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:  |
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|  |
| 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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