

# My Squeeze Hug

A social story for Kairav — Using deep pressure and weighted blankets to feel calm and organized



1

My body feels wiggly and big. Bruno sees me feeling this way.



2

A squeeze can help my body. Bruno brings me my heavy blanket.



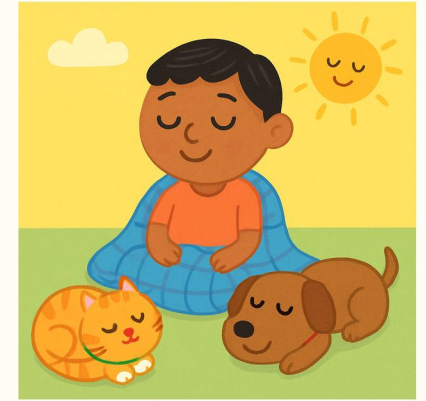
3

The blanket feels heavy on my lap. It gives me a gentle squeeze.



4

Mama gives me a hug around my shoulders. Now I have two squeezes.



5

My body feels calm and organized. I can breathe out and feel better.