

When Everything Spins

A social story for Kairav — What to do when I feel dizzy and the room looks like it's moving



1

Sometimes my head feels spinny. The room looks like it is moving around me.



2

When I feel dizzy, I can sit down on the ground right away. This helps me feel safer.



3

I put my head between my knees and rest. Bruno stays with me while Gigi brings water.



4

I drink water slowly. Bruno and Gigi help me feel safe while I rest.



5

The spinning stops. I stand up gently. I feel better now and I am safe.