

My Daily Helper

Pink Bunny & Friends

Using an Indoor Voice



**A Social Story About
Matching My Voice to the Place**

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Places Have Different Sound Levels



Outdoor play, celebrations, classrooms, and libraries may use different voice levels.

Ask Together

How could this step help you?



My Voice May Be Too Big



When I am excited, my voice may become louder than the place needs.

Ask Together

How could this step help you?



I Notice the People Around Me



I look around and notice whether people are reading, working, resting, or talking.

Ask Together

How could this step help you?



A Helper Shows a Smaller Voice



A trusted person can model the voice level that fits the space.

Ask Together

How could this step help you?



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I Take a Breath



I breathe in and begin again without feeling ashamed.

Ask Together

How could this step help you?



I Practice My Indoor Voice



I speak with a smaller, comfortable voice that the nearby person can hear.

Ask Together

How could this step help you?



My Helper Listens



My helper lets me know when the voice level fits the place.

Ask Together

How could this step help you?





Near people who are reading or resting, I may whisper or communicate another way.

Ask Together

How could this step help you?



I Save My Big Voice for Outside



Outside or in an approved space, I can safely use a bigger voice.

Ask Together

How could this step help you?





I noticed the setting and adjusted my voice. That is a useful communication skill.

Ask Together

What part of this story are you proud of?

