

# My holiday challenges

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Gatherings

- |   |   |
|---|---|
| <input type="checkbox"/> Greeting/hugging relatives and friends | <input type="checkbox"/> Answering adults' questions                          |
| <input type="checkbox"/> Hanging out with the other kids        | <input type="checkbox"/> Dealing with noise and crowds                        |
| <input type="checkbox"/> Wearing dressy clothes                 | <input type="checkbox"/> Meeting new people and making conversation with them |
| <input type="checkbox"/> Having nothing to do and feeling antsy |   |
| <input type="checkbox"/> _____                                  |   |

## Holiday meals

- |  |   |
|--|---|
| <input type="checkbox"/> Sitting next to strangers | <input type="checkbox"/> Sitting at the table for a long time |
| <input type="checkbox"/> Not liking the food       | <input type="checkbox"/> Making conversation                  |
| <input type="checkbox"/> _____                     |   |

## School parties and events

- |  |  |
|--|--|
| <input type="checkbox"/> Joining groups of kids hanging out                      | <input type="checkbox"/> Not liking the snacks                                     |
| <input type="checkbox"/> Having to wait for snacks/getting only one of each kind | <input type="checkbox"/> Dealing with all the noise and confusion                  |
| <input type="checkbox"/> Talking to other kids' families                         | <input type="checkbox"/> Sitting still and being quiet during shows and assemblies |
| <input type="checkbox"/> _____   |  |

## Exchanging gifts

- |  |   |
|--|---|
| <input type="checkbox"/> Waiting to open gifts | <input type="checkbox"/> Not liking what I get                  |
| <input type="checkbox"/> Saying thank you      | <input type="checkbox"/> Wanting to play with other kids' gifts |
| <input type="checkbox"/> _____                 |   |

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My challenges	What usually happens	What I can do instead