

My Quiet Helper

A social story for Kairav — Using headphones when the classroom feels too loud



1

My classroom has many sounds. Talking and fans and chairs moving. Sometimes it feels loud.



2

The loud sounds make me feel full in my head. That is okay. I can ask for help.



3

I can show my teacher my headphones card. I can ask for my quiet helper.



4

I put on my headphones. The sounds get quiet and soft. Now I can learn.



5

My head feels better now. My teacher is happy I asked for help. I am learning well.