



# Visitors at Christmas

1



At Christmas, my family or friends might come to visit my home. Sometimes, it is one person and sometimes there might be more. It is okay to feel nervous or excited when visitors arrive.

2



There are things that I can do to make myself feel comfortable. I also know that my family are always here to support me.

3



When visitors arrive, I may hear the doorbell ring or a knock to the door. I may know some of the visitors and some may be new to me.

4



I might hear people talking and laughing because they are excited to say hello. Sometimes visitors might also bring gifts. I can choose to say hi, wave, stay close to my family or go to a quiet, comfortable place, like my bedroom.

5



At any time, it's okay for me to take a break and go to my bedroom or to another cosy place where I can relax. I can use my favourite \_\_\_\_\_ to feel calm.

6



My family understand that I might need breaks. If I want someone from my family to come with me to my quiet space, I can ask.

7



After a few hours, visitors will say goodbye and leave, and things will go back to normal again.

8



Christmas can be fun, by preparing myself I know that I can handle things being different in my own way and I can feel proud of myself.