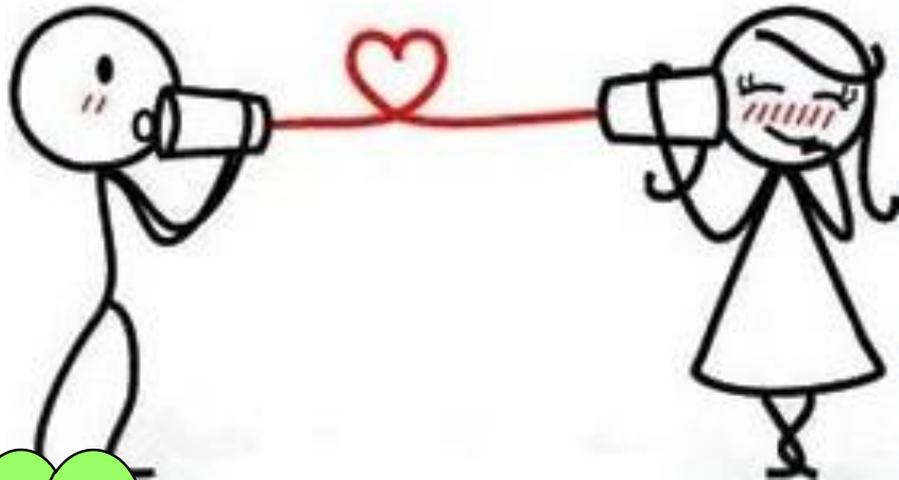


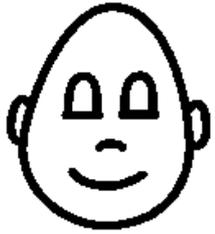
# Using a Calm Quiet Voice Social Story

**Preview**



13 page  
story

By  
Christa  
Joy

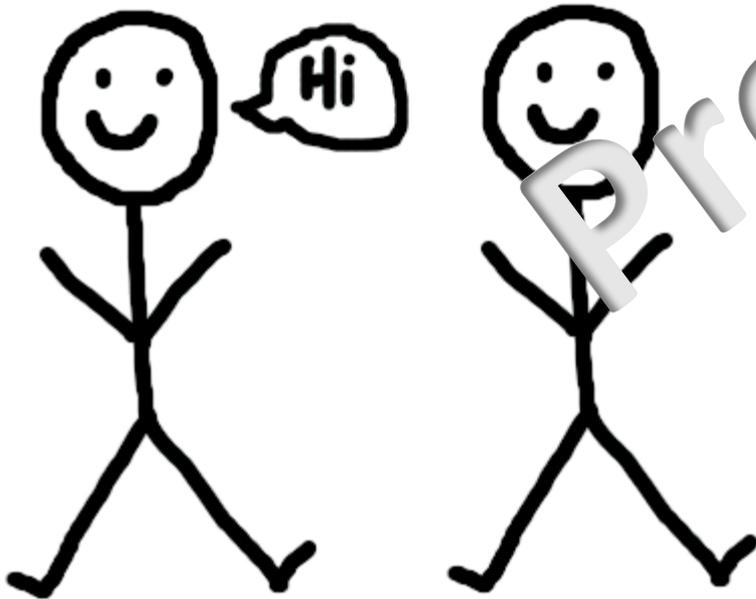


# Using a Calm Voice Social Story Guidelines



- This social story is aimed toward an older or more mature audience. I often had students who would get really loud when they were agitated or confused. This story is meant to help students understand why yelling and screaming is not an acceptable reaction to being frustrated and what are some appropriate reactions.
- Cut the pages apart and staple together.
- Make 2 copies, one for school and one for home.
- Review *OFTEN* so it becomes part of your student's internal dialogue.
- It may be also helpful to role play this situation.

# *Using a Calm, Quiet Voice*



*Social Story by:*

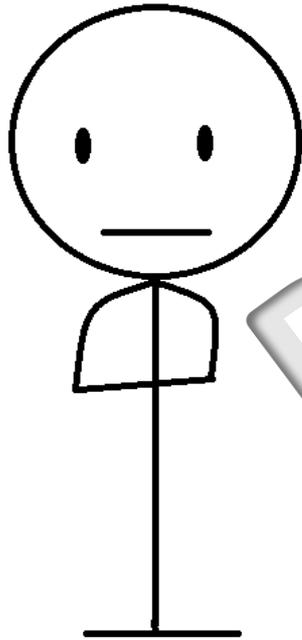
*Christa Joy*

*Special Needs*

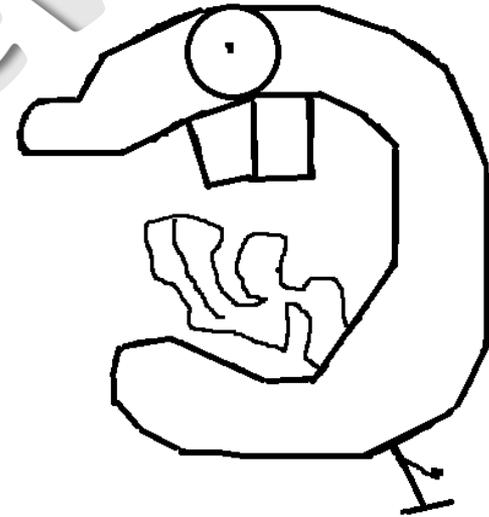
*for Special Kids*

*teacherspayteachers.com*

*It is important for me  
to try and keep my voice  
quiet and calm.*



*When I start to yell, it  
may scare the other  
students in my class.*



*When I use a loud voice,  
it may also make it  
difficult for others to  
learn and do their work.*



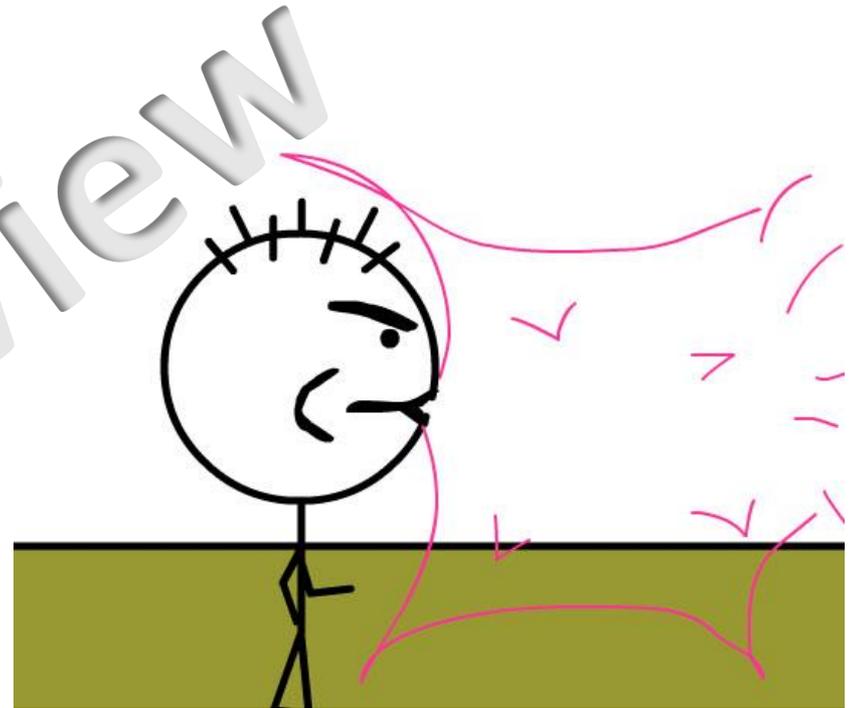
*When I yell, it also  
increases my heart rate  
which will make me feel  
even more upset.*



*When I get frustrated,  
there are other things I  
can do instead of using a  
loud voice.*



*When I get upset, I can  
take a deep breath.*



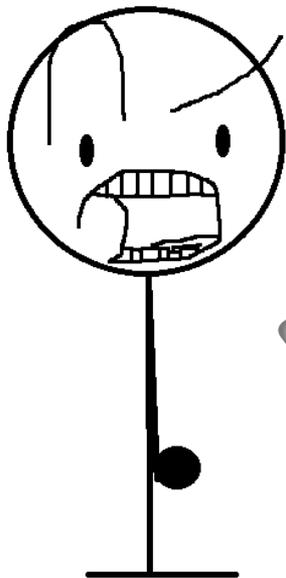
*When I get frustrated, I can try to count to ten quietly or silently in my head.*



*If that does not work, I can ask to be excused so I can go somewhere quiet to calm down.*



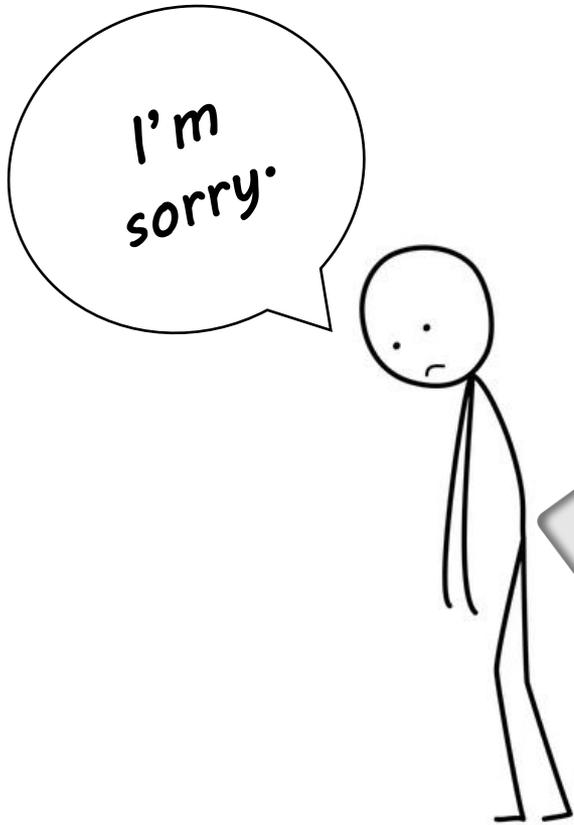
*Sometimes, I may forget  
and still get loud. That  
is okay.*



*Everyone forgets and  
makes mistakes  
sometimes. My teacher  
will help me to  
remember.*



If I do yell out, I can  
apologize and try to do  
better next time.



If I can keep a calm,  
quiet voice I will feel  
better and so will my  
friends.

