

Moonpath

A long train journey

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

Hours on rails — staying regulated, asking for breaks, riding the noise.

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 Big Train Adventure

02 Waiting Steps

03 I Need A Break

04 When It's Too Much

My Big Train Adventure

A social story for Kairav — Taking a long train journey in India with family



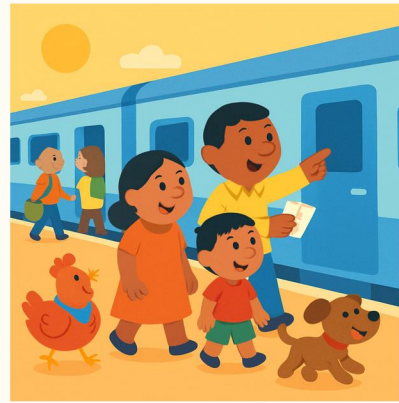
1

Today I am going on a long train trip. Bruno is coming with me.



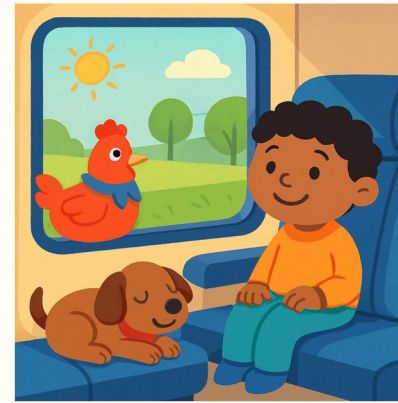
2

The station has many people and loud sounds. I can cover my ears when it feels too much.



3

We find our train car. Papa shows me our seat number.



4

I sit by the window. The train goes click-clack on the tracks.



5

The pantry uncle brings us food. I can eat slowly and enjoy it.

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.

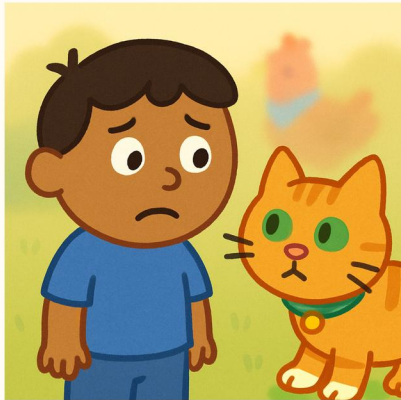
When It's Too Much

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.