

My holiday challenges in 2021

Name: _____

Date: _____

Seeing family

- Having phone or video conversations
- Talking about school and COVID
- _____
- Knowing what to do if someone isn't being safe
- Having to wear a mask/dressy clothes

Holiday meals

- Having the holiday meal in a different way
- Not liking the food
- _____
- Sitting at the table for a long time
- Trying new foods

Exchanging gifts

- Waiting to open gifts
- Not liking what I get or getting fewer gifts
- _____
- Saying thank you
- Not grabbing or reaching for other kids' gifts

Celebrating in general

- Not having everyone there
- Skipping or changing traditions
- _____
- Having a different holiday routine
- Managing my emotions

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My challenges	What usually happens	What I can do instead