

2026

Chinese New Year

Staying calm when it is too loud

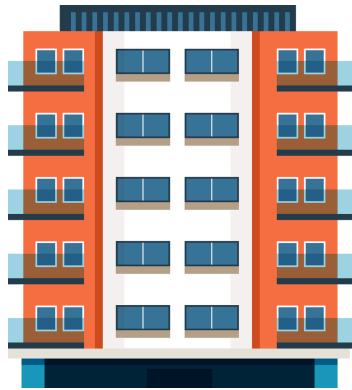


**On the 17th February, it will be
Chinese New Year Day 1!**



**And this year is the
Year of the Horse!**

**During Chinese New Year, we
will be going to many houses
to celebrate.**



House 2



House 4



House 1



House 3

Chinese New Year



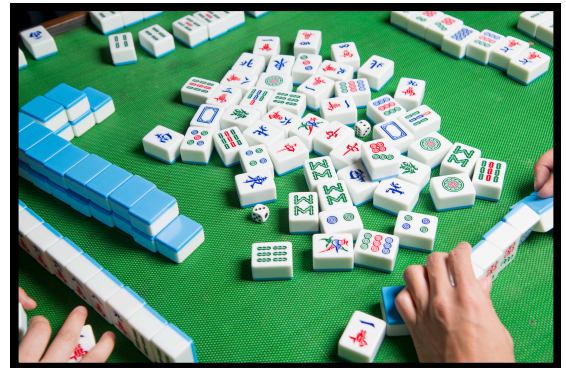
celebration can be
loud and noisy.



There might be:



People talking
and laughing
loudly



People playing
Mahjoing



Lou Hei



Loud Drums and
Lion Dance

**All the loud sounds can
make me feel very
uncomfortable.**



**And I might want to scream
and shout.**

When I feel uncomfortable

I can:

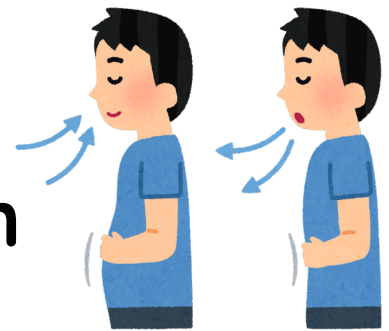
1

Cover my ears



2

Take a deep breath



3

Walk to Daddy or Mummy



4

Tap on Daddy or Mummy's shoulder



5

Say, "It is too loud,
I need help"



Daddy or Mummy can bring
me to a quiet room for a
break to calm down.



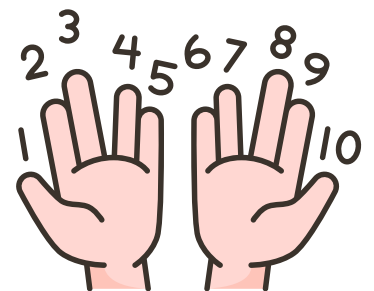
To calm down I can:



Drink water



Take deep breathes



Count to 10

slowly 🐢

In the quiet room, I can
spend my time reading a
book, playing with toys, or
fixing a puzzle until it's time
to go home.



**When I am calm, it makes
everyone in the house feel
comfortable and happy.**



**When everyone is happy, it
will make me happy too.**



The end.