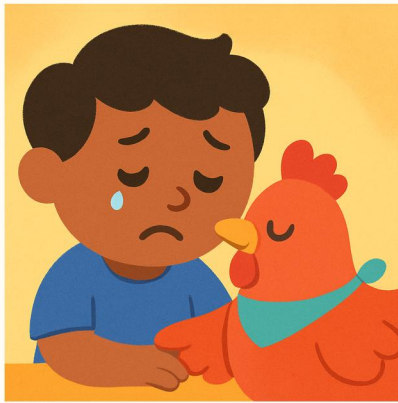
My Sad Feeling

A social story for Kairav — Understanding and expressing sadness when the cause is unclear



1

Sometimes my eyes feel wet. A sad feeling is inside me.



2

I feel sad in my chest. That is okay.



3

I can tell someone. I tap 'sad' on my Avaz.



4

Mummy asks if I want a hug. I nod yes.



5

The warm hug helps me feel better. Sad feelings can live with hugs.

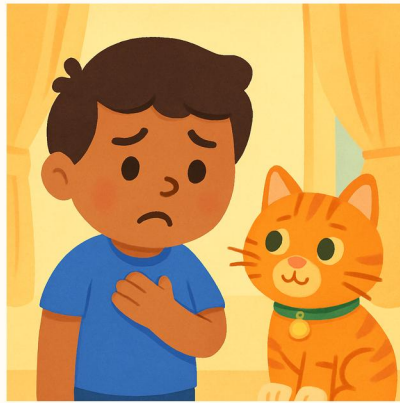
My Scared Feeling

A social story for Kairav — Learning what to do when I feel scared in new or loud situations



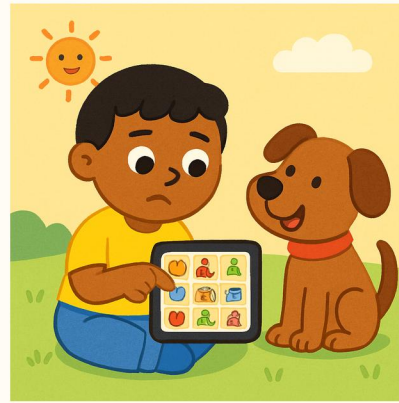
1

Sometimes I hear new loud sounds. My body notices right away.



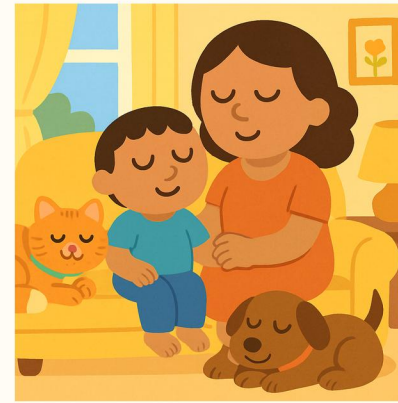
2

My heart goes fast. My body feels tight. I am scared and that is okay.



3

I can tap 'scared' on my Avaz. Bruno stays close to me.



4

Mummy holds my hand. We take slow breaths together. I feel safe.



5

Mummy tells me it is the garbage truck. My scared feeling gets smaller. I am okay.

When It's Too Hard

A social story for Kairav — Learning to ask for help when tasks feel overwhelming



1

I am trying a new puzzle.
Some pieces are hard to fit.



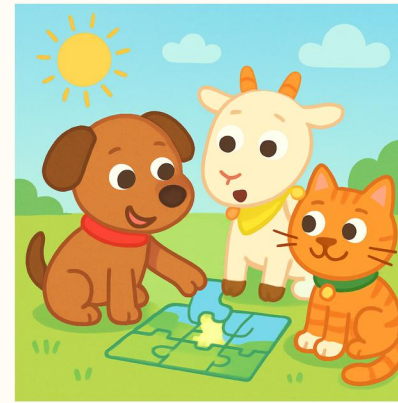
2

This piece will not fit. I feel
hot and frustrated.



3

I can take a breath. I tap
'help' on my Avaz.



4

Bruno shows me where
the piece goes. Now I can
try again.



5

The piece fits! Hard things
are okay when I ask for
help.

My Happy Flaps

A social story for Kairav — celebrating happy stimming and self-expression through movement



1

I watch my favorite show. I feel happy inside my body.



2

My hands start to flap. My body wants to jump and move.



3

Happy feelings need to come out of my body. Flapping feels good.



4

Mama sees my happy flaps. She smiles at me.



5

Mama flaps with me. My happy body is a good body.

Too Much Happy

A social story for Kairav — Managing overwhelming excitement and finding calm



1

I am so excited! My body feels like it wants to explode.



2

Excited feels fun. But excited can also feel very big.



3

I can jump ten times. I can squeeze my hands tight.



4

Now I breathe in slow. I breathe out slow.

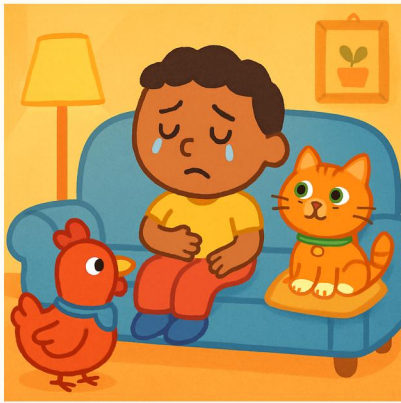


5

My body goes from buzzing to calm. Now I am ready.

Finding What Hurts

A social story for Kairav — Using body pictures and pointing to show where it hurts when I can't use words



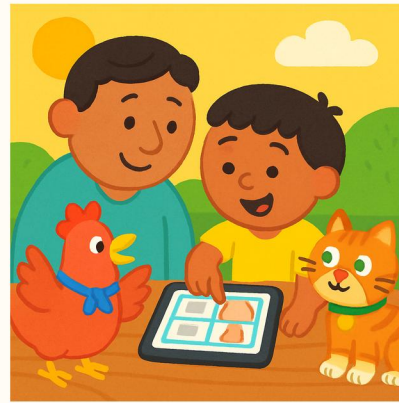
1

Sometimes my body hurts. I feel sad but I don't know how to tell anyone.



2

Mama shows me the body picture on my Avaz. I can point to where it hurts.



3

I point to the tummy on my Avaz. Now Mama knows where I hurt.



4

Mama puts a warm soft cloth on my tummy. It feels good and gentle.



5

My tummy feels better. I am safe. Mama knows how to help me.

When It's Too Much

A social story for Kairav — What to do when my body feels overwhelmed by too many sounds, lights, or people



1

Sometimes there are too many sounds and lights. Too many people around me.



2

My body feels stuck. I cannot move or talk.



3

I can tap 'break' on my Avaz. I can ask for help.



4

We find a quiet place. I put on my headphones.



5

The too much feeling goes away. My body feels better now.

Big Feelings Outside

A social story for Kairav — Managing overwhelming feelings in public places and finding comfort



1

The mall has many people. It is very loud. Too much for my body.



2

My body says too much. I feel scared and tired. That is okay.



3

Mama comes to help me. We can leave and find quiet.



4

People look at us. That is okay. We walk to our car.



5

In the car I drink water. Soft music plays. I am safe and loved.

After My Big Feelings

A social story for Kairav — what happens after a meltdown ends and how to feel safe again



1

My big feelings were very loud. Now they are getting smaller.



2

My body feels tired after big feelings. That is okay.



3

Mummy sits near me. She is quiet too.



4

I can have water and my soft blanket. This helps my body.



5

I am safe. Mummy loves me. My feelings are quiet now.

My Squeeze Hug

A social story for Kairav — Using deep pressure and weighted blankets to feel calm and organized



1

My body feels wiggly and big. Bruno sees me feeling this way.



2

A squeeze can help my body. Bruno brings me my heavy blanket.



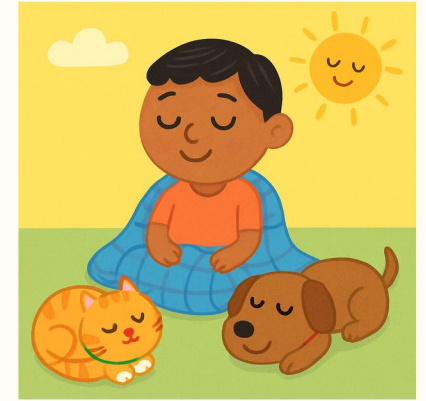
3

The blanket feels heavy on my lap. It gives me a gentle squeeze.



4

Mama gives me a hug around my shoulders. Now I have two squeezes.



5

My body feels calm and organized. I can breathe out and feel better.

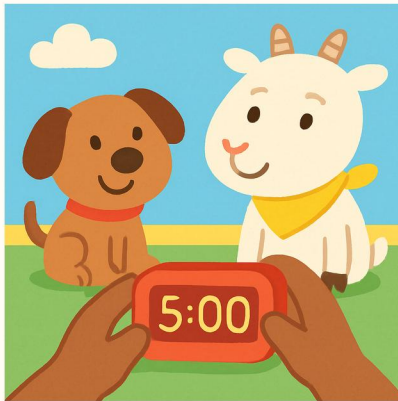
Waiting Steps

A social story for Kairav — Learning how to wait using a timer and fidgets



1

I want my tablet now. But first I wait.



2

I set my timer for 5 minutes. I can count the numbers.



3

While I wait, I pick a fidget. My hands are busy.



4

Ding! The timer says zero. Now it is time for my tablet.

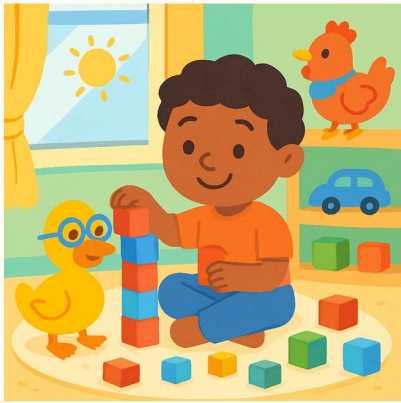


5

I waited with my timer. I did it! I feel proud.

Switching What I'm Doing

A social story for Kairav — learning to switch from one activity to another with help



1

I am playing with my blocks. I am making a tall tower. This is fun.



2

Soon it will be dinner time. Mama shows me first blocks, then dinner. I can look at the card.



3

The timer shows 2 minutes more. I can finish my tower. Then it will be ready to switch.



4

The timer is done. I can put away two blocks at a time. Quacky and Henny help me.



5

All done switching! The blocks are away and dinner is ready. I feel good about changing activities.

Plan Change Day

A social story for Kairav — When plans change because of weather, we can make new fun plans



1

Today was park day. I was excited to go outside.



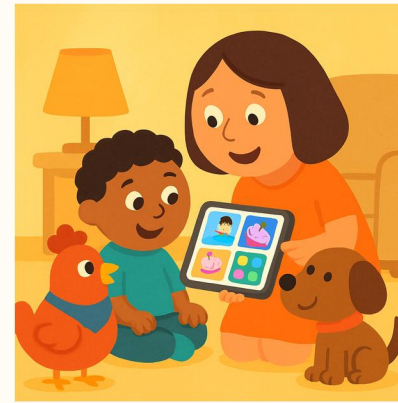
2

But it is raining big. The park plan changed.



3

Change is hard. I feel upset. That is okay.



4

Mama shows me the new plan. Instead of park, we play inside.



5

Different can still be fun. New plan is good too.