AUTISTIC BINGO



Finding meaningful gifts/too burnt out to wrap	Hiding in the bathroom at parties	Listening to the same album again and again	Dreaming of being back in your bed	Scheduling around traffic/crowds
Limiting # of commitments you say “yes” to	Stomach issues (more than usual)	Overwhelmed by holiday food textures	Won’t leave the house without headphones	Quoting your favorite holiday movie
Living in comfy sweatpants	Overthinking gifts	Not knowing how to react to a gift	Info dumping when trying to make conversation	Chronic illness flares
Sensitive to caffeine/ alcohol	Overstimulated by decorations	Making it special for your kids at the expense of yourself	Not understanding family traditions	Spending time with pets at parties
Sitting at the kids table	Responding with a blank stare	Leaving the party early	Feeling invisible in a room full of people	“I don’t want to go but I want to go.”

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