

Imagine Challenges Worksheet

For each of the following challenges, read the example and 1) write down how you might feel and act, 2) give an idea of how someone could help you, and 3) think of other examples.

Communicating

Imagine being hungry but you are not able to tell someone?

Understanding

Imagine playing a game but don't know the rules.

Remembering

Imagine getting up on stage and forgetting your lines in a play.

Socializing

Imagine being in a play and everyone knows their part except you.

Overloading

Imagine listening to three people at a time during a rock concert in a thunderstorm.

Seeking

Imagine you begin to float away and need to grab onto something.

Controlling

Imagine you have no control of words and sounds that come out of your mouth.

Tasking

Imagine tying your shoes wearing mittens.
