**A little about ME**

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| My name is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PICTUREI like to be called: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | I am \_\_\_ years old My Birthday is on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Important contact information: | In case of an emergency please call: |
| There are a few important things I would like you to know about me: (medical issues, diagnosis, allergies, etc.)  |
| A little about my family:  |

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| Some of my favourite things are: |
| Some things I really don’t like are: |
| My Strengths are: | Some things I need to work on are: |
| This year in school I really want to:  |
| I have some tools that help me get through my day and manage my environment. Please help me stay regulated during my day. |
| Triggers: (These are some things that may cause me discomfort) | Sometimes you may notice me…(behaviours to watch for that could indicate I am getting upset or overstimulation) |