

Moonpath

# A first flight

A get-ready pack · 5 stories to read before the day.

Security, the cabin, take-off, the seatbelt — the whole journey, previewed.

For parents and caregivers of nonverbal autistic children. [moonpath.in/prepare](https://moonpath.in/prepare)

[moonpath.in](https://moonpath.in) · built for nonverbal autistic kids

# Inside this bundle

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

- 01** My Plane Ride Adventure
- 02** Waiting Steps
- 03** I Need A Break
- 04** When It's Too Much
- 05** My Avaz Is Low

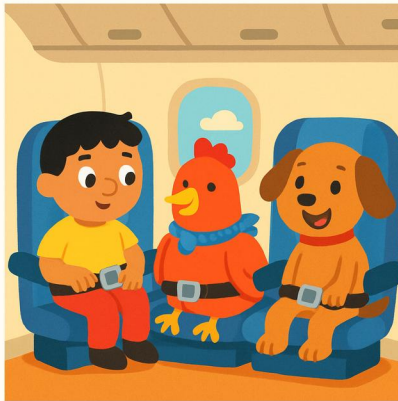
# My Plane Ride Adventure

A social story for Kairav — Preparing for air travel with sensory expectations and calming strategies



1

I am going on a plane ride today. Henny and Bruno are coming with me to the airport.



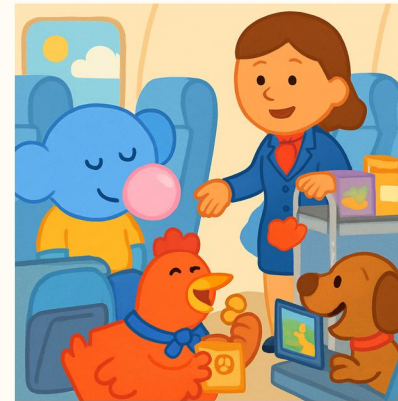
2

I sit in my airplane seat. My seat belt clicks and keeps me safe.



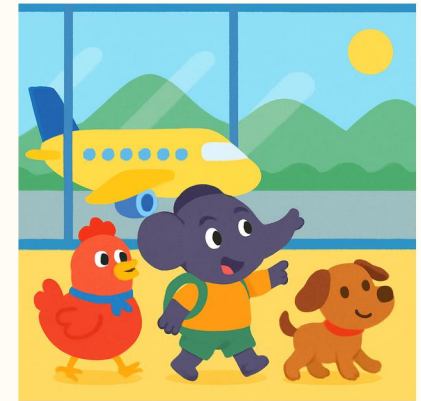
3

The plane goes up high in the sky. My ears feel funny when we go up.



4

I can chew gum to help my ears feel better. I have a snack and watch the screen.



5

The plane lands safely in a new place. My plane ride is all done and I feel good.

# 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.

# I Need A Break

A social story for Kairav — Learning to recognize when I need a break and how to ask for one



1

My body feels full. Too much is happening around me.



2

I can tap 'break' on my Avaz. I can tell someone I am tired.



3

Teacher says 'okay, five minutes!'. She understands what I need.



4

I go to my quiet corner. I can breathe slowly and rest.



5

Soon I feel better. I can go back to my work. Thank you for helping 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.

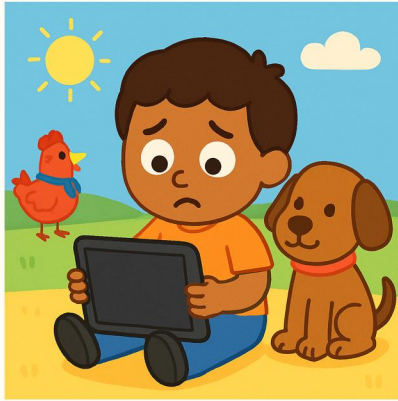
# My Avaz Is Low

A social story for Kairav — What to do when my AAC device battery is low and needs charging



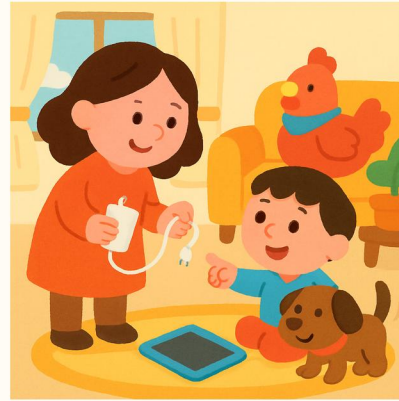
1

My Avaz shows red battery. Henny sees it too.



2

My Avaz will turn off soon. I feel worried about this.



3

I can show Mama my tablet. She has a charger in her bag.



4

Mama plugs in my Avaz. While it charges, I can use paper cards.



5

My Avaz is charged now. I always have backup ways to talk.