

Yelling In Class

A Social Story



**What Sometimes I feel like yelling.
I might be excited, frustrated, or
just want to talk to my friends. It
can feel fun or like a way to get
attention, but yelling at school can
be a problem for me and others.**



When I yell in class, my friends might not hear the teacher. The teacher might have to stop talking and ask me to quiet down. This makes it harder for everyone to learn. It can also make my friends feel distracted or confused.



I know that everyone needs to hear the teacher. The teacher is helping us learn new things every day. When I yell or talk loudly, it makes it harder for everyone to understand the lesson. It's not fair to my classmates or my teacher.



**When I feel like I want to yell,
I can stop and think:**

- **Is this the right time to talk?**
- **Am I using my quiet voice?**

If it's not the right time, I can try to:

- **Raise my hand if I have something important to say.**



Using my quiet voice helps everyone in the classroom. It shows respect to my teacher and my friends. It also helps me learn and do my best work.



If I feel frustrated or excited, I can ask for help instead of yelling. I can ask for a quiet break or take deep breaths if I need to calm down.



When I use my quiet voice, I feel proud of myself. My teacher and classmates are happy too. We all work together to have a good day at school!

