

When It's Too Hard

A social story for Kairav — Learning to ask for help when tasks feel overwhelming



1

I am trying a new puzzle.
Some pieces are hard to fit.



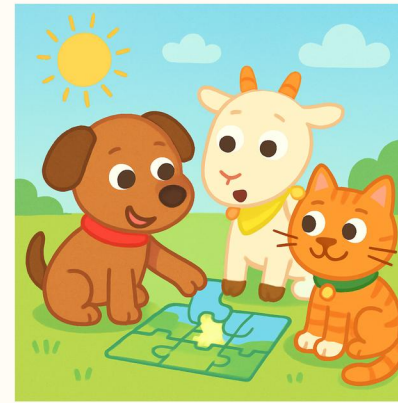
2

This piece will not fit. I feel
hot and frustrated.



3

I can take a breath. I tap
'help' on my Avaz.



4

Bruno shows me where
the piece goes. Now I can
try again.



5

The piece fits! Hard things
are okay when I ask for
help.