

My First Calm Haircut

A social story for Kairav — helping with feeling safe and calm during a haircut



1

My hair is getting long. It tickles my ears.



2

I feel nervous about the haircut. The scissors make noise.



3

I wear my headphones. Mama holds my hand.



4

Uncle cuts small pieces of hair. I can tap stop on my Avaz.



5

My haircut is finished. I feel proud and choose a lollipop.