

ALL ABOUT ME

(Help us get to know you and how special you are)

SOME THINGS YOU SHOULD KNOW	
NAME (NICKNAME)	
BIRTHDAY / AGE	
FAMILY (include your pets)	
HOME / MY ROOM	
FAVORITE FRIENDS	
FAVORITE THINGS	
FAVORITE PLACES	
FAVORITE ANIMALS	
FAVORITE FOODS / SNACKS	
FAVORITE COLORS	
FAVORITE ACTIVITIES / SPORTS	
FAVORITE TV SHOWS / MOVIES	
FAVORITE STORIES / BOOKS	
FAVORITE MUSIC / SONGS	
WHAT I AM ABLE TO DO, UNDERSTAND, COMMUNICATE	
HOW I COMMUNICATE	
WHAT LANGUAGES I SPEAK	
WHAT ASSISTANCE I NEED	
TIPS ON HOW TO DO MY CARE	
MY PREFERRED POSITIONING	

DISLIKES Things that make me upset or uncomfortable and actions/activities that help soothe me	
MY FEARS, PHOBIAS, ANXIETIES	
HOW TO TELL WHEN I AM UPSET	
HOW TO HELP ME CALM DOWN	
HOW TO TELL WHEN I AM UNCOMFORTABLE	
WHERE MY PAIN / DISCOMFORT USUALLY COMES FROM	

MY CHRONIC CONDITIONS AND WHAT THEY LOOK LIKE...

SEIZURES (what they look like and how often they occur)	
OTHER	