

# My Profile

## A picture of you

A drawn picture or a photograph.

Name

Age

Class

My teacher



## Special interests

What do you like to do? Hobbies and topics of interests.

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## Extra information

Any other information you would like to share.

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### I need help with...

Toileting, zips, buttons, holding a pencil, using scissors, changing etc.

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### Favourite school subjects

What do you like to learn at school?

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## Least favourite school subjects

What school subjects do you find tricky?

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## Things that help on a daily basis

Daily programme, routine, ear defenders, symbols etc.

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## Triggers

Things that can overwhelm you or make you feel anxious or agitated. E.g. bright lights, noise levels, smells, changes etc.

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## How do you learn best?

Using pictures, diagrams, short instructions, written instructions, asking questions etc.

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### What makes it difficult to learn?

Noise, reading the board, listening skills, concentration.

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### Ways to help and calm

What can help to calm you e.g. breathing techniques, fidget toy, time out in quiet area, ear defenders etc.

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