

Christmas

Next week, it will be Christmas.

This is a nice time when we spend a lot of time with our family.

It will be nice to have two weeks off from school.



We will go to Mass together and have a family dinner on Christmas Day.

Many people exchange gifts on Christmas Day.

This can be difficult for some people.

It can be difficult to receive a gift of something that I don't like.

I might not like people staring at me as I open my presents.

I might be anxious about what is in the present.

There are some things I can do to cope with this:



- I could write a list of things that I would like for Christmas to give to mum. This means that I won't be surprised on Christmas Day.
- I can open my presents in my room alone so that I won't feel uncomfortable if people are looking at me.
- Sometimes, I might get a gift that I don't like. It is important to say thank you. If I don't, I will hurt the other person's feelings. It is important to say thank you and smile. This shows the other person that I appreciate them taking the time to buy me a present.
- If I get something that I don't like, I can talk to mum later that day about exchanging it for something else.

