



Arjun Learns to Try

A Social Story





Arjun was a smart, kind boy.
But whenever something felt difficult
or new, he felt a tight feeling in his tummy.



So Arjun started avoiding things.
If there was a tough worksheet,
he looked away.



If there was a game
he wasn't sure he would win.



If the teacher asked for volunteers,
he kept his hand down.



One day, during a school game, Arjun was sitting on the bench again. He watched his friend Riyan standing in line. Riyan looked nervous too. His hands were shaking a little.

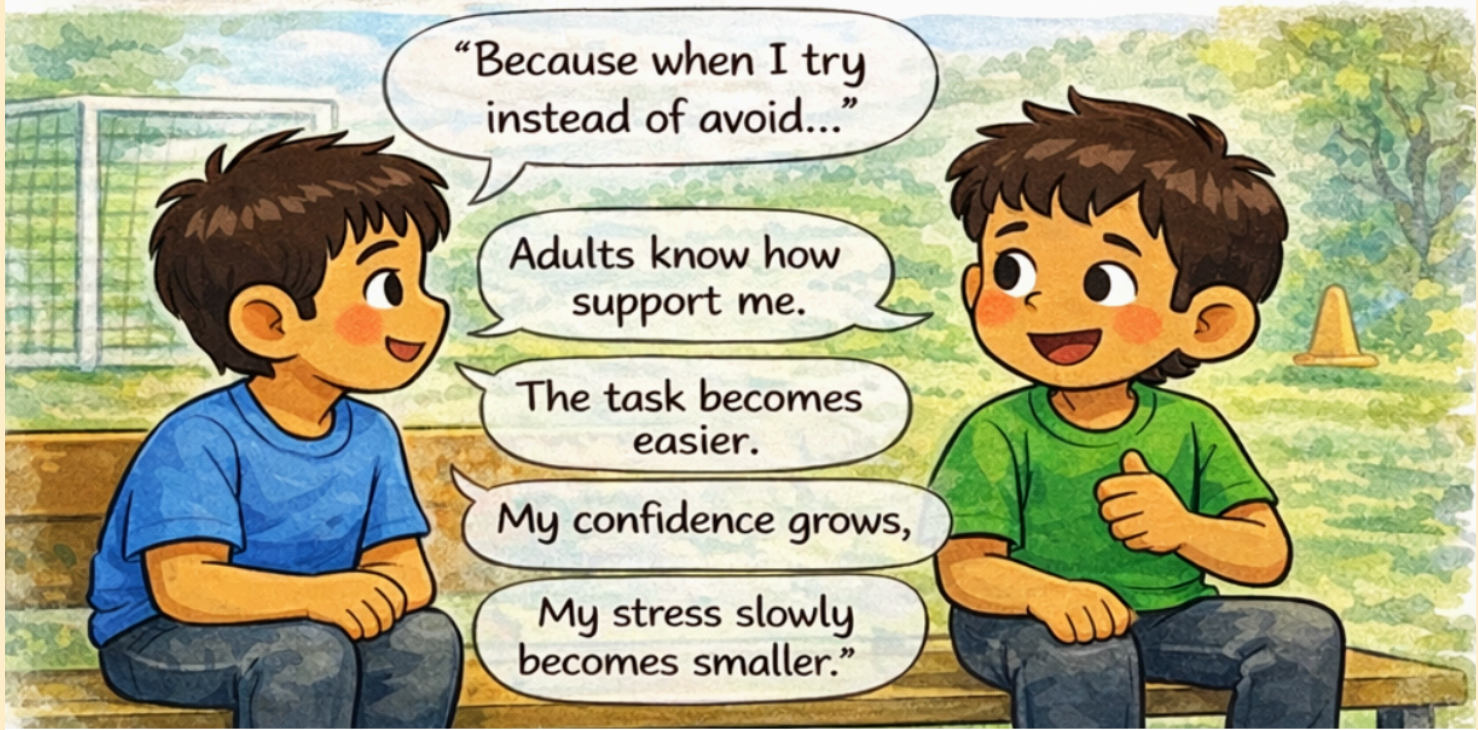


"Aren't you scared?"

Riyan nodded.

"Yes... but I'm going to try anyway."

Why?"



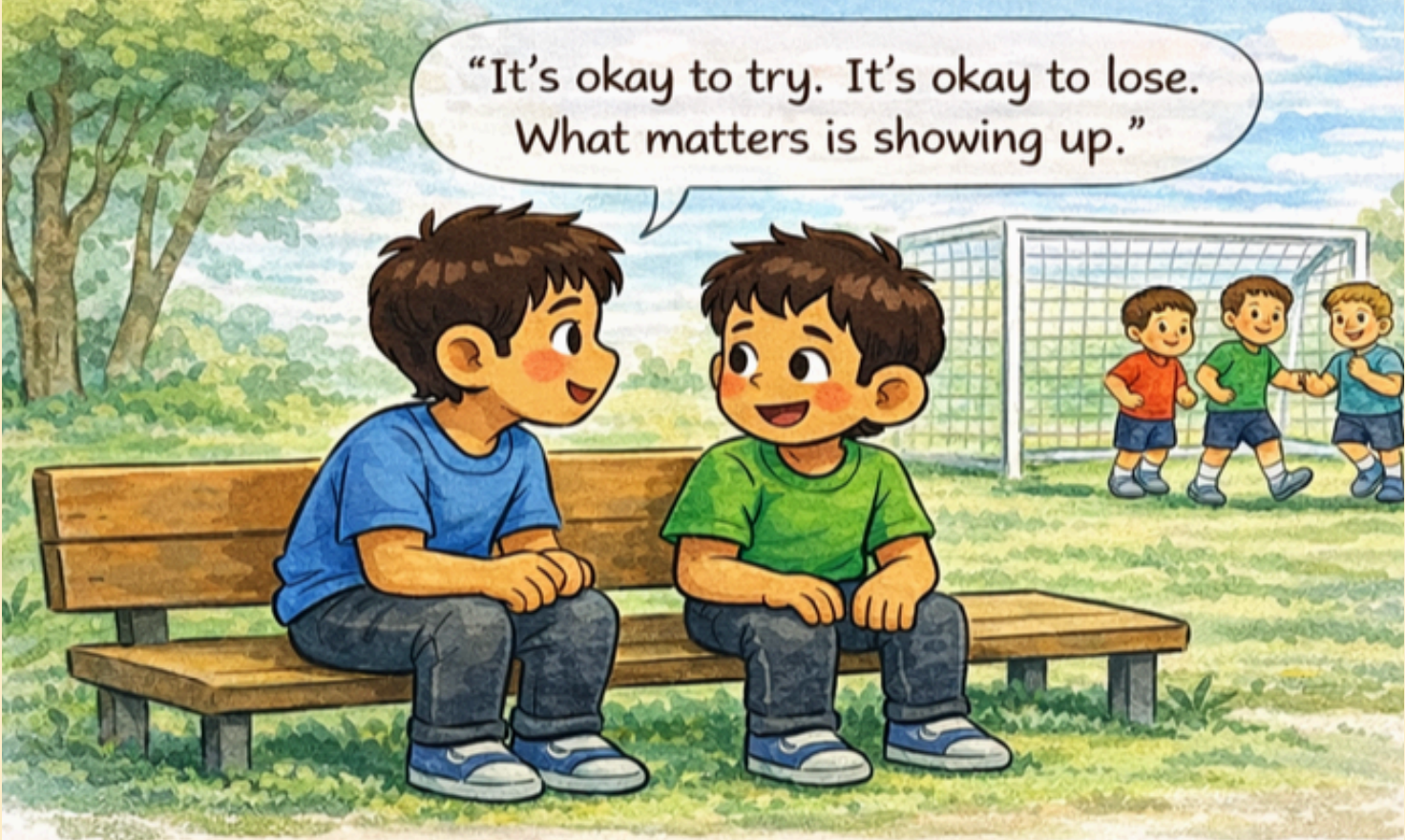
"Because when I try instead of avoid..."

Adults know how support me.

The task becomes easier.

My confidence grows,

My stress slowly becomes smaller."

An illustration of two young boys sitting on a wooden bench in a park. The boy on the left is wearing a blue t-shirt and dark pants, looking towards the boy on the right. The boy on the right is wearing a green t-shirt and dark pants, looking back at the first boy. A speech bubble above them contains the text: "It's okay to try. It's okay to lose. What matters is showing up." In the background, there is a soccer goal and three other boys playing soccer on a grassy field. The scene is set in a park with trees and a blue sky with clouds.

“It’s okay to try. It’s okay to lose.
What matters is showing up.”

Arjun listened carefully. No one had said it like that to him before.



When it was Riyan's turn, he wasn't perfect.

He didn't win.

But he laughed, high-fived his teammates,
and looked lighter--braver.

Arjun felt something inside him shift.

Maybe... he could try too.

Just once. Just a small step.



So the next day in class, when he felt that nervous feeling, he took a slow breath.

He raised his hand just a little.

The teacher noticed and smiled.



Great try, Arjun!



Arjun didn't get every answer right. He didn't finish first.
But he tried.



And afterward, he felt something warm in his chest.

Proud. Just like Riyan said.

The task didn't feel as scary anymore.

His confidence felt a tiny bit bigger.

And the next time... trying felt easier.



From that day on, Arjun still got nervous sometimes—everyone does.
But he remembered:




It's okay to try.
It's okay to lose.

The important part is participating.”



And slowly, step by step, the boy who used to avoid everything became the boy who was brave enough to try. Proud. Just like Riyan said. The task didn't feel as scary anymore.



“It’s okay to try.
It’s okay to lose.
The important part is participating.”