

I Can Say No First

A social story for Kairav — Using AAC words before big feelings start



1

Mama says it is time for my bath. I am playing with Henny and Milo.



2

I don't want to stop playing yet. I feel uncomfortable feelings starting.



3

Before the big feelings get bigger, I can use my words. I tap 'later' on my Avaz.



4

Mama hears my words. She says 'Okay, five more minutes to play.'



5

My words helped before big feelings came. I feel good about using my Avaz first.