

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.

Understanding

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

Remembering

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

Socializing

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

Overloading

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

Seeking

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

Controlling

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

Tasking

Imagine doing all your daily tasks while wearing thick mittens.
