

My Head Hurts

A social story for Kairav — What to do when I have a headache and how to tell someone



1

My head feels squeazy inside. It makes me uncomfortable.



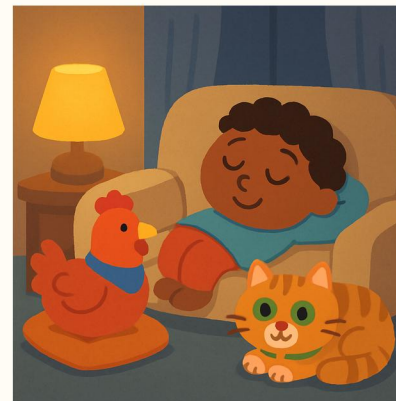
2

This uncomfortable feeling is called a headache. That is okay.



3

I can tap 'head' and 'hurt' on my Avaz. This tells someone I need help.



4

I go to a dark room. It is quiet here. This helps my head feel better.



5

I sip water and rest on my soft pillow. My headache goes away slowly. I feel better.