

Going to a busy place

Social Story



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Sometimes I go to places that are busy and noisy, like a shopping centre, supermarket, or playground.



There may be lots of people walking,
talking, and moving around me.



I might hear loud sounds like music,
machines, or beeping noises.



The lights might be
bright, and there
can be many things
to look at all at
once.



It's okay if busy
places feel
overwhelming
sometimes.

Even when it
feels loud or
busy, I am safe.



If I start to
feel worried or
uncomfortable,
there are things
I can do to help
myself feel calm.



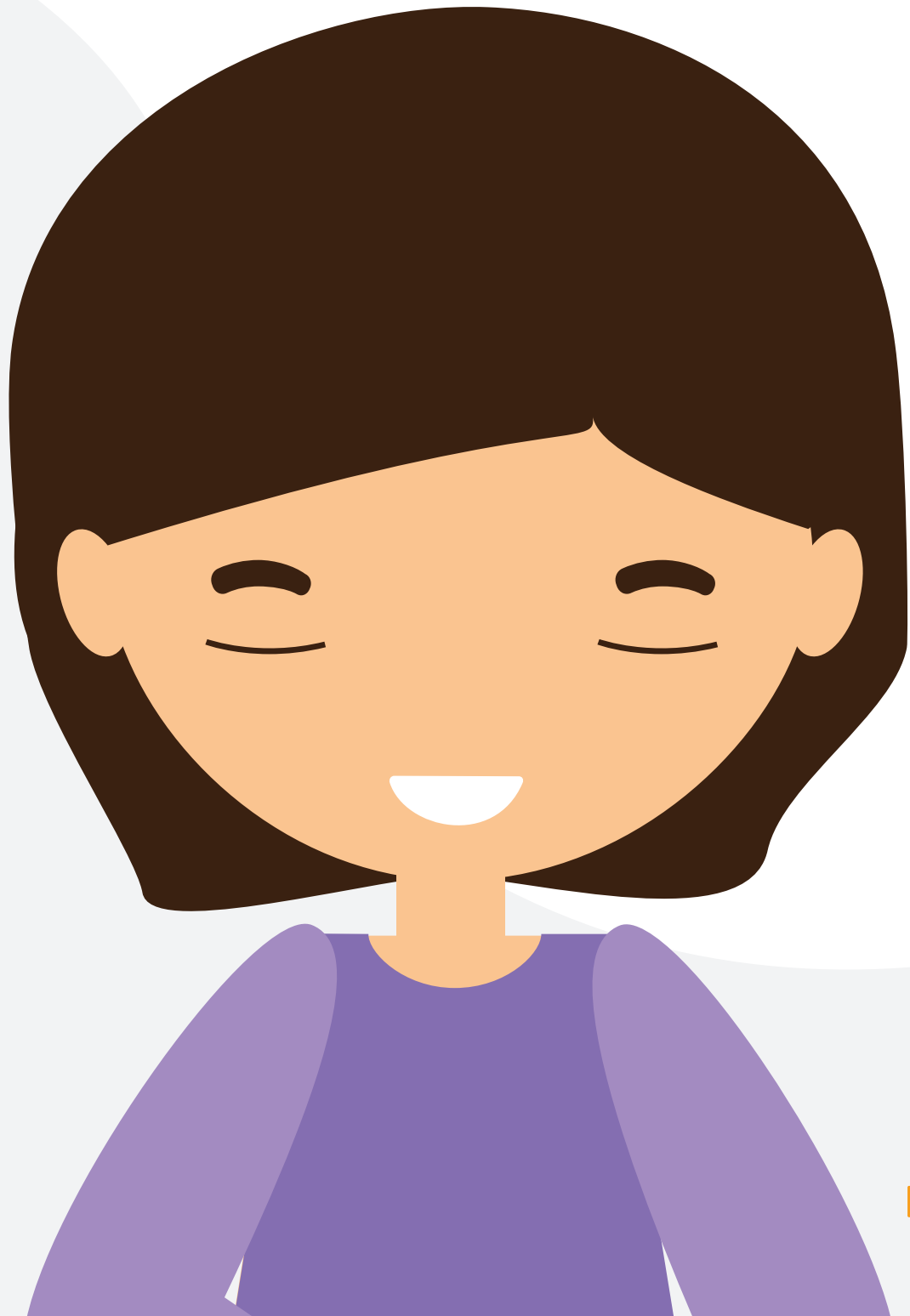
I can stay close
to my parent,
carer, or support
person and **hold
their hand** if I
need to.



If the noise
is too loud, I
can wear my
headphones to
make it quieter.



I can take
slow, deep
breaths to
help my body
relax.



I can ask for a break or let someone know I need to go to a **quieter place**.



**Busy places do not stay busy forever.
When I visit a busy place and use my
strategies, I can feel proud of myself.**





Karista is a free service, connecting
people with NDIS therapists,
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