

One Page Profile

My name is: X

DOB:



How best to support me/how I communicate:

- I find it hard to see, please make sure I am by the board/front of the class or have a copy of the book and have a buddy in the playground.
- I need to feel in control – please give me choices and NOW and THEN.
- I am very sensitive to noise, smell, and taste, I may need help at lunchtimes and like to eat alone.
- Please warn me about loud noises and help me with assembly.
- I like routine and feeling safe. I need a visual timetable.
- My soft toys – I might need to cuddle one at school.
- I get angry sometimes when I feel scared, overwhelmed, or do not get my own way. This is because I need to feel control. Please be sensitive to this and keep calm with me.
- Please use social stories with me.
- I find it hard to talk about and understand my feelings. Please help me learn feeling words by reading books about feelings and giving me vocabulary and time to learn how I'm feeling.

What people like and admire about me:

- I am funny and make people laugh
- I am clever
- I am a leader and very confident
- I can understand people's faces and how they might be feeling
- I am affectionate and like a cuddle
- I have a good memory and can remember routines and changes to routines

My likes & dislikes/what is important to me:

- I love animals and nature
- My books about feelings
- Octonauts – they are my favourite show
- Music – I love listening to music

Things people may need to know about me:

- I like quiet. Sometimes I take myself off to a quiet place to be alone
- I may shout and say I don't like you. Please be calm and talk to me about why I am feeling angry and what to say. I might throw or hit out. Please stay calm and talk to me. Give me a timer for timeout and explain what I did wrong and what to do next time.

