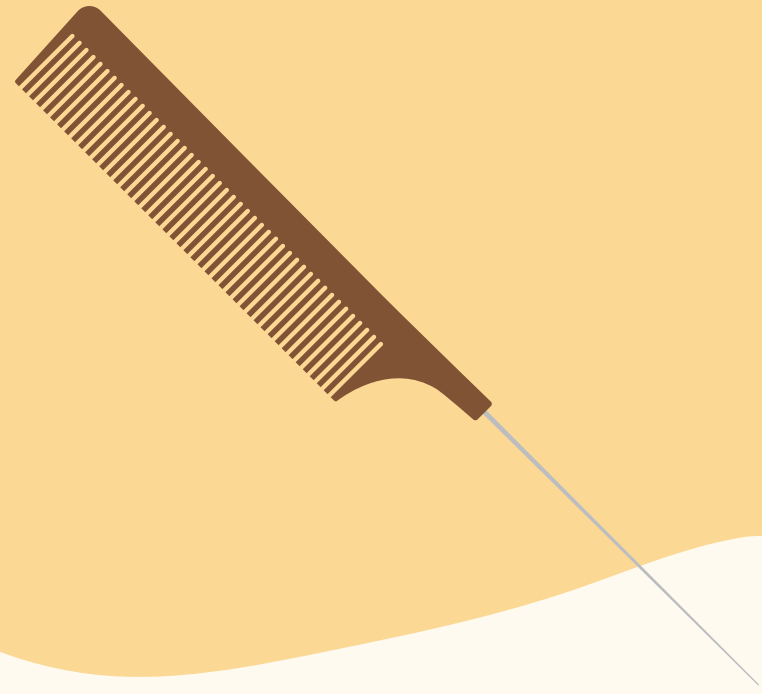




It's Time to Braid our Hair

A Social Story

By Mackenzie Garcia





Sometimes my hair needs to be braided.
Braiding keeps my hair neat and out of my face. Lots of
people get their hair braided!



Before we start, I can get ready.

I might sit in a comfy chair or on the floor. I can hold a favorite toy, fidget, or stuffed animal. This helps my hands and body feel calm.



Sometimes braiding makes sounds and feelings I notice.

- I might hear the comb moving through my hair: swish, swish.
- I might feel a spray bottle make my hair cool and damp.
- I might smell hair products that have a scent.



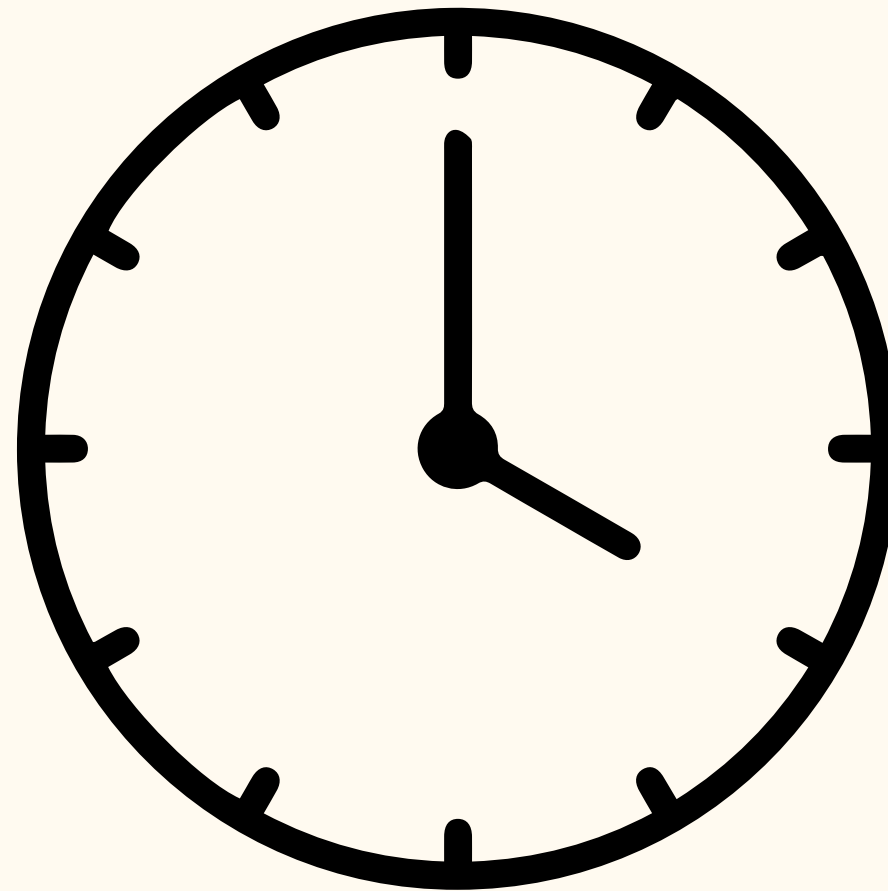
Sometimes braiding can feel different on my head.

- I might feel gentle pulling or tugging. This is normal.
- If something feels too tight, I can say, “Too tight, please.”
- The person braiding will listen and help me.



I can use my tools to feel calm.

- I can take slow breaths: in... and out.
- I can squeeze my fidget.
- I can watch a show, listen to music, or count.



Braiding takes some time, but it will be done soon.
I can ask, “How many more?” to know how much is left.



When my hair is all braided, I am finished!
I did a great job sitting and using my calm tools. My hair looks and
feels nice.