All About Me

**My Name is:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_

The people that I live with:

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| In new situations I normally: |
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| What will help comfort me when I’m sad? |
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|  |
| My sleep routine, and what helps me go to sleep (cuddly/dummy): |
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|  |
| Where am I at with toileting: |
|  |
|  |
| Things I can do by myself: |
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|  |
| Things you would like me to be able to do by myself: |
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|  |
| My favourite things to do are: |
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|  |
| My favourite things to eat are: |
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| Food that I find yucky: |
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| Something super special about me: |
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| Tell us about your family’s cultural heritage & any special days you celebrate: |
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