

# After My Big Feelings

A social story for Kairav — what happens after a meltdown ends and how to feel safe again



1

My big feelings were very loud. Now they are getting smaller.



2

My body feels tired after big feelings. That is okay.



3

Mummy sits near me. She is quiet too.



4

I can have water and my soft blanket. This helps my body.



5

I am safe. Mummy loves me. My feelings are quiet now.