

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 Strategies

My Name: _____

My Challenge	What Usually Happens	What I Can Do Instead

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Understood



Example:

My Challenge	What Usually Happens	What I Can Do Instead
<i>Wanting to play with other kids' gifts.</i>	<i>I grab my brother's gifts without asking.</i>	<i>Say, "When you're done playing with it, can I see it?"</i>