

A Kinder Raya Starts With Us
#RayaMesraAutisme



It's Raya Again!



#WeAreTheXPERTS

About this social story

Raya is a time of joy, reunion, and celebration.

For many families, it also means visiting relatives, welcoming guests, and experiencing new environments. For some children, especially those who experience sensory sensitivities or need more predictability, these changes can feel overwhelming.

This social story was created by Axon Children's Centre as part of the #RayaMesraAutisme campaign to help children better understand what may happen during Raya celebrations. By preparing children ahead of time, families can reduce uncertainty and support a more comfortable and positive experience. Social stories help children build expectations, familiarity, and emotional readiness for social situations. When children know what to expect, they are more likely to feel safe and regulated.

This resource reflects neuro-affirming practices and draws from evidence-based approaches commonly used in supporting autistic children, including principles aligned with the SPELL Framework, JASPER and PEERS®.

How to use this story

- Read the story together before visiting relatives or attending Raya gatherings.
- Revisit the story a few times beforehand so your child becomes familiar with the sequence.
- Use the visual supports or AAC pictograms to aid understanding and communication. Feel free to adapt the visuals to better match your child's needs.
- Pause and relate the story to your child's own experiences where helpful.
- Remember, the goal is not to enforce behaviour, but to prepare your child and support a sense of safety.

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Part of the public awareness campaign #RayaMesraAutisme



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#WeAreTheXPERTS



This book belongs to



A Note for Parents & Caregivers:

Every child experiences Raya differently.

Some children may enjoy the celebrations immediately, while others may need more time, space, or support. It is okay to adjust expectations, offer breaks, or leave early if your child becomes overwhelmed.

Small accommodations can make a meaningful difference in helping children participate in celebrations in ways that feel safe and comfortable for them.



Hari Raya is a special celebration.
Many families celebrate Hari Raya together.

Beep!
BEEP!

People may visit our home.
Or we may visit other homes.







During Raya, I may see:

Three empty dashed-line boxes arranged horizontally, intended for writing expectations. Each box is a rounded rectangle with a thick dashed black border.

Fill up with the expectations you want your child to be ready with. Use pictogram: Raya Decorations

Sometimes there may be many people and loud sounds.



This can feel exciting.
Sometimes it can also feel
overwhelming.

Both feelings are okay.





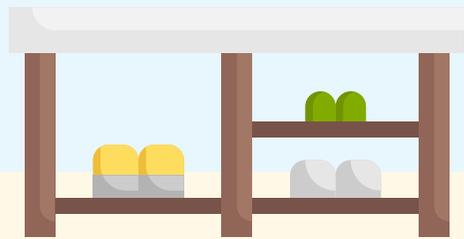
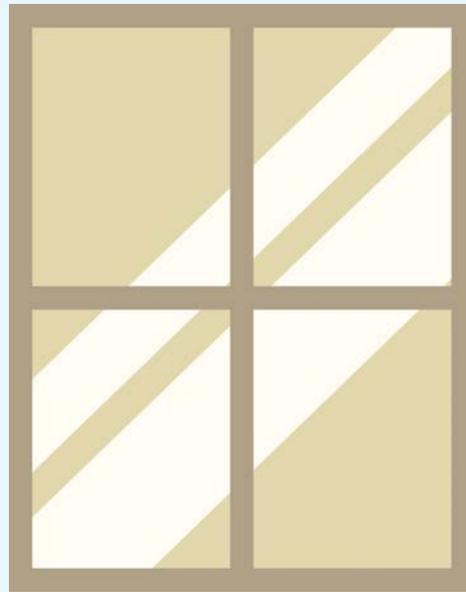
During Raya, I may meet relatives.

Some people may say:

“Selamat Hari Raya!”

or ask for a hug or handshake.







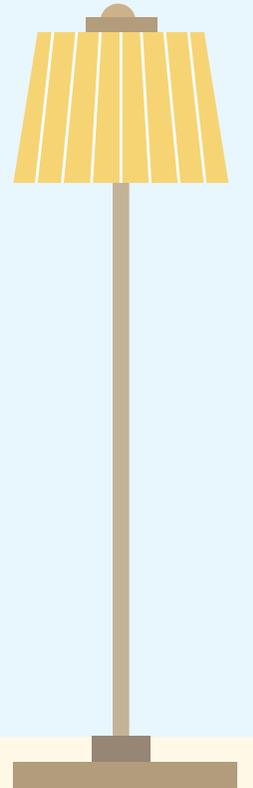
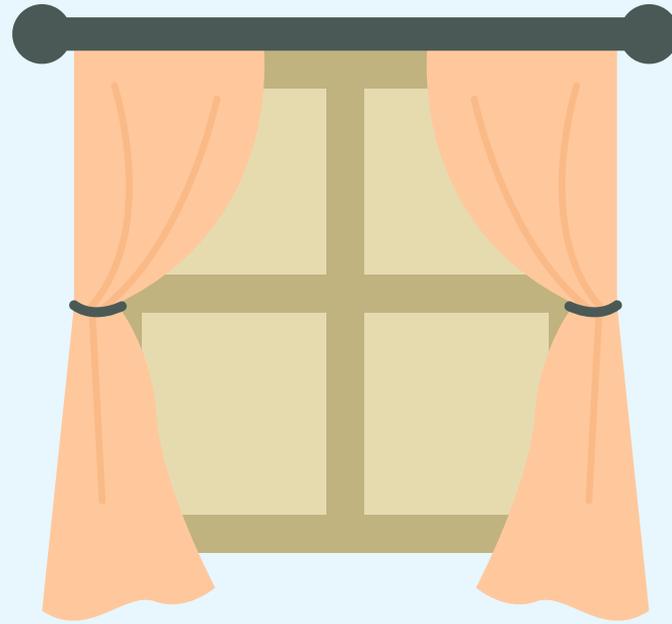
I can choose how to greet people.

I can...

Three empty dashed boxes arranged horizontally, intended for writing expectations. Each box is a rounded rectangle with a dashed black border and a light beige fill.

Fill up with the expectations you want your child to be ready with. Use pictogram: Raya Greetings

It is okay if I need time.





During Raya, there may be many foods.

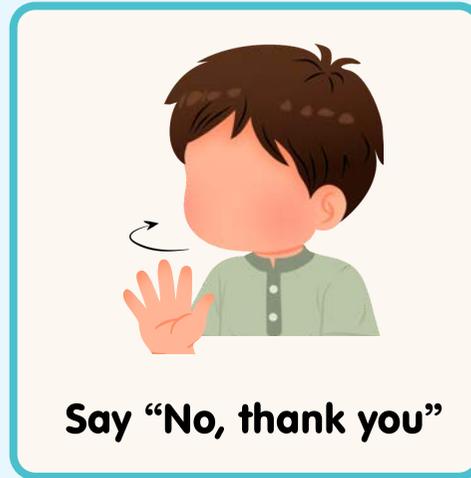
Some foods may be new.

Some foods may be my favourite.





I can...



My body knows what feels comfortable.

Sometimes Raya can feel very busy.
There may be:



**A lot of
people talking**



**Many people
at one place**

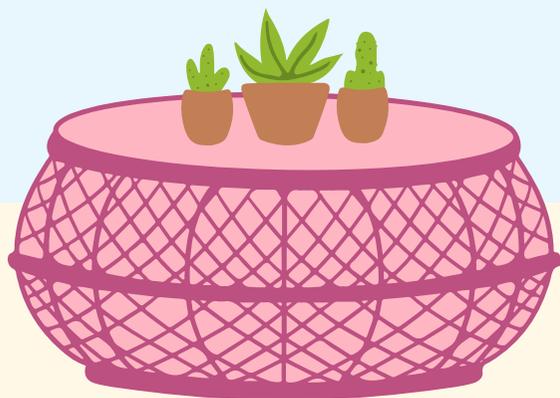


**Many sounds
and music**

If it feels too loud or busy,
my body may feel uncomfortable.



This is okay.





IF I feel overwhelmed, I can:

Fill up with the expectations you want your child to be ready with. Use pictogram: Calming Strategies (A)



Taking a break helps my body feel calm again.

When we go visiting,
I may bring a Raya Bag.





Inside my bag I may have:

Three empty dashed-line boxes arranged horizontally, intended for drawing or writing. Each box is a rounded square with a thick dashed black border and a light orange fill.

Fill up with the expectations you want your child to be ready with. Use pictogram: Calming Strategies (B)

These items help me feel safe.



My family understands me.





They help me:

Take break.

Find quiet space.

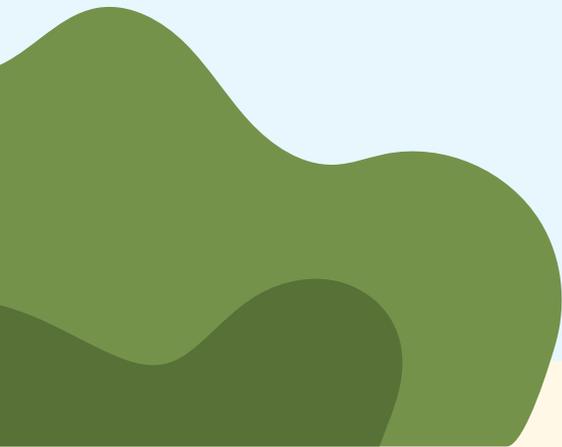
Give warm hugs.

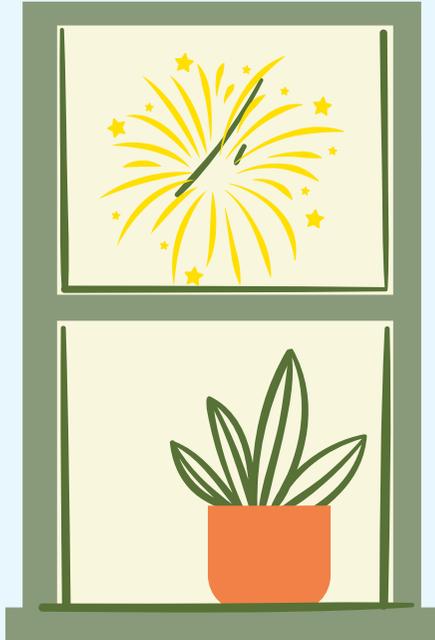
So I can keep feeling safe.





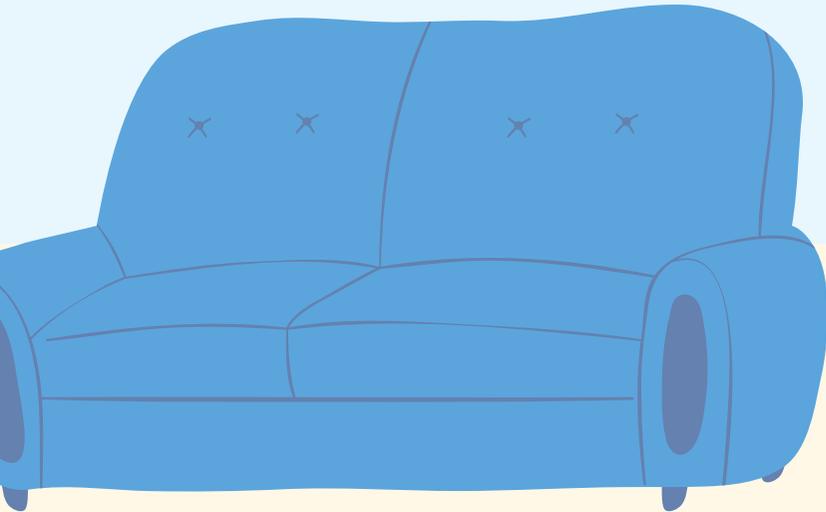
Raya can be celebrated in many ways.
I can celebrate in my own way.





I am safe.
I am loved.
I belong.

Selamat Hari Raya.





A Kinder Raya Starts With Us

#RayaMesraAutisme

WITH 





Raya Decorations



These pictograms can be used in the social story or as visual supports to help children communicate their needs during Raya.



Raya Clothes



These pictograms can be used in the social story or as visual supports to help children communicate their needs during Raya.



Raya Dishes



Ketupat



Kuih Raya



Satay



Lemang



Ayam Goreng

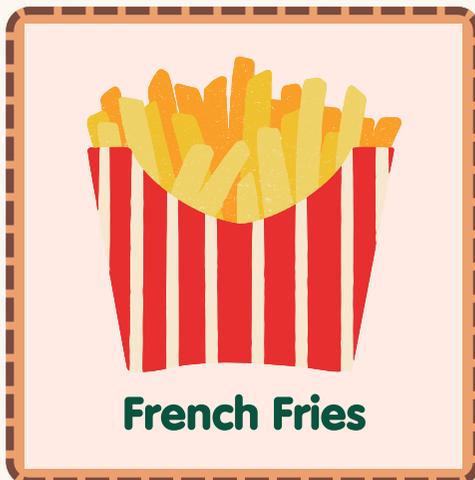


Nasi Lauk

These pictograms can be used in the social story or as visual supports to help children communicate their needs during Raya.



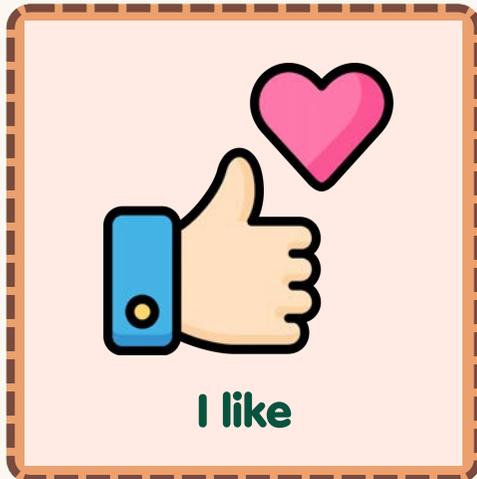
My Favourite Eats



These pictograms can be used in the social story or as visual supports to help children communicate their needs during Raya.



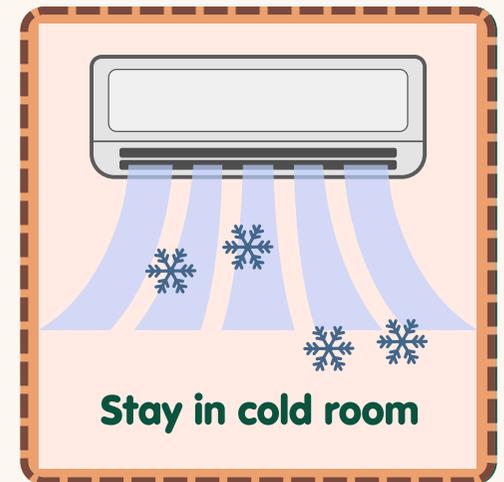
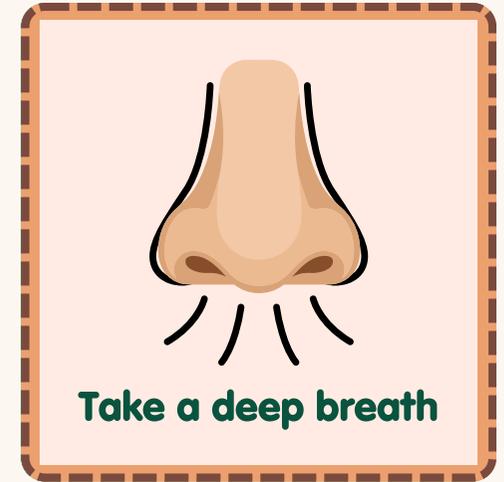
Raya Greetings



These pictograms can be used in the social story or as visual supports to help children communicate their needs during Raya.



Calming Strategies (A)



These pictograms can be used in the social story or as visual supports to help children communicate their needs during Raya.



Calming Strategies (B)



Headphones



Snack



Drawing Book



Chewy Tube



iPad

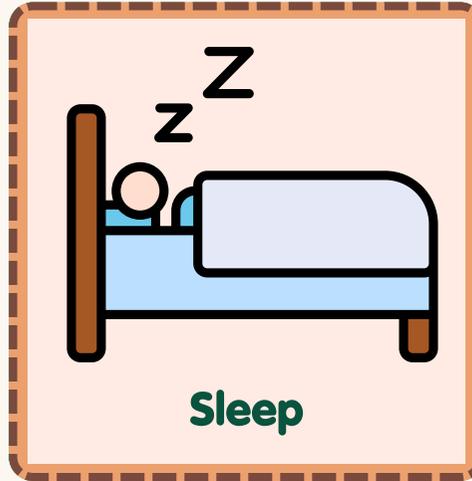


Fidget Toys

These pictograms can be used in the social story or as visual supports to help children communicate their needs during Raya.



Common Needs



These pictograms can be used in the social story or as visual supports to help children communicate their needs during Raya.



Scan to join our **axon**
Superfamilies
Network

*A "village of support" for families raising
neurodivergent children.*