



What to expect during the Christmas Holidays



Christmas



can

be



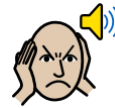
very



busy



and



noisy



Some



houses



have



pretty



lights

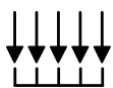


and

a



Christmas tree



Every



family



does



things

differently



at



Christmas

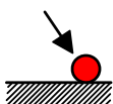


and

that's



ok



There

are



lots of



changes



at



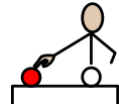
Christmas



time



and



that

is



also



ok



You



may

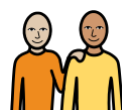


visit

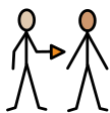


family

or

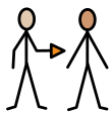


friends






You may give or receive presents

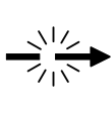




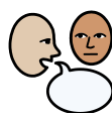

You may go away for Christmas





It is ok if you get worried about what's happening




You can tell someone you trust







It is ok if you feel angry or frustrated







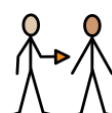
You can ask for help to calm down





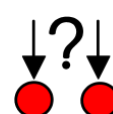






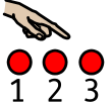
You could ask your helper to go for a walk with you

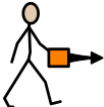
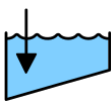






You can ask for somewhere quiet to sit

  +  10
You can close your eyes and count to ten

  5  
You can take 5 deep breaths