

I Can Say I Don't Like It

A social story for Kairav — Learning to communicate when something feels uncomfortable or wrong



1

Sometimes a food or sound feels wrong to me. That is okay.



2

Before, I would stay quiet when I felt uncomfortable. Now I know I can tell someone.



3

I can use my Avaz to say 'I don't like this.' My words matter.



4

When I say 'I don't like this,' someone listens to me. They want to help.



5

We try something different together. I feel better when people listen to my 'no.'