

My holiday challenges in 2020

Name: _____

Date: _____

Seeing family

- | | |
|--|---|
| <input type="checkbox"/> Having phone or video conversations | <input type="checkbox"/> Knowing what to do if someone isn't being safe |
| <input type="checkbox"/> Talking about school and COVID | <input type="checkbox"/> Having to wear a mask/dressy clothes |
| <input type="checkbox"/> _____ | |

Holiday meals

- | | |
|---|---|
| <input type="checkbox"/> Having the holiday meal in a different way | <input type="checkbox"/> Sitting at the table for a long time |
| <input type="checkbox"/> Not liking the food | <input type="checkbox"/> Trying new foods |
| <input type="checkbox"/> _____ | |

Exchanging gifts

- | | |
|---|---|
| <input type="checkbox"/> Waiting to open gifts | <input type="checkbox"/> Saying thank you |
| <input type="checkbox"/> Not liking what I get or getting fewer gifts | <input type="checkbox"/> Not grabbing or reaching for other kids' gifts |
| <input type="checkbox"/> _____ | |

Celebrating in general

- | | |
|--|---|
| <input type="checkbox"/> Not having everyone there | <input type="checkbox"/> Having a different holiday routine |
| <input type="checkbox"/> Skipping or changing traditions | <input type="checkbox"/> Managing my emotions |
| <input type="checkbox"/> _____ | |

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My challenges	What usually happens	What I can do instead