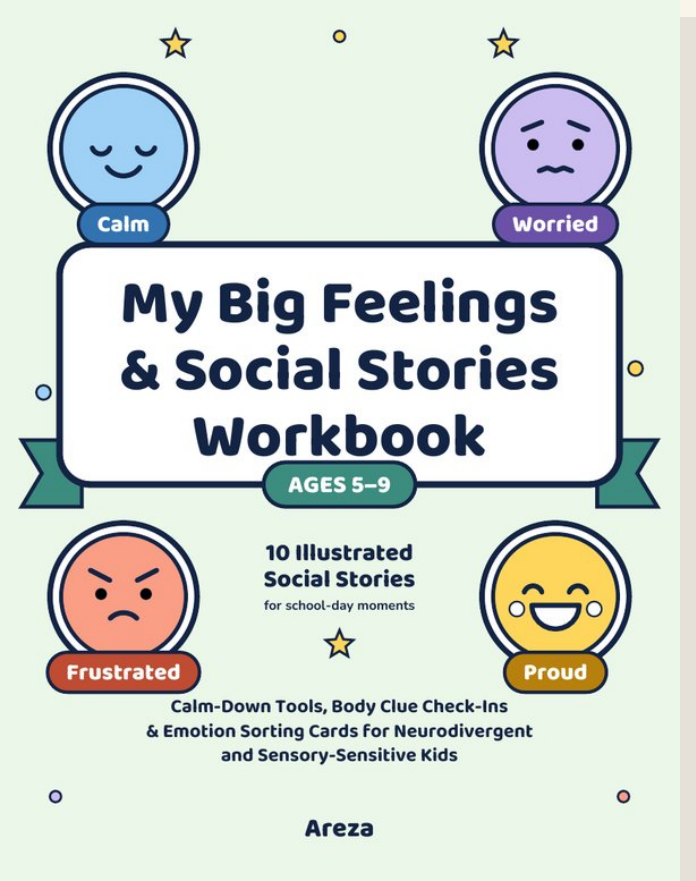

My Big Feelings & Social Stories Workbook

Social stories & calm-down tools · Ages 5–9

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: Social story: Loud Classroom
- Page 3: What I Can Do
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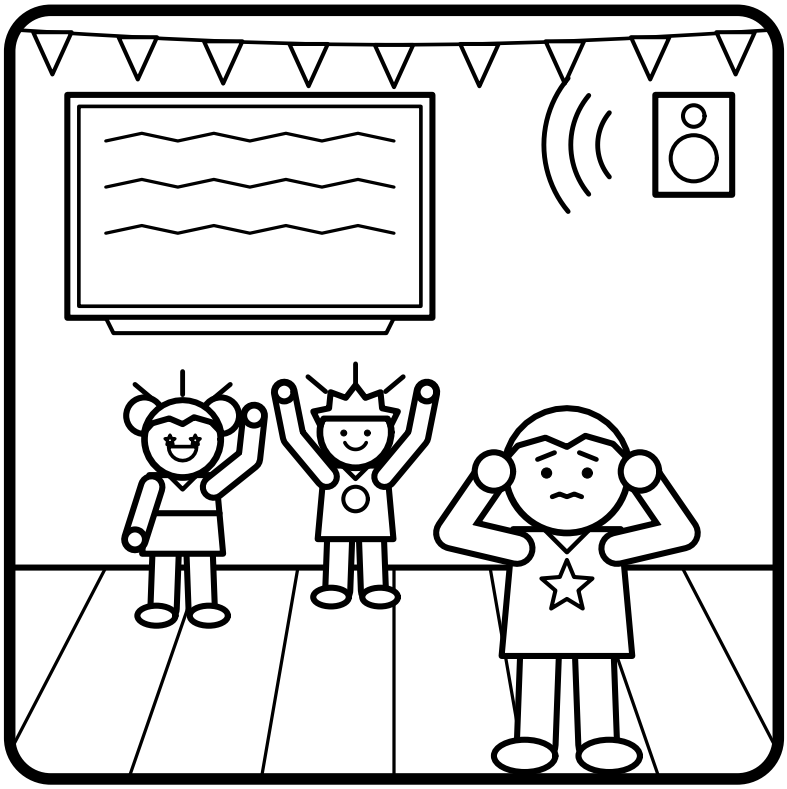
SOCIAL STORY · 1 OF 10

Loud Classrooms



Sometimes my classroom gets very loud.

Lots of kids talk at the same time. Chairs scrape. Music plays.

Loud sounds can feel too big for my ears. That is okay. Many people feel this way.

My teacher wants me to feel comfortable at school.

There are things I can do when it gets too loud.

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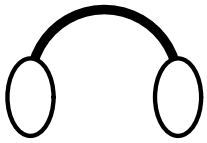
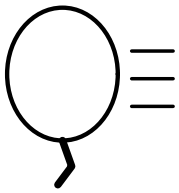
What I Can Do

1. 

I can cover my ears or put on my headphones.

2. 

I can take 3 slow, deep breaths.

3. 

I can ask my teacher for a quieter spot.

I can say:

"It's too loud for me. Can I use my headphones?"

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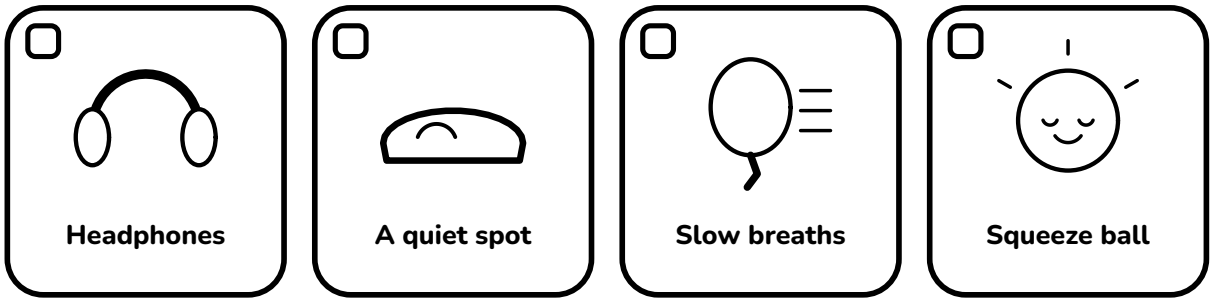
My Turn

1. How would I feel? Circle a face, or draw your own.



Calm | Worried | Frustrated | Proud | My own

2. What helps me? Check all that help.



☐ Headphones ☐ A quiet spot ☐ Slow breaths ☐ Squeeze ball

3. Draw a quiet place where your ears feel happy.

I practiced this story! ☆ ☆ ☆

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