

All About Me

Hello! My name is:



(Place a picture of me here!)

Just the Facts!

My age is: _____

My birthday is: _____

I know how to: _____

I need help with:

My Family and Me

My mom's name is: _____

My dad's name is: _____

I have ____ brother(s) and ____ sister(s).

I have a pet _____.

Place 1 or 2 family photos here!

Things I'm really good at:

Things I need help with:

Things that calm me:

Things that upset me:

Reading the signs of trouble ahead:

Tried and true behavioral techniques:

Do's

Dont's

Things I'm Afraid of:

What I Mean When:

Medications and Me:

Foods I like:

Foods I don't like:
