

Moonpath

Diwali

A get-ready pack · 4 stories to read before the day.

Crackers, lights, a houseful of people — a calmer way through Diwali.

For parents and caregivers of nonverbal autistic children. moonpath.in/prepare

moonpath.in · built for nonverbal autistic kids

Inside this bundle

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

- 01** Diwali Lights and Quiet Spaces
- 02** Quiet Room Please
- 03** When It's Too Much
- 04** My Squeeze Hug

Diwali Lights and Quiet Spaces

A social story for Kairav — celebrating Diwali while managing loud firework sounds



1

Today is Diwali. My house looks beautiful with lights and flowers.



2

I eat sweet ladoos with my animal friends. Diwali tastes good.



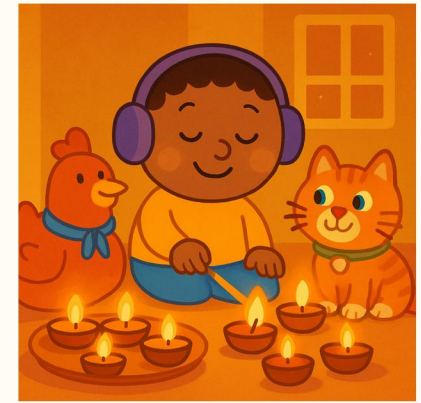
3

Outside I hear loud crackers. The sounds are very loud for my ears.



4

Henny brings me headphones. I can stay inside where it is quiet and safe.



5

I light diyas inside my house. The quiet lights make me happy. Diwali is beautiful.

Quiet Room Please

A social story for Kairav — asking for a break when overwhelmed by noise and crowds



1

There are many people talking. The sounds feel too big for my head.



2

My body tells me I need something. I feel full in my head.



3

I can tap on my Avaz. I can ask for quiet room please.



4

Mummy finds a quiet room for me. I can sit here for ten minutes.



5

My head feels better now. I can go back when I am ready.

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.

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.



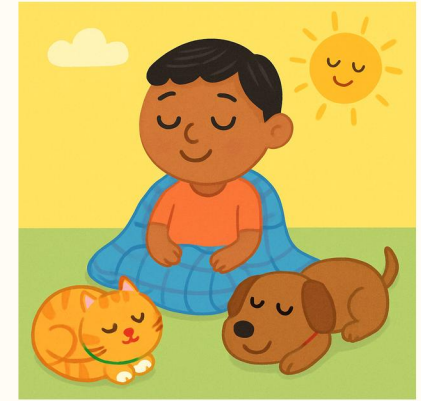
3

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.