

About Me Profile

Hi, my name is _____, and I'm going to be in your class this year! This profile will give you some suggestions and tools to help me make every day at school a great day.

I like to be called _____ and I am _____ years old

Insert picture

Some words that I would use to describe me are:

Some things I like are:

Things that I dislike are:

Something I am really proud of that I have experienced over the school holidays was:

Something I'm proud of that I achieved last school year was:

This year, I hope to learn how:

In the classroom

Like all kids I learn differently. Below is a list of things that I find hard when I'm at school and what can help during those times that I find difficult.

What am I good at

What I need help with

What can help me

In other school areas

(This can include the playground, playing sports, library, canteen, school events)

What am I good at

What I need help with

What can help me

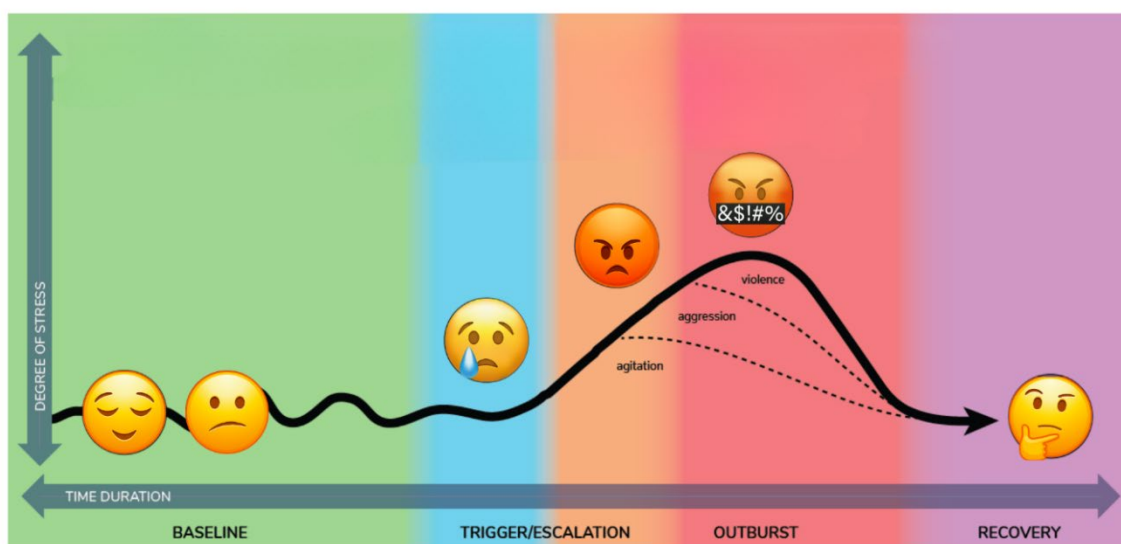
What are some transitions that I can struggle with

What makes me feel happy and safe at school

At school I need to feel safe, that my needs are met and I can form connections and relationships with those that are in my environment.

When things are not going well, it will look and sound like:

Stress Model of Crisis: Safety Interventions



Some of the things I can do to help me feel safe (feel calm) are:

Some things that you can do to help me feel safe (feel calm) are:

When things are going well for me, it will look like and sound like

Potential things that can be upsetting for me (Eg. attending a Mother's day stall)

Other things about me

A note from my CARE Team

What we would like to see happen for _____ this year

How can we help this year

Additional comments from my CARE Team

Thank for you taking the time to get to know _____

We are here to ensure that _____ **has a great day, every day.**
Your support and understanding will be instrumental in ensuring that every day is
in fact a great day while at school!

(This resource has been adapted from <https://reframingautism.org.au/about-me-a-downloadable-template-for-your-childs-new-teacher/>)