

All About Me: August 2020

Hi, I'm _____

- These are my strengths and interests (the things I am good at)...please don't take these away as punishments!

1.
2.
3.

- These are the things that are hard for me and how you can help (challenges)

1.
2.
3.

- It's important that you know this about me (e.g., I'm shy, I have 3 siblings, I'm allergic to dairy, I have a diagnosis, etc)

1.
2.
3.

- I'm feeling _____ about starting school this year (e.g., nervous, excited, happy, etc).

- I'm looking forward to _____ this year (e.g., going fishing, seeing my cousins, hockey, Christmas holidays, etc).

- I want you to know that...

- It would be great if...

- The best way to reach my parent(s)/caregiver(s) is...

My parent(s)/caregiver(s) are happy to help with anything that isn't working, so that I can be the best person I can be.

Thank you.

