

Too Much Happy

A social story for Kairav — Managing overwhelming excitement and finding calm



1

I am so excited! My body feels like it wants to explode.



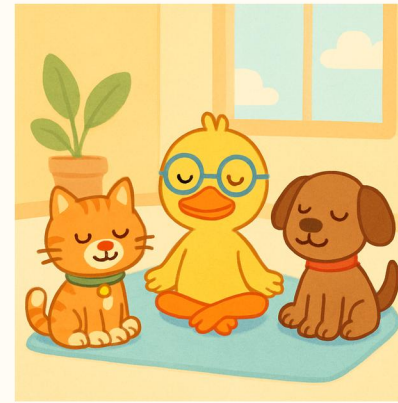
2

Excited feels fun. But excited can also feel very big.



3

I can jump ten times. I can squeeze my hands tight.



4

Now I breathe in slow. I breathe out slow.



5

My body goes from buzzing to calm. Now I am ready.