

# 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 not able to use words 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 floating away and needing to grab onto something.

---

---

---

---

## **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.

---

---

---

---

## **Other**

Imagine a challenge you see in one of your students.

---

---

---

---