

My Daily Helper

Pink Bunny & Friends

Hearing a Loud Alarm



**A Social Story About
Using Supports and Following Safety Directions**

Alarms Give Information



Alarms use sound or flashing lights to tell people to pay attention and follow a safety plan.

Ask Together

What is the safe choice in this step?



The Alarm Starts



The sound may begin suddenly and feel very loud.

Ask Together

What is the safe choice in this step?



I Notice My Body



My heart may beat fast or my body may feel tense. Those reactions are understandable.

Ask Together

What is the safe choice in this step?



I Protect My Ears



I can cover my ears or use headphones while still following directions.

Ask Together

What is the safe choice in this step?



I Find a Trusted Adult



I look toward my caregiver, teacher, employee, or another trusted helper.

Ask Together

What is the safe choice in this step?





I go in the direction the trusted adult shows me.

Ask Together

What is the safe choice in this step?



I Walk Safely



I walk instead of running, and I stay with my group.

Ask Together

What is the safe choice in this step?



I Wait in the Safe Place



I remain in the designated area until a trusted adult gives more information.

Ask Together

What could help your body during this step?



I Hear the All-Clear



The adult lets me know when the alarm is over and what happens next.

Ask Together

What is the safe choice in this step?



Great Job - I Handled the Alarm!



I protected my ears, stayed with a helper, and followed the safety plan.

Ask Together

What safe choice are you proud of?

