

# Linni's Loud Day



Linni held Miss Dee's hand tightly as they walked into the play gym. Slides squeaked, kids laughed, and music thumped from speakers. 'Ready to play, Linni?' asked Miss Dee gently. Linni pressed her hands over her ears and shook her head. The sounds felt too big, too fast, too loud. Miss Dee crouched down and smiled. 'That's okay. We'll find your calm spot first.' Linni nodded, holding onto Miss Dee's sleeve as they walked past the noisy slides together.



In the back corner, soft cushions waited under a paper cloud. 'This is your quiet corner,' said Miss Dee. Linni sat down and pulled her knees to her chest. She breathed slowly, in and out. A boy with short light brown hair peeked around a cushion. 'Hi! I'm Theo,' he said. 'Why do you sit here?' Linni looked at him but didn't answer. Miss Dee smiled. 'Linni likes it quiet sometimes. It helps her feel good.' Theo nodded and sat down too, careful not to be loud.



Miss Dee brought over a pair of purple headphones. 'These make loud sounds softer,' she said, placing them gently over Linni's ears. Linni's shoulders relaxed as the noise faded to a hum. Theo watched, curious. 'Can I try?' he asked. Miss Dee laughed. 'They're just for Linni today, but you can help her feel brave.' Theo grinned and gave Linni a thumbs up. Linni copied him, giving a small thumbs up back, her first smile of the day.



Theo grabbed a bin of soft blocks and set it between them. 'Let's build a tower,' he said. Linni picked up a block and stacked it carefully. Theo added another, then another, until the tower wobbled. 'Uh oh!' he giggled. The tower tumbled down with a soft thud, not a loud crash. Linni laughed, a real laugh, and clapped her hands. 'Again!' she said quietly. Theo cheered and began stacking once more, happy to hear her voice.



Across the gym, a birthday balloon popped with a loud bang. Linni jumped and covered her ears, her tower crashing to the floor. Her eyes filled with tears. Theo froze, unsure what to do. Miss Dee rushed over and knelt beside her. 'You're safe, Linni. That was just a balloon.' She rubbed slow circles on Linni's back. Linni took a shaky breath, then another, until her shoulders relaxed. Theo handed her a block. 'Want to build again?' he asked softly.



Linni nodded and pointed to a big cardboard box nearby. 'Fort,' she whispered. Theo grinned and helped drag it over. Together, they turned it into a cozy hideaway with blankets from the quiet corner. Inside, the gym sounds turned into a soft murmur. Linni pulled her headphones down for a moment. 'Quiet in here,' she said. Theo nodded. 'Our own quiet spot.' Miss Dee peeked in and smiled at the two friends sharing their safe space.



After a while, Linni peeked out of the fort at the busy gym. The trampoline bounced, kids climbed nets, and lights spun colors. It looked exciting, but still loud. Theo took her hand. 'We can go slow,' he said. Miss Dee handed Linni her headphones again. 'One step at a time,' she said. Linni stepped out, gripping Theo's hand, her headphones snug over her ears, ready to try something new.



They walked to the trampoline together, where a bouncy square waited. 'You go first,' Theo said, hopping on lightly. Linni watched him bounce, giggling softly. She stepped on carefully, her headphones muffling the squeaks. Miss Dee stood close by. 'You're doing great,' she said. Linni bounced once, twice, then smiled wide. The trampoline wasn't so scary with her friends beside her, cheering quietly for every little jump.



Next, they found the ball pit, full of colorful balls. Theo dove in with a splash of plastic balls flying. Linni hesitated at the edge, watching the motion. 'Come on, it's soft!' Theo called. Linni took a breath and stepped in slowly, sinking into the balls. She giggled, tossing one gently at Theo. He tossed one back, and soon they were laughing together, the gym's noise fading behind their fun.



Suddenly, the gym's speaker crackled with an announcement, loud and sudden. Linni flinched, pressing her hands to her headphones. Theo quickly covered his own ears too, showing solidarity. 'It's okay, it's just talking,' Miss Dee said, kneeling beside them. She waited patiently until the announcement ended. Linni slowly lowered her hands, and Theo copied her. 'That was loud,' Theo said. Linni nodded. 'Too loud,' she agreed, feeling understood by her friend.



Miss Dee led them back to the quiet corner for a little rest. Linni sat with her headphones and a soft blanket, breathing slowly. Theo sat close, not saying much, just being there. After a few minutes, Linni reached for a block and handed it to Theo. 'Play?' she asked. Theo smiled. 'Yes, let's play.' They built quietly together, the loud day settling into calm.



As the sun set, Miss Dee gathered Linni and Theo for the last activity: a gentle bubble machine. Bubbles floated softly, popping without sound. Linni reached up, catching one on her finger. 'Pretty,' she said, smiling. Theo popped one gently and laughed. 'Best day,' he said. Miss Dee squeezed Linni's hand. 'You were so brave today.' Linni looked at her new friend and smiled, ready for more loud, wonderful days ahead.



# Spark Your Child's Imagination

and create a personalized book in which you are the main character



BECOME A BOOK  
HERO



CHILDBOOK.AI