

Social Story

Using a Calm Voice

FREE DOWNLOAD

www.SocialWorkersToolbox.com



Sometimes I feel excited, angry, or upset, and my voice might get louder without me noticing.



I use my voice to ask questions, talk to people, and share how I feel. My voice can be loud, quiet, or calm.



Everyone makes mistakes, and I am learning and getting better every day.



I might shout, speak in a sharp tone, or talk over others, which can make people feel uncomfortable.



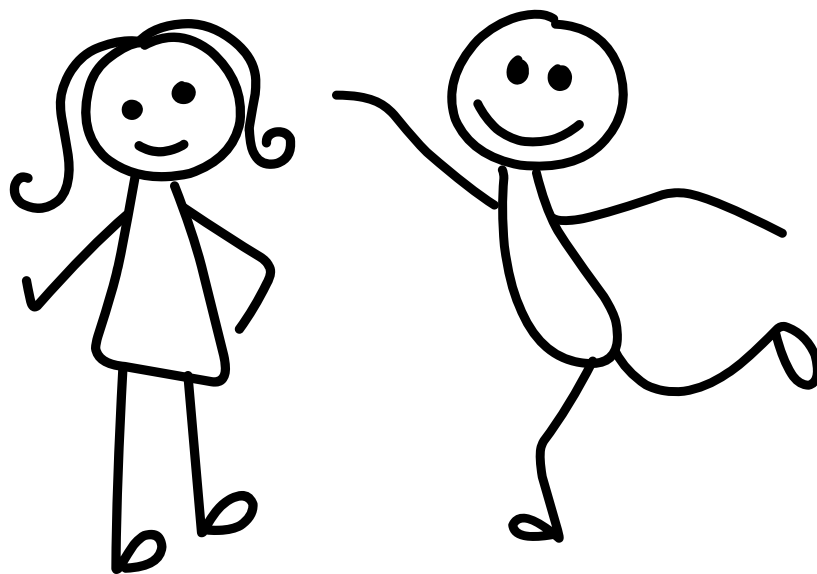
A calm voice sounds gentle, friendly, and kind. It helps other people feel safe and happy.



Using a calm voice helps me get what I need, helps others feel good, and helps me feel proud of myself.

Social Story

**I am learning how to
use a calm voice,
even when I have
big feelings.**



Visit our website

www.SocialWorkersToolbox.com

for more **FREE**

social stories

for children and adults with
autism and learning difficulties.

www.SocialWorkersToolbox.com

Free social work
resources for
direct work





I use my voice to ask questions, talk to people, and share how I feel. My voice can be loud, quiet, or calm.



A calm voice sounds gentle, friendly, and kind. It helps other people feel safe and happy.



Sometimes I feel excited, angry, or upset, and my voice might get louder without me noticing.



I might shout, speak in a sharp tone, or talk over others, which can make people feel uncomfortable.



When I talk too loudly or shout, it can be hard for people to listen to me or understand how I feel.



Even when I have big feelings,
I can try to use a calm voice.



I can take a deep breath, wait a moment,
and speak gently.



I can say things like, "I need help,"
"I feel upset," or "Can I talk to you?"



When I use calm words, people are more likely to listen and help me.



If I forget and speak in a loud or angry voice, I can stop, take a breath, and try again calmly.



Everyone makes mistakes, and I am learning and getting better every day.



Using a calm voice helps me get what I need, helps others feel good, and helps me feel proud of myself.

SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM



2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



©EDITA STIBOROVA (2025) THIS DOCUMENT CAN BE USED AT NO CHARGE BY INDIVIDUALS AND NOT-FOR-PROFIT ORGANISATIONS FOR THEIR WORK WITH FAMILIES AND/OR TRAINING AS WELL AS UPLOADED TO OTHER WEBSITES PROVIDING THAT NO CHANGES ARE MADE TO ITS CONTENT.