

When Things are Too Loud



Social Story



I love spending time at home, but I also love going to school or going to other places like the shopping mall, a grocery store, a concert, or sporting event. Sometimes, though, these places can get busy and loud.



Sometimes the loud noises are too much for me to handle and I begin to feel overwhelmed. The loud noises may even hurt my ears and make me feel upset, frustrated, or angry.



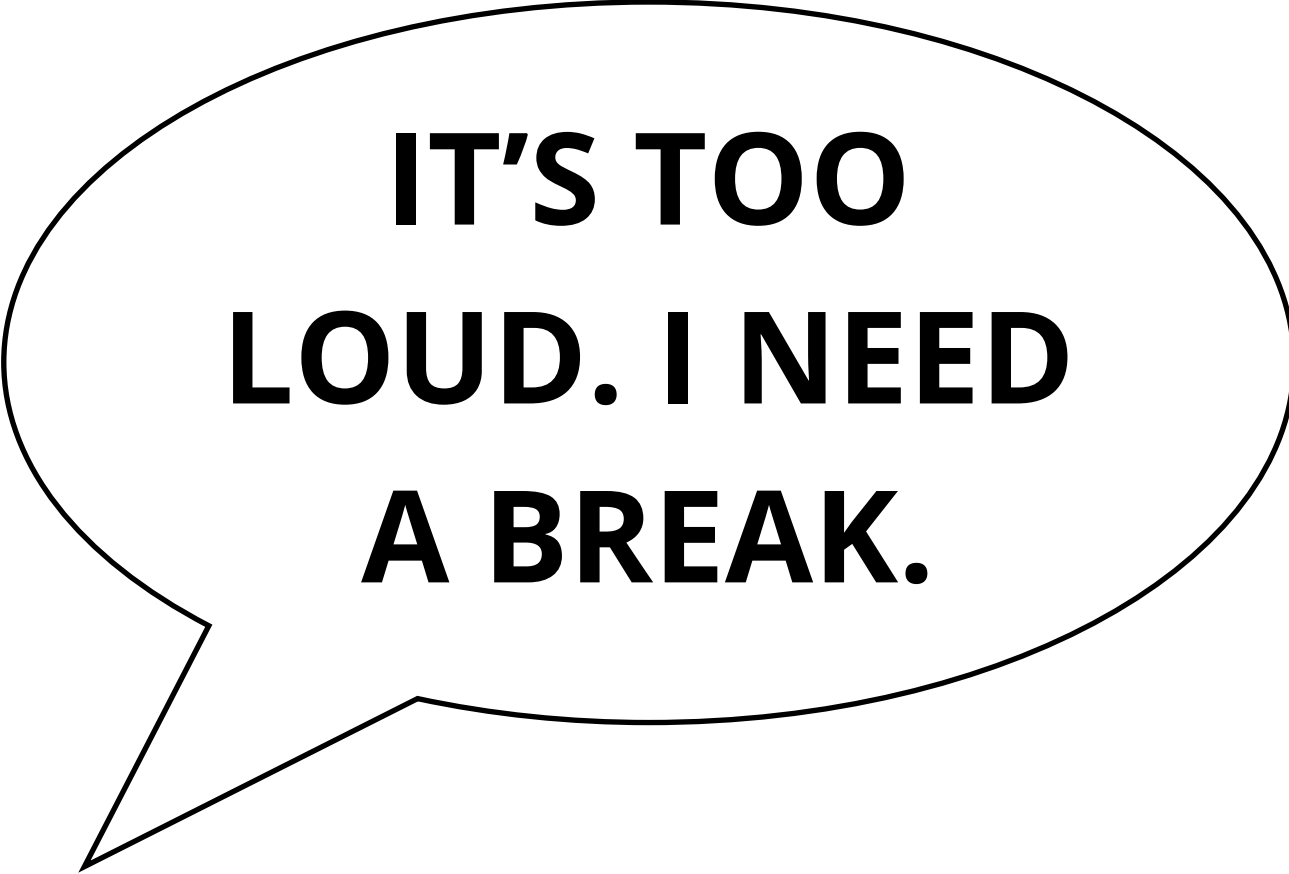
It's okay to feel upset and/or overwhelmed when things get too loud, but I need to remember to keep my body and my voice calm. I need to use one of my coping strategies instead of yelling, hitting, crying, running away, or shutting down.



One thing I can do is cover my ears with my hands. This strategy will help block out some of the sounds.



Another thing I can do is wear headphones or earplugs. This idea will also help reduce the noise level.



**IT'S TOO
LOUD. I NEED
A BREAK.**

I can also tell an adult that I need a break. I can say, "It's too loud. I need a break."



Sometimes things get too loud for me, but I know it will all be okay if I use one of my coping strategies.