

# BEING IN A NOISY PLACE II



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.

## Resources for Autistic Individuals and their Families Impacted by War and Displacement

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.

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