**All about me EXAMPLE (primary) EXAMPLQ**

How do I calm down? What things help me when I’m angry/worried/upset?

* I have a squeezy toy that I like to carry. sometimes it helps me to listen to people.
* I like to be by myself to calm down, people talking to me is just too much noise.
* I like to get lots of exercise, this helps me to calm down.
* I like to go and draw/colour for a bit.
* Look at my Thunderbirds book.

What am I good at?

* I am good at drawing and painting.
* I know a lot about Thunderbirds.
* I am good at looking after animals.
* I can read when people listen to me.
* I like cooking at home.
* I can run real fast.

What do I like doing?

What makes me happy?

* I really like thunderbirds.
* I like to play with the toys.
* I like to watch the programmes.
* I like to dress up as the characters.
* I like to sing along to my favourite songs.
* I have 2 guinea pigs called Bubble and Squeak.
* I have a cat called Tom.
* I like to build lego

Are there any other ways adults could help you at school?

* Don’t make me go to assembly if there’s lots of people.
* Can I sit away from the whiteboard and computer as they are noisy?
* Sometimes I can’t tell you when something is wrong, people will laugh at me, can I talk to you outside sometimes.

How do adults help me at school?

* I like to talk to my key worker, not everyone.
* I don’t like lining up, there are too many people, they are too close to me.
* Not shout at me.
* Sometimes I forget what I’m doing, so I need lots of reminders, I’m not being naughty.
* Show me on my visual timetable exactly what we are doing and at what point we are throughout the day.

What is my behaviour like? What do I do when I’m angry/upset/worried?

* I often shake my hands quickly and clench my jaw when I’m feeling happy/excited.
* I get very red if I’m angry.
* I sometimes shout and say nasty things when I’m overwhelmed.
* I sometimes kick things when I’m upset
* I will leave the room/run away if I’m overwhelmed.
* I can be very loud.
* I find it hard to concentrate if something is difficult.
* Sometimes I top my feet lots, I can’t stop this.

What things don’t I like?

What makes me angry or uncomfortable?

* I hate it when there is a lot of noise.
* I hate it when there are sudden noises like fireworks.
* I hate the sound of the oven/microwave/hairdryers/

hand dryers.

* I hate it when there are lots of people around me.
* I hate sirens and alarms.
* I don’t like people shouting at me.
* I don’t want people making fun of me.
* I don’t want people to know I’m different.