

Staying Calm When It's Loud on Christmas

By Taylor Killean





Christmas can be a fun and exciting day!

There might be music, laughing, bells, toys, and lots of people talking.



Sometimes Christmas can get very loud.
That's okay — loud sounds mean people are having
fun and celebrating!

But if the noise feels too
loud for me,
I can help my body stay
calm.



What Can I Do When It's Too Loud?

If the sounds feel big or scary, I can:

- Cover my ears with my hands.
- Ask a grown-up for help.
- Go to a quiet space to take a break.
- Hug my stuffed animal or favorite toy.
- Use my headphones if I have them.
- Take slow, deep breaths to feel better.



It's Okay to Take a Break

If the noises make me feel overwhelmed,
I can step away for a little while.

Christmas fun will still be there
when I'm ready to come back!



I Can Stay Calm and Safe



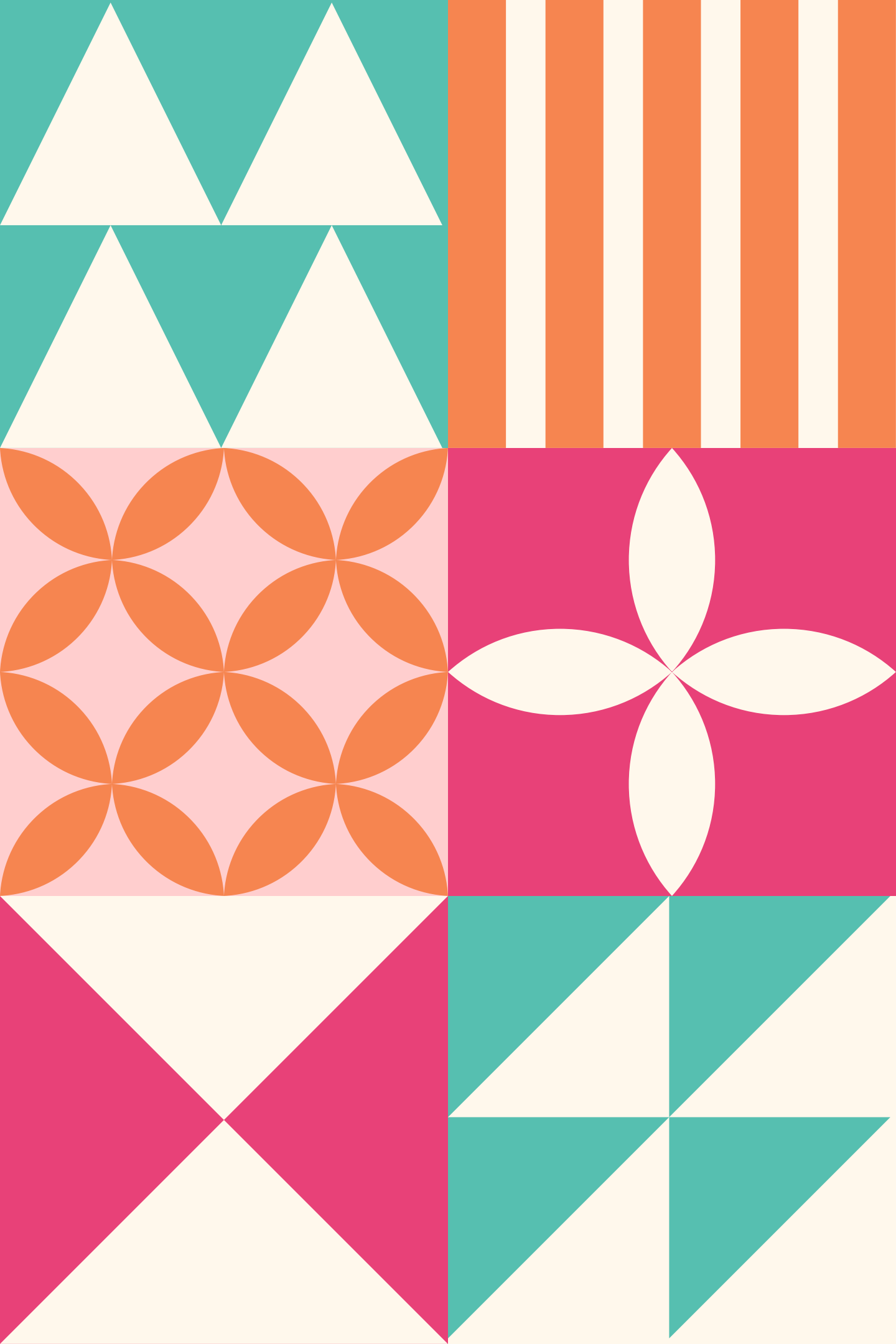
The loud sounds won't last forever.
I can stay calm by using my tools.
I can tell a grown-up how I feel.



I Can Remember...

- I am safe.
- I am cared for.
- I can have a happy Christmas —
- even when it gets loud!





USING MY BEST SOCIAL SKILLS ON HOLIDAYS

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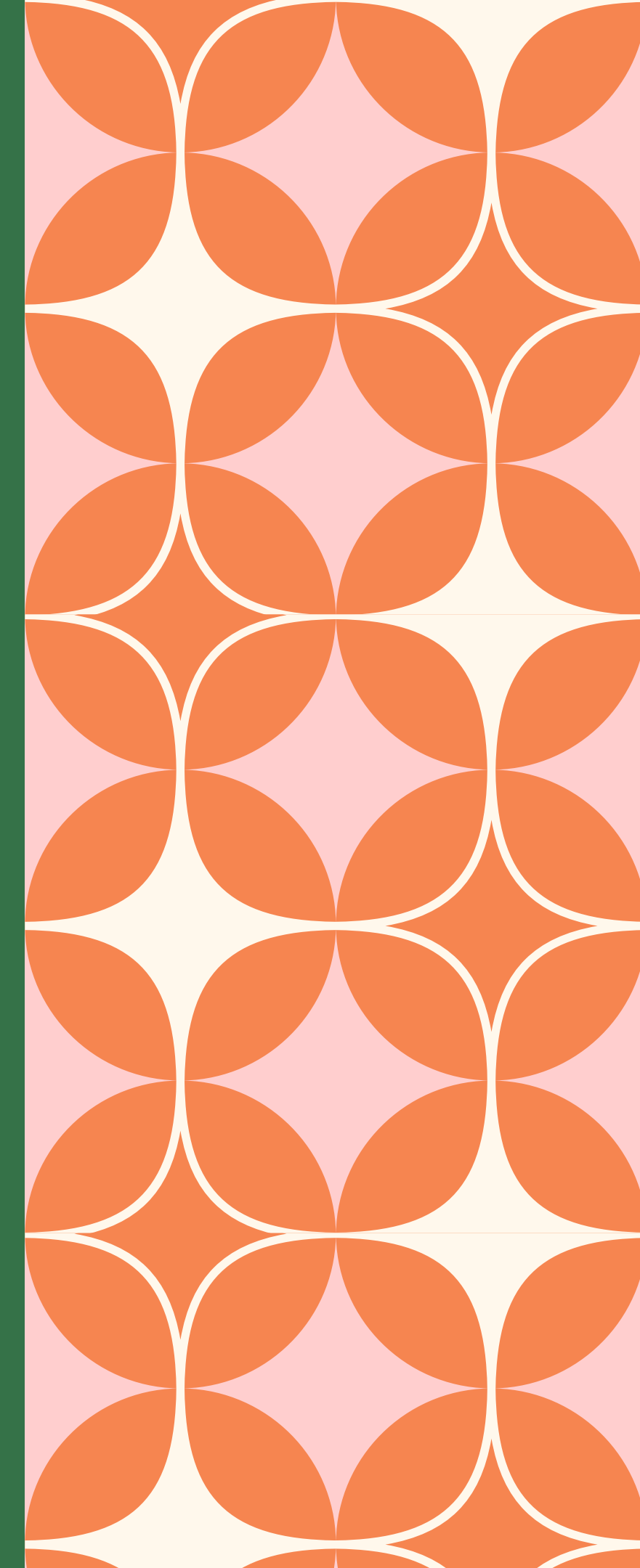
HOLIDAYS ARE SPECIAL DAYS!

On holidays, my family and friends may celebrate together.

We might have fun traditions, yummy food, or special activities.

Sometimes holidays feel different from regular days—
and that's okay!

I can use my best social skills to help things go smoothly.





PARTICIPATING IN TRADITIONS

During holidays, we might:

- ✦ Decorate
- ✦ Sing songs
- ✦ Light candles
- ✦ Open gifts
- ✦ Play games
- ✦ Visit family



I can join in when I feel ready.

I can watch first, then try something when I'm comfortable.

If I'm unsure, I can ask a grown-up, "What do we do next?"

Trying new things can be fun!



MEAL TIME BEHAVIOR

Holiday meals might look, sound, or smell different.

There may be lots of people talking and laughing.
At the table, I can:

- ☀ Use my quiet voice
- ☀ Sit safely in my seat
- ☀ Try a bite of new foods (if I want to)
- ☀ Keep my hands to myself
- ☀ Wait for my turn to talk
- ☀ Say “please” and “thank you”

**If I don't like a food, I can say,
“No thank you,” using kind words.**





IF I NEED A BREAK...

Sometimes holiday activities feel loud, busy, or overwhelming.
That's okay!

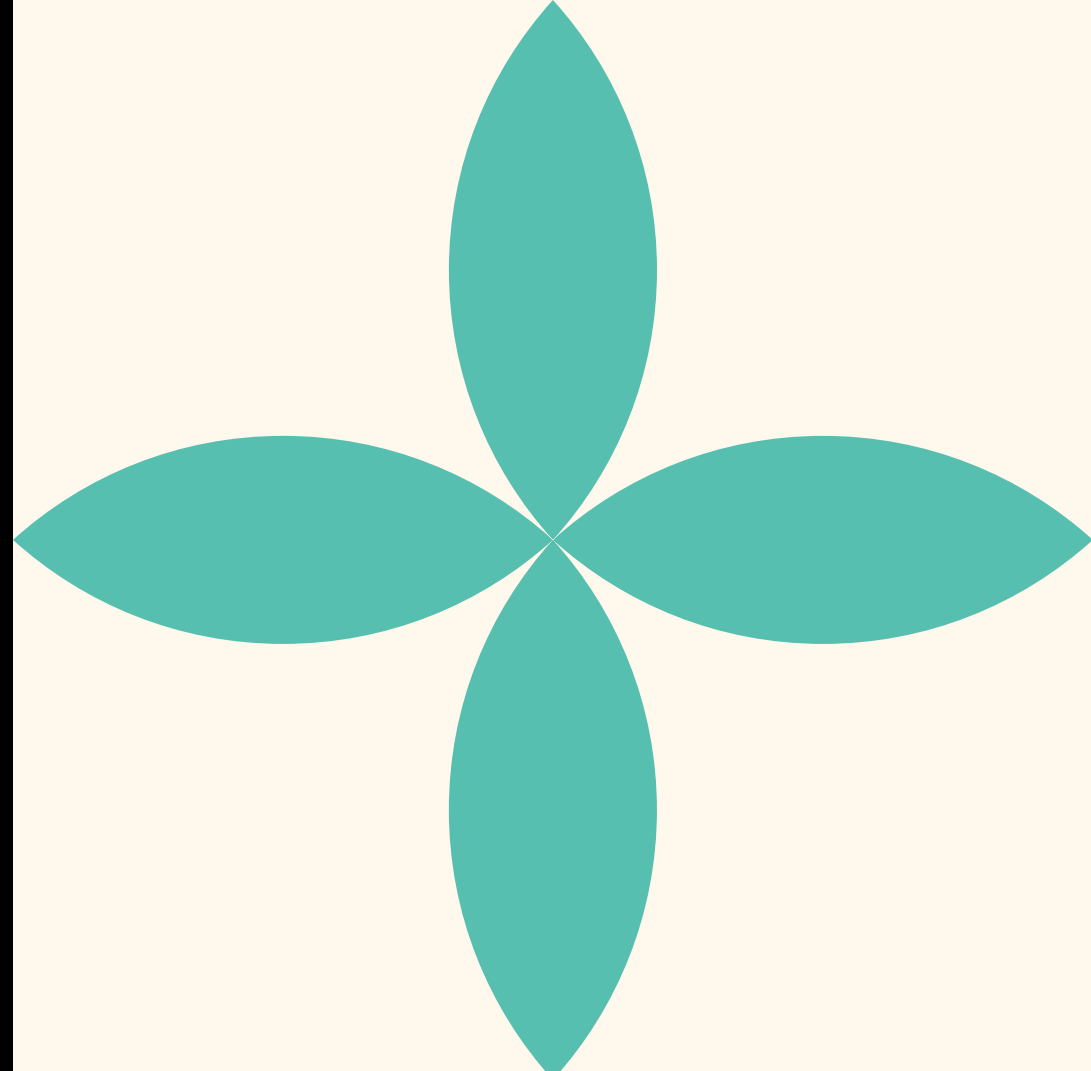
I can:

- ✦ Take a short break in a quiet space
- ✦ Take deep breaths
- ✦ Use headphones
- ✦ Tell a grown-up how I feel



Breaks help my body stay calm.

Happy
New Year



I CAN ENJOY THE HOLIDAYS

When I use my social skills—
being kind, patient, gentle, and calm—
I help everyone have a happy holiday.

I can try new things, enjoy special
traditions,
and be proud of myself for doing my
best!

