Social Story

Coping with Loud Noises

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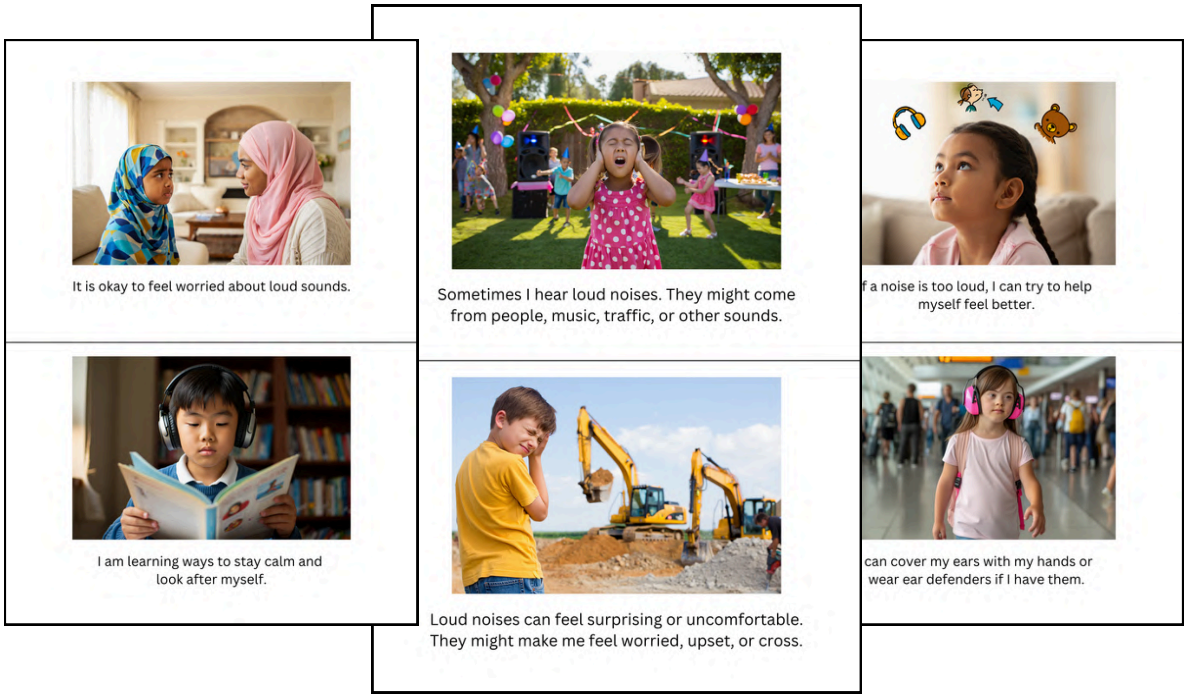

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social stories

for children and adults with autism and learning difficulties.

Coping with Loud Noises

Sometimes I hear loud noises.
They might come from people, music, traffic, or other sounds.

Loud noises can feel surprising or uncomfortable. They might make me feel worried, upset, or cross.

I might cover my ears, cry, or want to get away. That is okay.
I am not doing anything wrong.

Everyone reacts to sounds in different ways. Some people like loud sounds, and some do not.

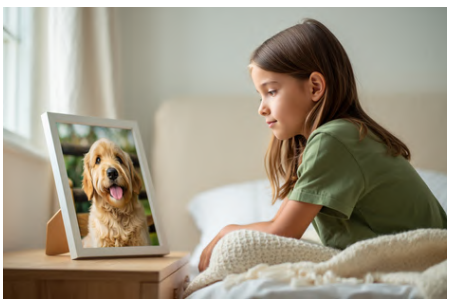
If a noise is too loud,
I can try to help myself feel better.

I can cover my ears with my hands or wear ear defenders if I have them.

I can ask to move to a quieter place, or take a break in a calm area.

I can say things like “It is too loud” or “Can I have quiet time?”

I can also try taking deep breaths to help my body feel calm.



I can think about something nice or look at something that helps me feel safe.

Sometimes loud noises stop quickly.
Other times, they last a bit longer.

But the noise will not last forever.
It will go away.

I can ask a grown-up to tell me
what the noise is and how long it will last.

Knowing what to expect can
help me feel more in control.

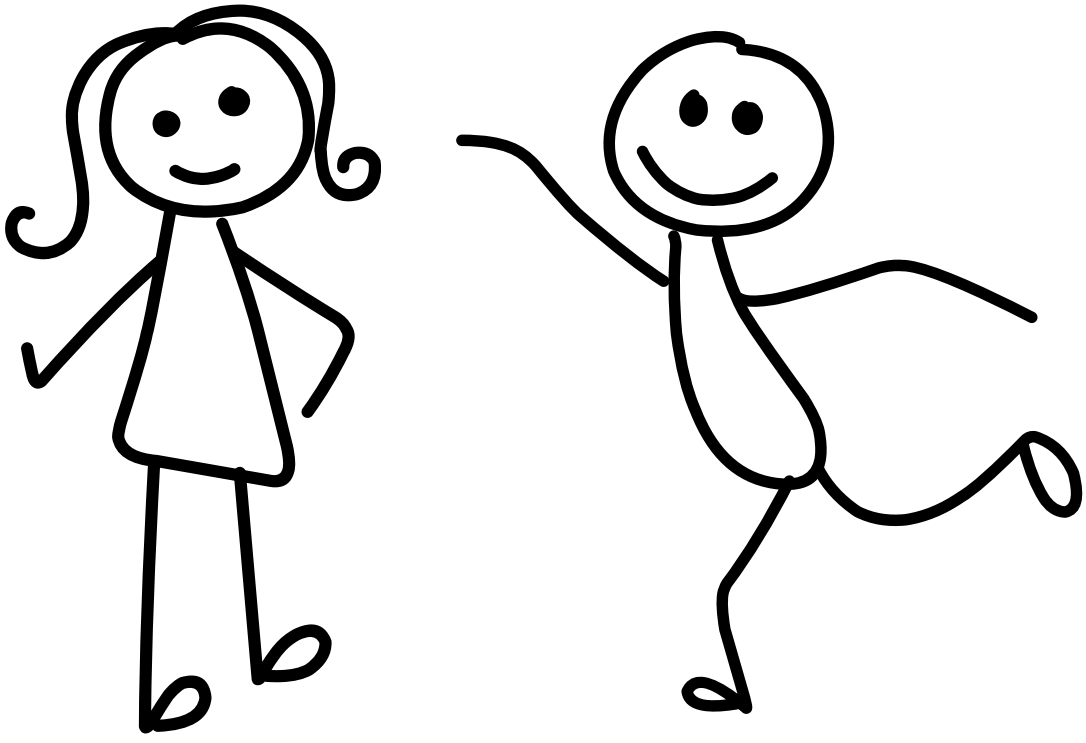
It is okay to feel worried about
loud sounds.

I am learning ways to stay calm and look after myself.

I can feel proud of myself for trying to manage loud noises.

Social Story

I am learning how to cope when things get too noisy.



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Strategies for Coping with Loud Noises

I can wear ear defenders or headphones.
They help make loud sounds quieter.

I can listen to calm music or sounds.
Hearing something I like can help me feel safe.

I can go to a quiet space.
If it is too noisy, I can move to a calm place or quiet corner.

I can ask for a warning before loud noises.
Adults can tell me before something noisy happens, like a fire alarm or vacuum cleaner.

I can use a card or signal.
I can show a card or sign when I need a break from noise.

I can take slow, deep breaths.
Breathing slowly helps my body feel calm.

I can wear a hat or hood.
It can help me feel more comfortable when it is noisy.

I can hold something that helps me feel calm.
A soft toy, blanket, or fidget can help me feel better.

I can use my quiet kit.
My kit might have headphones, toys, or a book that helps me relax.

I can learn what the noise is.
When I know what it is,
it might not feel so scary.

I can use earplugs if it is very noisy.
Earplugs can make sounds softer.

I can plan ahead.
Before I go somewhere noisy,
I can write a list of how to cope.

In a shopping mall

- I can wear my ear defenders if it is loud.
- I can hold my comfort item if I need to.
- I can ask for a break in a quiet place.
- I can use my quiet kit if I feel tired or upset.
- I can take slow breaths to help me feel calm.

I can practise being around small noises for a short time.

I can look at something calm.
I can watch a quiet video, look at a picture, or use an app that helps me feel relaxed.

I can watch or join in from further away.
That can make it quieter for me.

I can use a timer to know when the noise will stop.
That can help me feel calm while I wait.

About this Resource

Coping with Loud Noises is a free, printable PDF social story created to support children who find loud sounds overwhelming or distressing. Written in clear, reassuring language and paired with calm visuals, it helps children understand that it's normal to feel worried or upset by certain noises—and that there are ways to feel safe and in control when this happens.

The story explains where loud noises might come from, how they can make us feel, and practical coping strategies such as covering ears, using ear defenders, moving to a quieter space, or asking an adult for help. It also encourages self-soothing techniques like deep breathing, positive thinking, and using comfort items or a "quiet kit."

This resource is especially valuable for children with autism, sensory sensitivities, or learning difficulties, but can benefit any child learning to manage anxiety and self-regulate in noisy environments. Ideal for classrooms, therapy sessions, and home use, Coping with Loud Noises promotes emotional resilience, communication skills, and confidence in managing sensory challenges.

By teaching understanding and coping strategies through a gentle, structured story, this free PDF helps children feel reassured, supported, and proud of their progress when facing sounds that feel too loud.

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