

THINGS TO KNOW ABOUT ME

COMMUNICATION

I am:

- a) Verbal
- b) Pre-verbal
- c) Non-verbal

You can communicate with me best by using:

- a) Simple language with extra time to process the information
- b) Pictures
- c) Written words
- d) Technology

When I am calm I am able to:

- a) Follow verbal and nonverbal directions
- b) Use visuals to help follow directions
- c) Indicate my likes and dislikes
- d) Request what I want or need

STRENGTHS

I'm really good at or I really like:

- a) Sports
- b) Music
- c) Movement
- d) Video Games
- e) Art
- f) Other:

CHALLENGES

I have challenges with:

- a) Self-regulation
- b) Yelling or swearing
- c) Wandering or running away
- d) Aggressive behavior
- e) Self-injurious behavior
- f) Spitting
- e) Obsessive rituals
- f) Maintaining personal space

WHEN I AM UPSET YOU CAN HELP BY:

- a) Increasing space
- b) Offering choices (visually)
- c) Using visuals, written words, or pictures
- d) Reducing or stopping language
- e) Reducing demands
- f) Offering a break or fidgets
- g) Other: _____

THINGS TO KNOW ABOUT ME



Likes & Special Interests



TRIGGERS



SENSORY CHALLENGES



HELPFUL TOOLS

For more information contact:



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