

# Understand Challenges Worksheet

Imagine yourself in the following scenarios and describe how you might feel; list the ways you might act. What are similar scenarios that students face at church? How can we prepare to avoid placing students in frustrating situations?

## Communicating

Imagine you are hungry, but unable to speak to ask for a snack.

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## Understanding

Imagine being on a basketball team, holding a ball on the court, but not knowing the rules.

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## Remembering

Imagine trying to recall what you ate for dinner two weeks ago.

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## Socializing

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

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## Overloading

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

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## Seeking

Imagine the uncontrollable desire to see what was behind every door and in every drawer.

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## Controlling

Imagine you're a puppet doing and saying things you wish you weren't.

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## Tasking

Imagine doing all your daily tasks while wearing thick mittens.

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