



Jewish Learning Venture®



What to Do if You Feel Overwhelmed at a Hanukkah Party

A social story



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inclusion resources for families & educators

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During Hanukkah, my friends and family may get together to celebrate by lighting candles, giving gifts, and singing songs.



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We also might play dreidel and eat latkes and jelly doughnuts.



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Sometimes it might feel like there is a lot going on at the Hanukkah party. There might be sounds from singing and smells from food.



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It is okay I get overwhelmed by the smells or sounds at a Hanukkah party. That happens to everyone sometimes.

If I get upset, there are some things I can do to feel better.



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One thing I can do to feel better is take some deep breaths. Doing some deep breathing can help me feel calmer. I can do “soup breathing.” This is when I breathe in when I pretend I am smelling the soup and breathe out to pretend I’m cooling it off.



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Another thing that might make me feel better is thinking about something that makes me feel calm. What makes me feel calm? It might be flowers, my favorite pet, or a book that I like reading.



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If I am feeling overwhelmed or upset at the party, it might be a good idea to tell a grown-up that I need a break.

I can say,
“I want to take a break.”

It might be helpful to visit a quiet room to relax for a few minutes and then come back when I am ready.



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When I feel better,
I can go back to
the party to
celebrate
Hanukkah with my
friends and family.



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