

A SOCIAL NARRATIVE

BIG FEELINGS SERIES



# Feeling Overwhelmed

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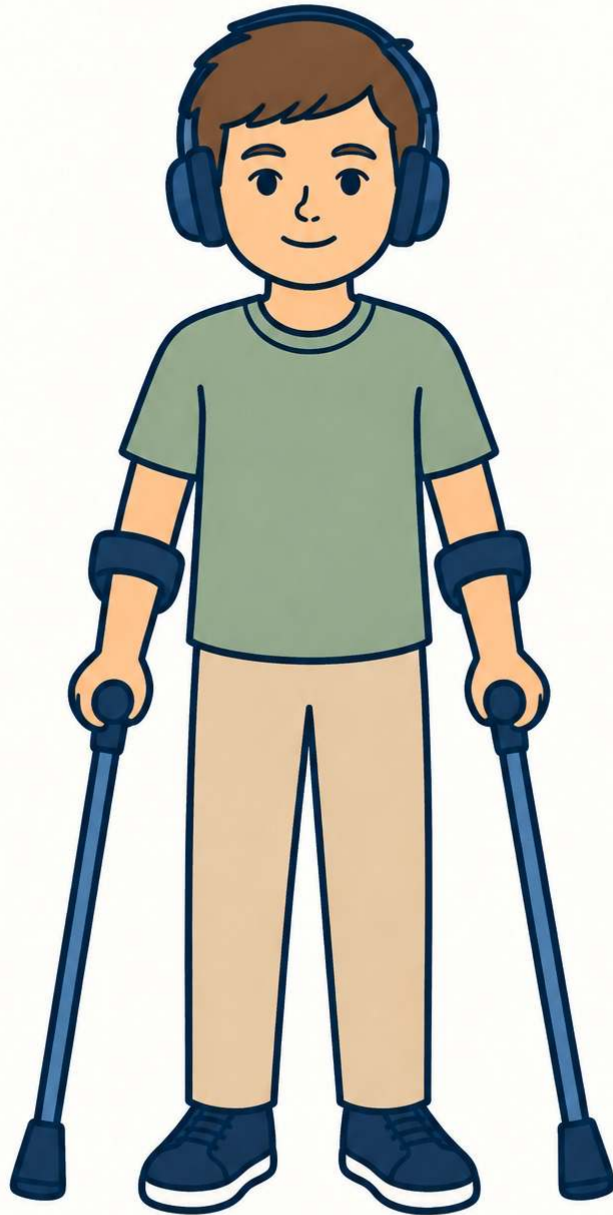
Sometimes Ethan feels overwhelmed by lots of noise, light, or things happening at once. That's a normal feeling.



Ethan's ears might feel too full. Ethan's eyes might want to close. That's the body showing it's had enough input for now.



Feeling overwhelmed doesn't mean something is wrong with Ethan. It means a lot is happening at once.



Some kids like to close their eyes for a moment. Some like headphones. Some like to leave the room. There's no one right way.



At school, the quiet corner is somewhere Ethan can go.



At home, a dim, quiet room might help.



Ms Taylor at school, and a grown-up at home, can help when things feel like too much.



Sometimes Ethan needs quiet before anything else. That's okay. Space can come first.



Overwhelmed feelings settle once things quieten down. That's how it works.



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