

My Temple Visit

A social story for Kairav — helping with temple visits when sounds and rituals feel overwhelming



1

I am going to the temple with my family. I take my shoes off outside.



2

The floor feels cool under me. The temple bells can be loud. My headphones help me feel comfortable.



3

I put my hands together like this. Namaste. Gigi and Henny do namaste too.



4

The pujari gives me prasadam. I can take a small bite. It is sweet.



5

The temple is quiet now. I am safe with my family. Gigi and Henny like the temple too.