**What do I like doing?**

**What makes me happy?**

* I do horse-riding at the weekends.
* I like looking after animals for family and friends.
* I like to walk my dogs on the beach.
* I like to go to the cinema.
* I like to go to Port Lympne and Howletts and see the animals.

**What am I good at?**

* My favourite subjects are Science and Maths.
* Maths in my head.
* I am good at looking after animals.
* I am good at playing board games like monopoly.
* I am good at playing Fortnite and call of duty.

**All about EXAMPLE (Secondary)**

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

* When I can’t keep up or I’m lost in the work, please help me.
* Please print me off handouts so I can keep up.
* Can I sit away from the windows and noisy people, they both distract me, in a quiet corner would be great.
* Sometimes I can’t tell you when something is wrong, people will laugh at me, please don’t embarrass me in front of everyone.
* Can you make sure I know what the homework is and write down when it due, as I sometimes forget.

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

* I have a piece of blue tack that I like to carry. Sometimes it helps me to listen to people and keep my mind on things.
* I like to be by myself to calm down, people talking to me is just too much noise, I will not listen to them, they will just make me more angry.
* When the lessons are long and I’m getting angry I like to take brain breaks.
* Tell me quietly to go to my keyworker. (So other people don’t laugh)
* Let me get exercise at break or be away from people.

**How do adults help me at school?**

* I like to talk to my key worker, not everyone, I don’t want everyone knowing if I’ve had a meltdown.
* Let me in early before everyone else, then I don’t get squished and pushed.
* Don’t shout at me.
* Sometimes I forget what I’m doing, so I need lots of reminders, I’m not being stupid.
* Show me if I have different teachers to my timetable. Show me where to come If I need help.

**What things don’t I like?**

**What makes me angry or uncomfortable?**

* I hate it when there are crowds of people, it makes me overwhelmed and want to go home.
* I hate it when people shout.
* I hate it when I have to wait for things.
* I hate it when people call me names and laugh at me.
* I don’t like it when I get in trouble in front of everyone as its embarrassing.
* When people don’t pass tome in sports or say that I’m rubbish.
* Some clothes are just horrible, they feel so scratchy.
* I hate doing my teeth, it hurts.

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

* I often tap the table or tap my foot when I’m trying to concentrate or I’m getting worried.
* I get very red if I’m angry.
* I sometimes shout and say nasty things when I don’t know what I doing or I’m overwhelmed.
* I struggle to leave a situation if I’m overwhelmed as people will laugh at me.
* I can be loud and shout out.
* I find it hard to concentrate if something is difficult.