MADE WITH LITTLE STORYBOOK

When the Thanksgiving Table Is Big and Loud



Lots of Coats

My name is Owen. Today is Thanksgiving at Grandpa Rafi's house. Many aunts, uncles, and cousins come to visit. The big bed holds a tall pile of coats.





Big Voices

The kitchen gets busy and loud. People talk, laugh, and clink plates together. My ears feel tight and buzzy. Many children feel overwhelmed at a big loud dinner. That is okay.

Saying Hello My Way

Aunt Clara and Uncle Sam smile at the door. Sometimes I do not want a big hug right away. I can try waving hello or giving a high-five instead. Grown-ups understand.





New Foods on My Plate

The long table has many dishes I do not know yet. My tummy feels unsure when my plate looks crowded. I can say, "No thank you, maybe later." I can eat familiar foods first.

My Quiet Chair

When the noise feels too big, I tell Grandpa Rafi. Grandpa walks with me to the cozy armchair in the quiet hallway nook. I put on my soft headphones and look at a book. Maple sits quietly by my boots.





Three Slow Breaths

I take three slow breaths in the quiet chair. In like smelling warm bread. Out like cooling warm soup. My shoulders drop down. My ears feel calm again.

Ready When I Am Ready

When I feel ready, Nora waves me back to our spot by the window. I draw a little yellow boot on a paper leaf for the Thankful Jar. Nobody rushes me.





My Kind of Thanksgiving

I sit beside Nora and Grandpa Rafi and eat my warm roll and corn. The room is still lively, and I know what helps me feel steady. Thanksgiving can be big and still feel safe for me.

THE END

Put your child in this story

Free to try. Scan the code or visit

littlestorybook.ai/stories/en/thanksgiving-big-family-dinner-social-story

Hear this storybook read aloud

Scan, and it performs itself: voice, music and sound words. Free, no account.

littlestorybook.ai/l/thanksgiving-big-family-dinner-social-story

LITTLE STORYBOOK
littlestorybook.ai