



BEING IN A NOISY PLACE I



Sometimes it is noisy. There may be loud crashing noises, popping noises, sirens, or people crying or yelling. This can feel scary.

People can feel scared when it is noisy or when they see others crying. It is okay to feel scared.

When kids hear loud noises, they might feel afraid or have an upset feeling in their stomach or head. The sounds might feel painful in their ears, head, or body. They might feel like they want to hide.

When I hear loud noises, I may feel scared or want to hide. I can stay with my family or another adult. I can cover my ears and take deep breaths to breathe out the fear. I can breathe in through my nose and slowly out through my mouth. I can look at my family or another adult that I know. I will stay with my family or another adult that I know.

I can be proud of myself for trying to relax my body and for staying close to my family or another adult that I know when it is noisy.

