

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
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