


# All About Me




Photo	<b>Name:</b>
	<b>Key relationships:</b>
	<b>My hopes and dreams/ aspirations:</b>
	<b>Key areas I like about school:</b>

<b>My Main Concerns / worries:</b>	
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<b>Key supports help me feel regulated:</b> 	<ul style="list-style-type: none"><li>✓</li><li>✓</li><li>✓</li><li>✓</li><li>✓</li><li>✓</li><li>✓</li></ul>
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<b>Key supports help me engage and learn:</b> 	<ul style="list-style-type: none"><li>✓</li><li>✓</li><li>✓</li><li>✓</li><li>✓</li><li>✓</li></ul>
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# All About Me *(continued)*

<b>What causes me stress</b> 	<b>How I try and cope</b>	<b>How others can help</b>
<i>E.G. Loud noises</i>	<i>I use fidget toys or walk out of the room.</i>	<i>Warn me before loud noises.                      Make sure ear defenders are available                      Make sure fidget toys are available                      Give me time to recover.</i>

<p><b>My sensory differences:</b></p> 	
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<p><b>My strengths and skills:</b></p>	<p> <b>My passionate (special) interests:</b></p>
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# All About Me *(continued)*



## My School Day

Please complete this checklist:

How confident I feel about: (1=not at all; 4= Great)	Pupil	Parent	Comment (e.g. what would help me?)
Going to and from school			
Transitions – at the start and end of the day and between lessons			
Break times and lunch times			
Finding my way about (without getting lost)			
Managing assemblies			
Homework			
Friendships			
Teacher Relationships			
Changes in school routines (e.g. for school photos, house matches, school trips, cover teachers etc.)			

## My lessons

<b>Lessons that are going well</b> (at a '4') <i>Write the lesson title:</i>			
<b>Lessons that are not going well</b> (at a '1') <i>Write the lesson title:</i>			



## Current strategies and supports during the school day

*What strategies and support are currently in place in school that you find helpful and that you would like to tell secondary school about?*

For example, using fiddle toys, ELSA/social skills sessions, Homework Club, sensory snacks, movement breaks, time out, traffic lights cards, safe space, meet and greet, 5 point Scale and so on. Please describe below. You may need to talk to school for further information on the strategies they are currently using in school.

## Anything else?

Add anything else you would like to tell Secondary School here: