All about me

For a new teacher, carer or doctor. Fill it in with your child if you can.

Photo or drawing

My name is — and I like to be called

I am — age, class or group

How I communicate — words, signs, pictures, a device — and how I say “no” and “help”

I love — things, topics, activities

I find hard — noise, waiting, changes...

When it’s too much, you may see — the early signs

What helps me — what you can do

Food, toilet, sleep — what to know

Please do / please don’t

My family — name and phone

Written on — date, by whom

Short sentences; what an adult will see and what to do. Update it every few months.