



Let Me Tell You About Me



Name: _____ Date of Birth: _____

Parent's Name: _____

Phone numbers: (Home) _____
(Mom Cell) _____
(Dad Cell) _____

1. I am really good at:
2. I really LOVE to do:
3. I really DO NOT like to:
4. I might need extra help with:
5. You will know I am frustrated when:
6. This is what you can do to calm me down when I am frustrated:
7. This will make me laugh:
8. This strategy works when I need to change my behavior (i.e. cool down break, time-out, 123 Magic, etc.):
9. I would also like you to know: