

Moonpath

A haircut

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

The cape, the buzz, the snipping — so the chair feels safe.

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** My First Calm Haircut
- 02** Waiting Steps
- 03** My Squeeze Hug
- 04** When It's Too Much

My First Calm Haircut

A social story for Kairav — helping with feeling safe and calm during a haircut



1

My hair is getting long. It tickles my ears.



2

I feel nervous about the haircut. The scissors make noise.



3

I wear my headphones. Mama holds my hand.



4

Uncle cuts small pieces of hair. I can tap stop on my Avaz.



5

My haircut is finished. I feel proud and choose a lollipop.

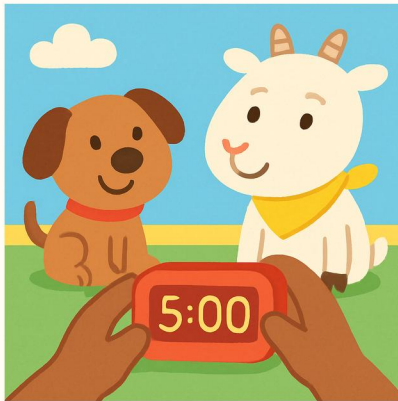
Waiting Steps

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.

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.

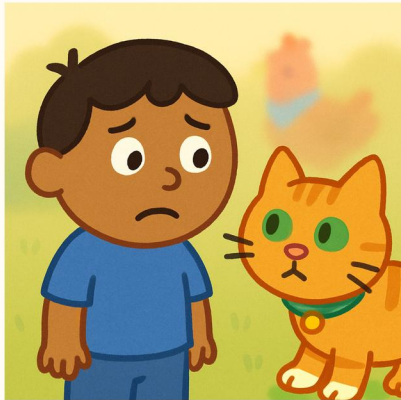
When It's Too Much

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.