

TRICKY HOLIDAY SCENARIOS

Social Skills Card Game

For many children, the holidays can be a roller coaster of emotions ranging from intense excitement to extreme disappointment. This social skills card game is a fun way to rehearse emotional regulation and practise tricky social scenarios before the holiday events begin.

To Play:

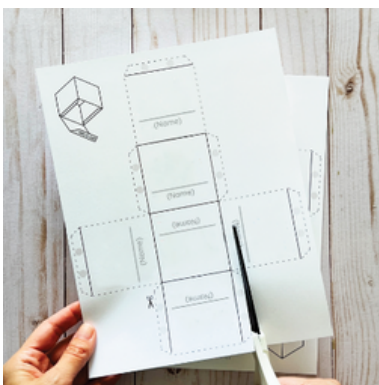
Write each player's name on all sides of the dice, dividing the names equally. (For example, with two players, each name will be written on three sides of the dice, and with three players, each name will be written twice, etc.)

Place the stack of cards face down between all players. Take turns choosing a card and rolling the dice to see who will play each role. (Roll again as needed.)

For added fun, after you act out the scene once, switch roles and act it out again!

How to Make:

1.



Cut along the dashed lines on the cards and dice.

2.



Fold along the solid lines forming a cube.

3.



Glue along the grey dots, and fold the box together. Tape the final fold to seal the box together. ● ●

TRICKY HOLIDAY SCENARIOS

Moments after receiving a gift you've always wanted, your sibling accidentally breaks it.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Sibling

TRICKY HOLIDAY SCENARIOS

Your uncle cooked and served you something that looks delicious, but when you take a bite, it tastes disgusting.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Uncle

TRICKY HOLIDAY SCENARIOS

You want to leave the party but your parent won't stop talking.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Parent

TRICKY HOLIDAY SCENARIOS

At dinner, you sit next to your aunt, whom you haven't seen in a long time. She acts as if she knows you, but you can't remember her name.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Aunt

TRICKY HOLIDAY SCENARIOS

You are about to eat the very last holiday cookie. Right before you take a bite, the dog leaps up and eats it.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Dog

TRICKY HOLIDAY SCENARIOS

Your grandpa gives you a gift, and you expect it to be something you will like, but it is a new pair of very ugly socks.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Grandpa

TRICKY HOLIDAY SCENARIOS

Your grandma gifts you The World's Itchiest Sweater. And she wants you to try it on right away.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Grandma

TRICKY HOLIDAY SCENARIOS

All of the gifts have been opened. And you didn't get the one thing you really wanted.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Parent

TRICKY HOLIDAY SCENARIOS

Your sibling receives a gift that you ALWAYS wanted.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Sibling

TRICKY HOLIDAY SCENARIOS

A relative keeps asking you questions, but you don't feel like talking to them.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Relative

TRICKY HOLIDAY SCENARIOS

You are asked to sit at the children's table, but you feel you are too old for the children's table.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Parent

TRICKY HOLIDAY SCENARIOS

Your cousin received a game you really want to try, but he won't give you a turn.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Cousin

TRICKY HOLIDAY SCENARIOS

You really want to open all of your presents, but you are told you have to wait until all of the relatives arrive. And now they're running late!

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Parent

TRICKY HOLIDAY SCENARIOS

A relative tries to give you a hug, but you don't feel like hugging them.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Relative

TRICKY HOLIDAY SCENARIOS

Your grandpa just put a large slice of turkey on your plate. You don't like turkey.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Grandpa

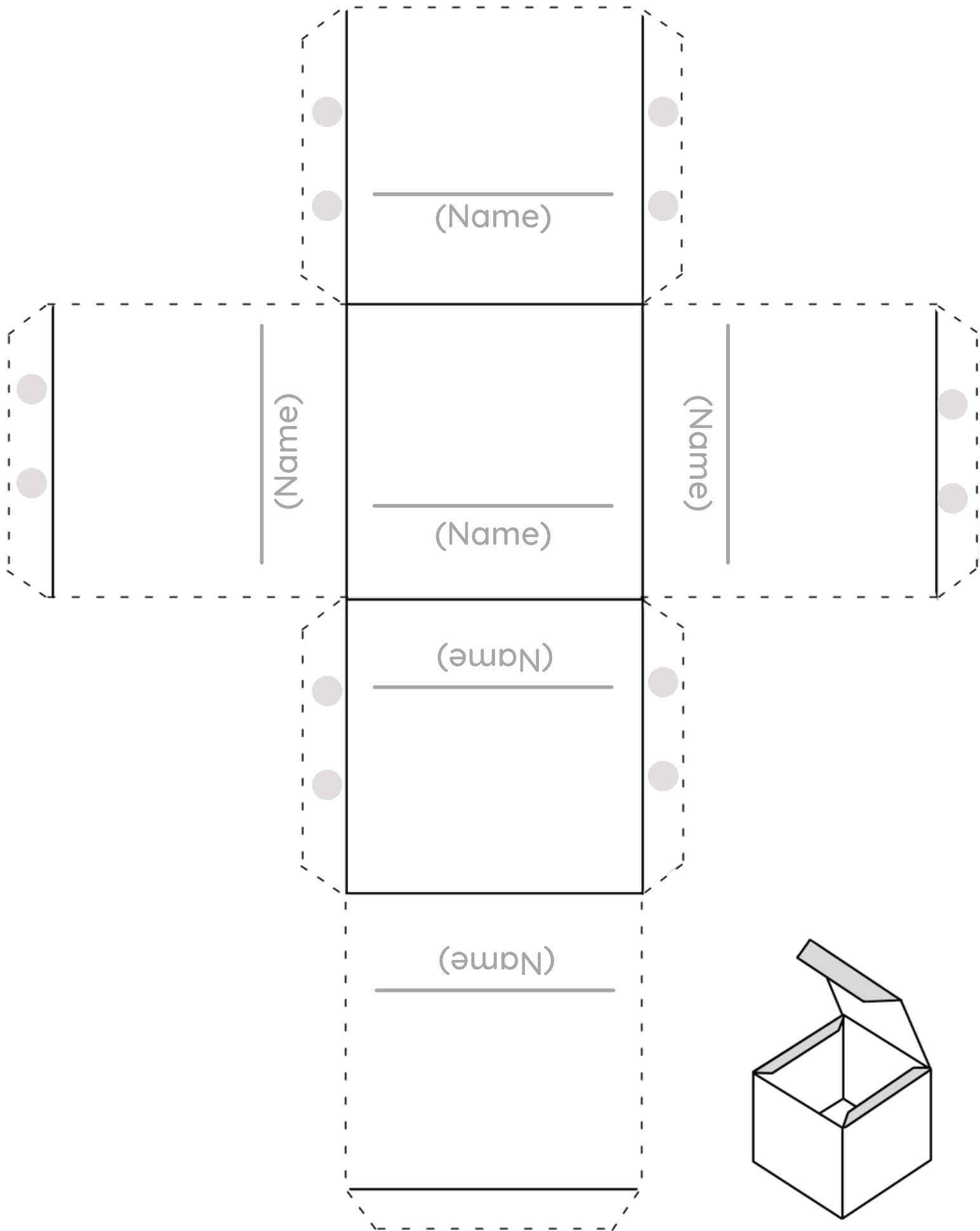
TRICKY HOLIDAY SCENARIOS

Just as dinner is served, you accidentally spill juice all over your sibling, who is now soaking wet.

☆ **ACT IT OUT** ☆

Roll 1: Child

Roll 2: Sibling



TALKING TO YOUR CHILD

about Tricky Social Situations

WHY THE HOLIDAYS CAN BE EMOTIONALLY TOUGH ON CHILDREN

Often on holidays, a child's behaviour is labelled as "ungrateful" or "antisocial". Many times children behave that way because they struggle to regulate the mix of big emotions like disappointment, excitement, and anxiety.

Talk to your child about potential scenarios that may trigger feelings of disappointment, anxiety, and discomfort. Talking about it and rehearsing for it will help them better manage those feelings if and when they arise.

WAYS TO HELP YOUR CHILD COPE

- **Conduct dress rehearsals**

This game provides an easy tool to start rehearsing tricky situations before your child is faced with them. If your child acts silly during the game or can't come up with an appropriate response, swap roles and show them one appropriate way they could respond to the situation. Remind them there are many appropriate responses to each scenario and together brainstorm other appropriate ways to respond.

- **Teach your child about small talk**

Help your child come up with answers to common questions and practise how to engage in conversation. Teach polite ways to change topics, like asking questions of the other person. Talk about how they can courteously excuse themselves if they aren't feeling up for talking.

- **When it gets to be too much**

Before an event, agree on a signal your child can use to let you know that they are feeling overwhelmed. Also, review potential coping tools and quiet spaces they can use if they need a quiet break.

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