My Holiday Challenges

My Name:

**Family gatherings**

- Greeting/hugging relatives
- Answering adults’ questions
- Meeting new people and making conversation with them
- Hanging out with the other kids
- Dealing with noise and crowds
- Wearing dressy clothes
- Having nothing to do and feeling antsy

**Holiday meals**

- Sitting next to strangers
- Not liking the food
- Sitting at the table for a long time
- Making conversation
- [ ]
- [ ]

**School parties and events**

- Joining groups of kids standing around talking
- Dealing with all the noise and confusion
- Having to wait for the snacks/only getting one of each
- Not liking the snacks
- Having to talk to other kids’ parents
- Having to sit still and not talk during holiday shows and assemblies
- [ ]
- [ ]
My Holiday Challenges

Gift exchanges

☐ Having to wait to open gifts
☐ Saying thank you
☐ Not liking what I get
☐ Wanting to play with other kids’ gifts
☐ Wanting to play with my own gift instead of joining the rest of the gift exchange

Going to religious services or events

☐ Having to say hi to adults
☐ Having to stay seated and quiet for a long time
☐ Talking with my [pastor, rabbi, priest, etc.]
☐ Having to remember and join in holiday rituals

Other activities or situations

☐ Visiting neighbors’ homes for events during the holiday season
☐ Helping put up holiday decorations with parents and siblings
<table>
<thead>
<tr>
<th>My Challenge</th>
<th>What Usually Happens</th>
<th>What I Can Do Instead</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Challenge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My Challenge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My Challenge</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Example:**

<table>
<thead>
<tr>
<th>My Challenge</th>
<th>What Usually Happens</th>
<th>What I Can Do Instead</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wanting to play with</td>
<td>I grab my brother’s gifts without asking.</td>
<td>Say, “When you’re done playing with it, can I see it?”</td>
</tr>
</tbody>
</table>