

Going to visit our family and friends at Christmas



1



During Christmas, my family and I might go to visit family or friends.

2



This can be exciting but a little different from being at my own home. Here is what I can expect, so I feel ready.

3



When we get there, I might see people I know well and some people I might not know. I can say 'hello' if I want, or I can stay close to my family until I feel comfortable.

4



I might not feel ready to _____ (e.g. take off my headphones, stop reading my book) and that's okay.

5



Their home might look different to my home, with different decorations, lights, sounds and smells.

6



They might celebrate Christmas in a different way. That's okay!

7



Every family has their own way of celebrating and I can decide to watch, learn or ask questions about what they are doing.

8



There might be background music, gifts exchanged, new food or games being played. If I don't want to be involved, I can say, 'No, thank you' or let someone from my family know.