



## All About Me

My name is . I am years old.

Things I like:

Include the things they enjoy and their interests. These can be helpful as distraction tools or for adapting tasks to encourage participation.

Things I don't like or find difficult:

Include triggers e.g. specific transitions, specific words etc.

Signs that I may be feeling stressed or anxious:

Include anything you notice e.g. moving more, more vocal, red cheeks, any stims that indicate stress or worry, withdrawing.

Strategies:

Anything you have found helpful e.g. listening to music, having a particular toy, a movement break.