All About Me

My Name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I am \_\_\_ yrs \_\_\_\_ mths old

Photo

Getting to know me and my family

I live with:

My experience of being away from home is:

My experience of playing with other children is:

The special people in my life are:

My interests/preferences

I get excited and happy

about:

My favourite books, rhymes,

activities, toys, places to go

are:

The things I enjoy doing

outside are:

I can get scared, angry or

upset when:

I can be comforted by:

About my health and development

I am good at:

I need help with:

I can communicate by:

With new people or situations I:

When I’m disappointed I:

What people appreciate about me:

(

i.e I am adventurous and inquisitive, I can focus on an activity for a while, I get distracted

easily if there is music in the background, nanny says I’m good at looking after my dog,

people say I’m clever because I can name some insects, etc)

These things are important to me:

(

i.e I visit my grandparents once a week

and we go to the beach – I love it!, my

auntie looks after me two days a week, I

go swimming on Mondays, I like to have

two stories every night, etc..)

This is how you can support me:

(

i.e I need to have things explained to me in

simple language, I like to be prepared for

changes – sand timers work well, I like to

have loads of time to play outside, when I

feel anxious I like to read my favourite

stories, etc.)