

ALL ABOUT ME!

(The information here can be changed or added to, it is just a start!)

MY NAME IS:

PHOTO

**IF YOU KNOW A
CHANGE IN MY DAY
IS COMING:**

- Tell my mom and dad so they can help me prepare
- Text/call:
- Email:

THINGS TO HELP ME BE SUCCESSFUL

- Schedules
- Timers and countdowns
- Advanced warnings for transitions
- Activity maps
- First then language
- Talking to me at eye level
- Speak slowly and annunciate words

**FUN FACTS ABOUT
ME**

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**FAVOURITE
GAMES/ACTIVITIES**

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**SOMETIMES TO STAY
REGULATED I MAY NEED:**

- A movement break (jumping, walking)
- Have a quiet break (read a book)

**IF YOU SEE ME REFUSING
TO DO AN ACTIVITY I
RESPOND BEST TO:**

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**FAVOURITE
IDEAS/SUBJECTS**

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**SOME SUPPORTS TO HELP ME STAY
CALM WHEN I'M UPSET:**

- Re-direct to a different activity
- A break
- Deep pressure squishes/hugs

**WHEN I GET REALLY UPSET I MAY
NEED:**

- Time to myself
- A comfortable space for a break
- You to stop talking

****My mom and dad will provide you with any of the tools/items from above to help me. Just let them know****