

Quiet Room Please

A social story for Kairav — asking for a break when overwhelmed by noise and crowds



1

There are many people talking. The sounds feel too big for my head.



2

My body tells me I need something. I feel full in my head.



3

I can tap on my Avaz. I can ask for quiet room please.



4

Mummy finds a quiet room for me. I can sit here for ten minutes.



5

My head feels better now. I can go back when I am ready.