

# Big Feelings Outside

A social story for Kairav — Managing overwhelming feelings in public places and finding comfort



1

The mall has many people. It is very loud. Too much for my body.



2

My body says too much. I feel scared and tired. That is okay.



3

Mama comes to help me. We can leave and find quiet.



4

People look at us. That is okay. We walk to our car.



5

In the car I drink water. Soft music plays. I am safe and loved.