

I Need A Break

A social story for Kairav — Learning to recognize when I need a break and how to ask for one



1

My body feels full. Too much is happening around me.



2

I can tap 'break' on my Avaz. I can tell someone I am tired.



3

Teacher says 'okay, five minutes!'. She understands what I need.



4

I go to my quiet corner. I can breathe slowly and rest.



5

Soon I feel better. I can go back to my work. Thank you for helping me.