

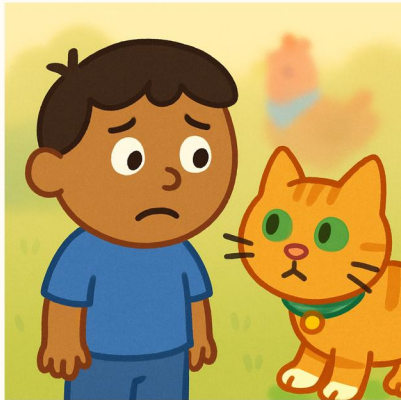
When It's Too Much

A social story for Kairav — What to do when my body feels overwhelmed by too many sounds, lights, or people



1

Sometimes there are too many sounds and lights. Too many people around me.



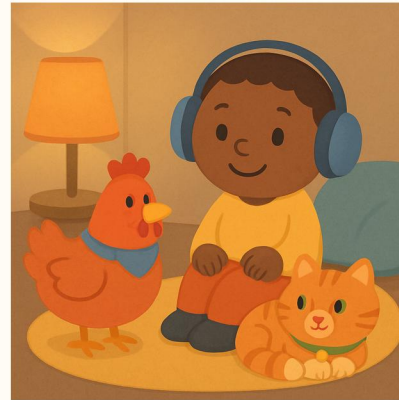
2

My body feels stuck. I cannot move or talk.



3

I can tap 'break' on my Avaz. I can ask for help.



4

We find a quiet place. I put on my headphones.



5

The too much feeling goes away. My body feels better now.