

Too Spicy Food

A social story for Kairav — What to do when food is too spicy and makes my mouth burn



1

I take a bite of my food. My mouth starts to feel burning hot.



2

The spicy food makes my tongue hurt. That feeling is okay to have.



3

I can press 'spicy' on my Avaz. I can tell Mama my mouth feels hot.



4

Mama brings me cool milk. The milk helps my hot mouth feel better.



5

Mama makes me a plain plate with no spicy food. My mouth feels good again.