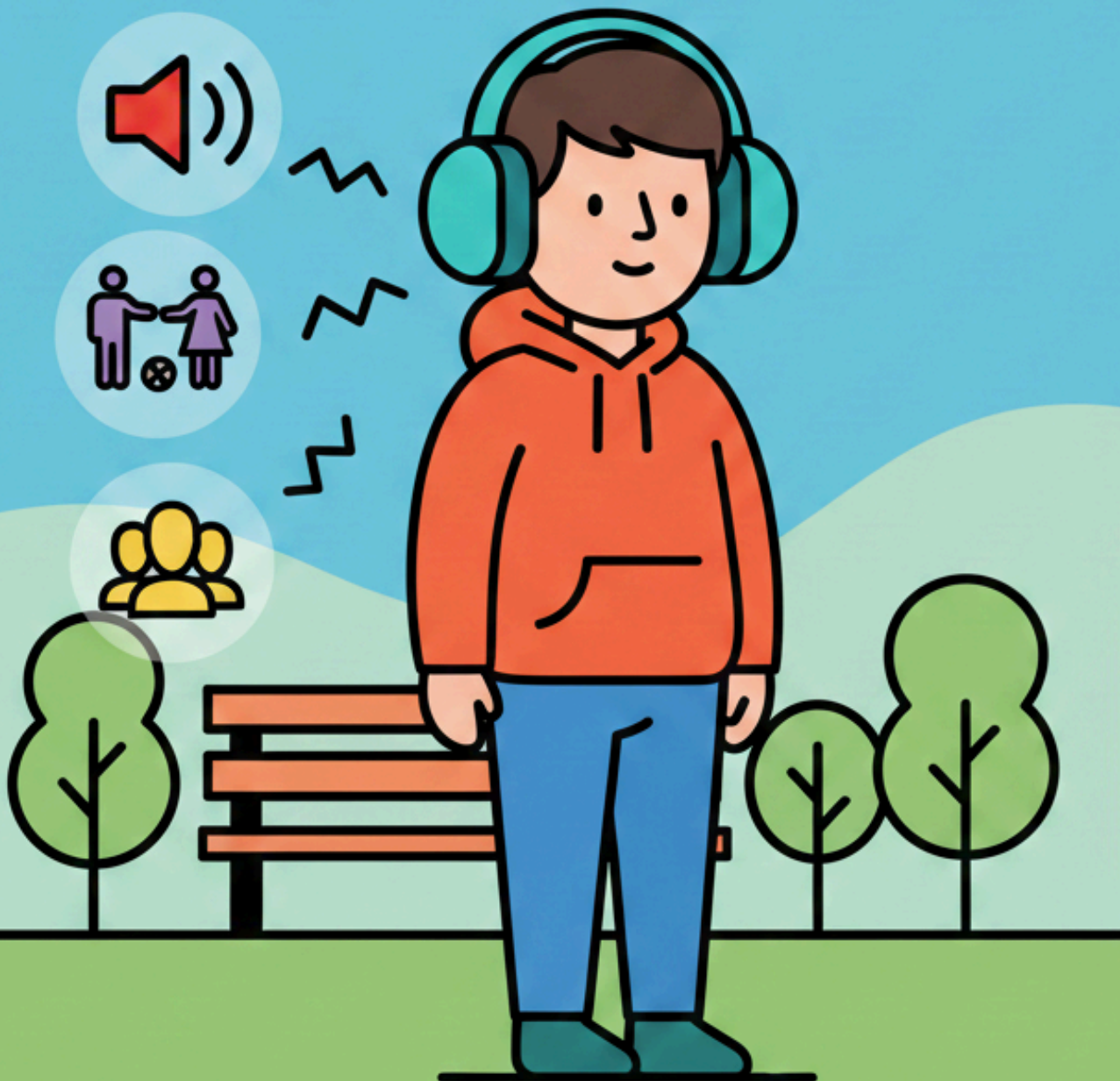




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Hearing Loud Noises in Public

**Sometimes stores or parks can
be loud.**



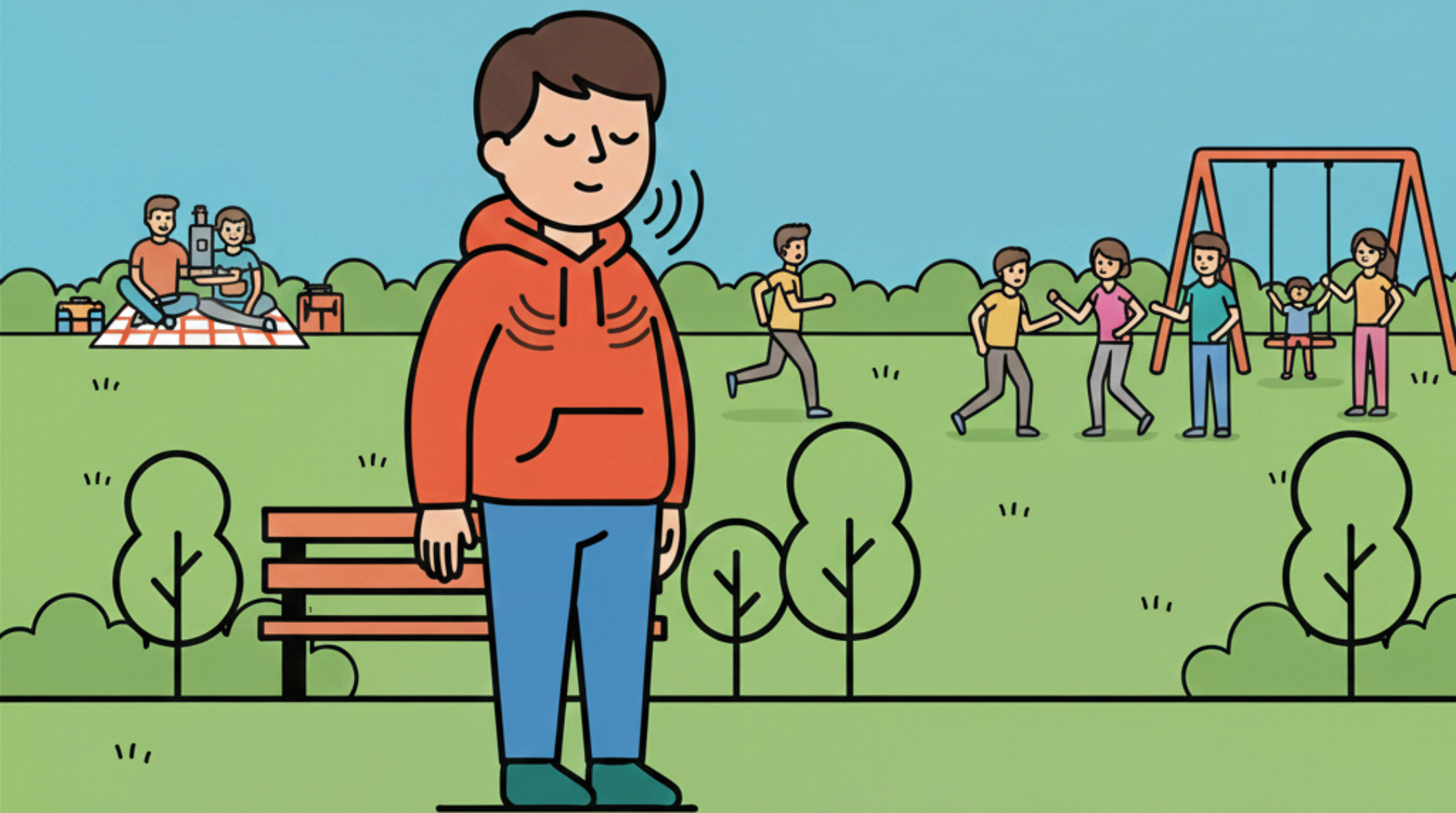
**Loud sounds can feel
uncomfortable.**



I can cover my ears or wear headphones.



I can take deep breaths or ask for a break.



When I feel better, I can keep going.



It's okay to need help when things get loud.





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