

My Body Needs To Move

A social story for Kairav — Understanding and responding to sensory seeking needs



1

My body feels buzzy inside.
I need to move.



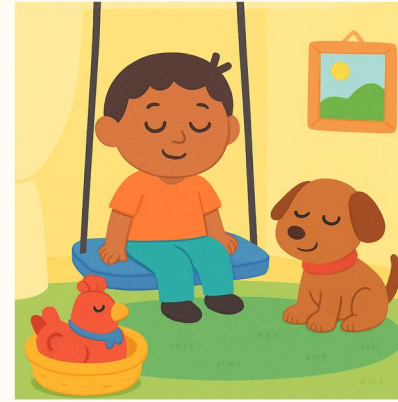
2

I can jump on my trampoline.
I jump ten times.



3

I push the heavy box. My muscles work hard.



4

I swing for five minutes.
The swing helps my body.



5

Now my body feels calm
and okay. I feel good.