

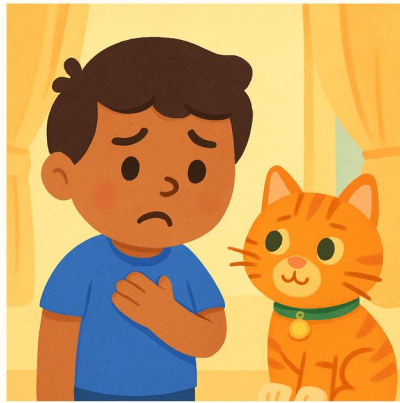
My Scared Feeling

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



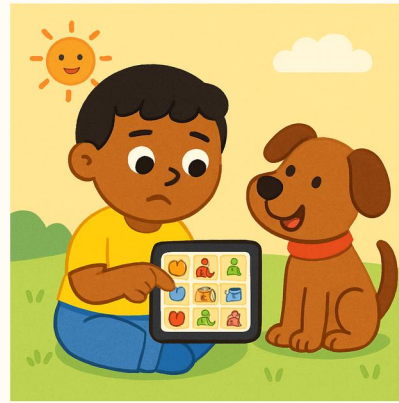
1

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



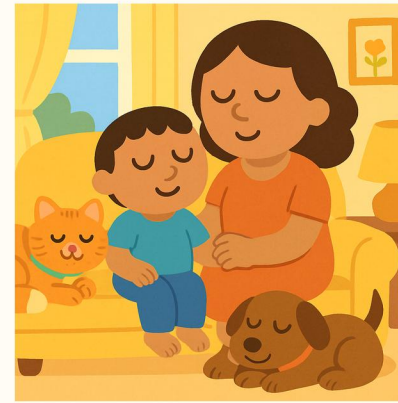
2

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.