

Place
Your
Child's
Picture
Here

“All About ME”

Hi! My name is

I am _____ years old



Designed and Produced by :

TNSTEP (Special Education Support for Tennessee Families)

www.tnstep.org

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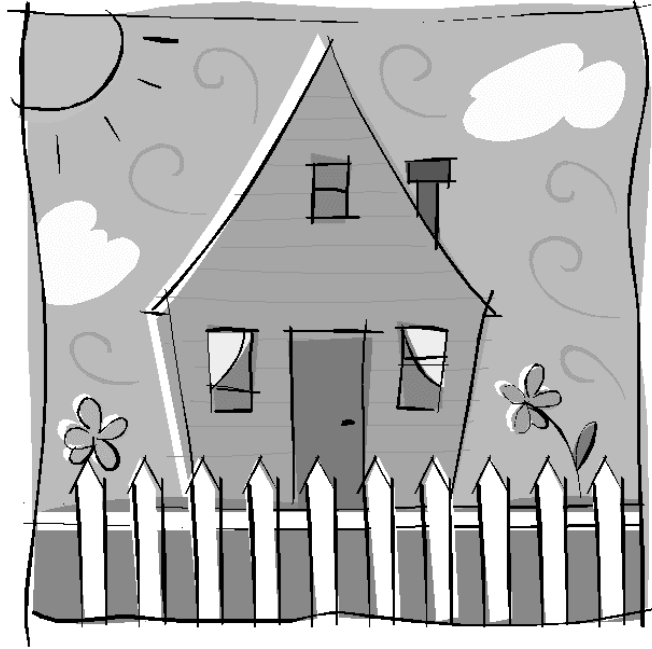
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Tennessee State Improvement Grant www.tnspdg.com

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My Personal Information



My Address:

My Phone Number

Special Equipment & Supplies

Here is a list of special things I will need to use at school.
If you have any questions about how to use or care for
these, please call my family. Thanks!



Mobility Devices:

☐

Wheelchair

☐

☐

Walker

☐

Seating Assistance:

☐

Rifton Chair

☐

Feeding Equipment:

☐

Plate with suction

☐

Adapted Cup

☐

Adapted spoon

☐

Auditory Needs:

☐

Hearing Aids

☐

FM Devices

☐

Amplification System

☐

Visual Aids:

☐

Large Print

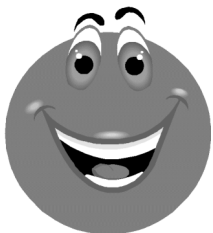
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Braille Materials

☐

Glasses

☐



Things That Make Me HAPPY!!

_____ I like it when people smile at me and tell me that I've worked very hard and done a good job!

_____ I like to be rewarded with _____ when I have done well or followed the rules.

_____ I like hugs! You can give me a hug and tell me how good I am doing!

_____ I like stickers and ink stamps. When you put one on my hand it reminds me that I can do well...and just did!

Here are some other things I like very much. You can use them to make me happy and let me know when I have done well!

_____ Music _____ Computer time

_____ Stories on tape, or being read to

Other things that make me happy!

When I am "Not-So-Happy"

Here are some hints on what to do when I'm not happy

When I am having trouble sitting still, try this:

If I don't pay attention when you try to show or tell me something you can:

When I am unhappy, I might act like this:

Here are some suggestions that work for my parents when I'm not happy:



Remember that sometimes my behavior is my only way to communicate.

If I'm getting sick I might:_____

If I don't understand, I might:_____

If I am overwhelmed by sounds, I might:_____

Other Good Ideas:

ALLERGIES

This section will tell you about:

- *What I am allergic to
- *How I react when I get near these things
- *Ways you can help me feel better



I am allergic to: _____

This is how I react: _____

☐

My eyes water

☐

I sneeze

☐

I have difficulty Breathing

☐

I break out in a rash

☐

My behavior may change

☐

I am allergic to: _____

This is how I react: _____

☐

My eyes water

☐

I sneeze

☐

I have difficulty Breathing

☐

I break out in a rash

☐

My behavior may change

☐

I am allergic to: _____

This is how I react: _____

☐

My eyes water

☐

I sneeze

☐

I have difficulty Breathing

☐

I break out in a rash

☐

My behavior may change

☐

If I have an allergic reaction, you can help me by:

SPECIAL SERVICES

Here is a list of services I receive. You may talk to my parents if you would like to find out more. You might be able to arrange with my parents to talk to my therapist. Practicing these skills throughout the day will help me master the skills more quickly. Some of these can be done in the classroom.

I am receiving:

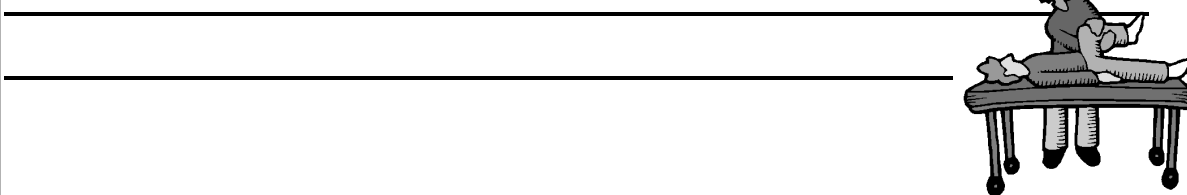
- ☐ Physical therapy from _____
- ☐ Occupational therapy from _____
- ☐ Speech therapy from _____
- ☐ _____
- ☐ _____
- ☐ _____

Please be aware of these important nutritional needs:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Transportation Needs:

- ☐ I get to school by _____
- ☐ I feel secure and am safe to ride if: _____
- ☐ You also need to know these things: _____





MEDICATIONS



CAUTION! I AM ALLERGIC TO: _____

These are the medications I take:

Name of medicine: _____

Prescribing Doctor and phone #: _____

Reason for Taking Medication: _____

Dosage: _____ When Given: _____

How Given: _____

Side Effects/Special Comments: _____

Name of medicine: _____

Prescribing Doctor and phone #: _____

Reason for Taking Medication: _____

Dosage: _____ When Given: _____

How Given: _____

Side Effects/Special Comments: _____

Name of medicine: _____

Prescribing Doctor and phone #: _____

Reason for Taking Medication: _____

Dosage: _____ When Given: _____

How Given: _____

Side Effects/Special Comments: _____

IMPORTANT PEOPLE IN MY LIFE!



These are people who live with me and/or take care of me and other people that are important to me!

My mom's name is: _____

My dad's name is: _____

My brothers and sisters are:

_____	Age: _____
_____	Age: _____
_____	Age: _____
_____	Age: _____

Other people that are special to me:

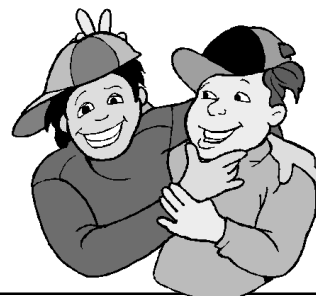
Name: _____ Relationship: _____

Name: _____ Relationship: _____

Name: _____ Relationship: _____

Name: _____ Relationship: _____

I like to hang out with my friends:





IMPORTANT PHONE NUMBERS

My family and friends know many special, important things about me. Here is a list of people to contact if you need more information about such thing as:

- * my medications
- * my allergies
- how to talk to me
- * how to lift or carry me
- * how to feed me

PLEASE REMEMBER TO ASK MY PARENTS FOR PERMISSION
TO TALK TO OTHERS ABOUT ME!

Name: _____

What they do for me: _____

Address: _____

Phone Number: _____
.....

Name: _____

What they do for me: _____

Address: _____

Phone Number: _____
.....

Name: _____

What they do for me: _____

Address: _____

Phone Number: _____
.....

Name: _____

What they do for me: _____

Address: _____

Phone Number: _____
.....

Name: _____

What they do for me: _____

Address: _____

Phone Number: _____

My Favorite Things To Do... and Things I Don't Like to Do....



I really like to:

☐

read

☐

be a helper

☐

listen to music

☐

☐

draw

☐

I also like to:

☐

Play basketball/sports

☐

☐

Build things

☐

☐



My Favorite Games and Toys:

_____	_____
_____	_____
_____	_____

I don't like:

☐

Loud Games

☐

Messy Activities

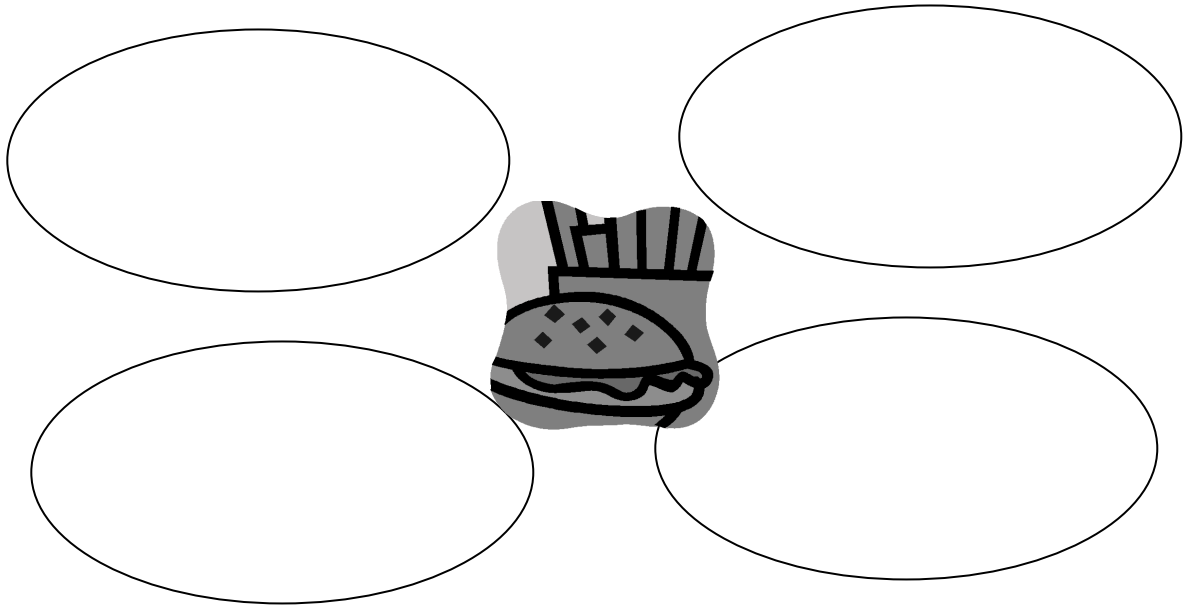
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FAVORITE FOODS:

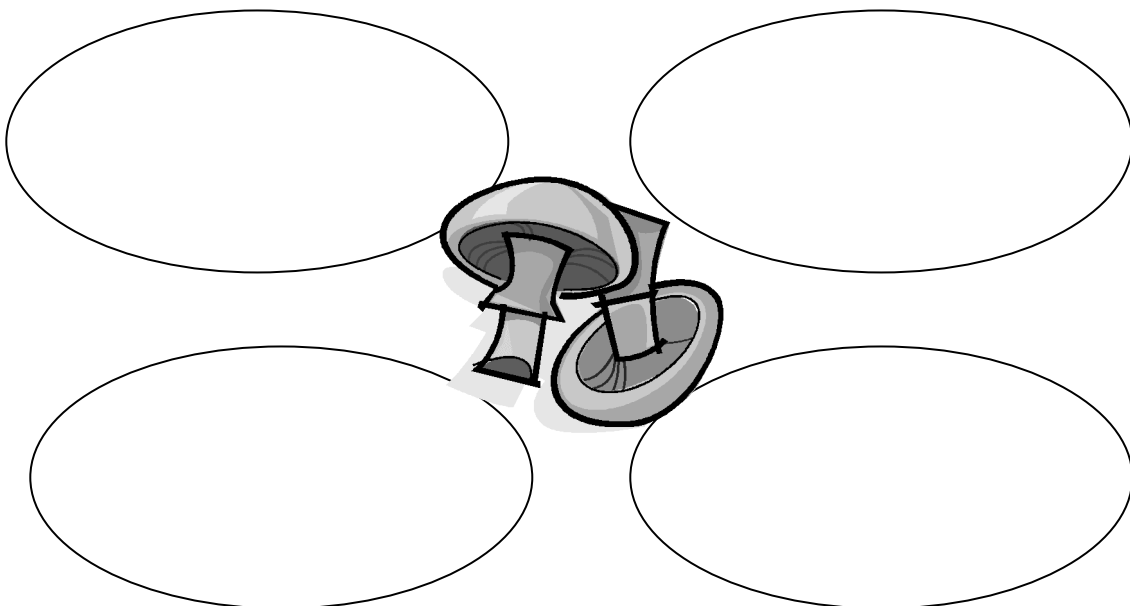
I really love these foods:



A central illustration of a hamburger with a grill top, surrounded by four empty ovals for writing favorite foods.

NOT-SO-FAVORITE FOODS:

These foods make me say "YUCK."



A central illustration of two mushrooms, surrounded by four empty ovals for writing not-so-favorite foods.

COMMUNICATION

I let you know what I need:

☐

verbally

☐

with pictures

☐

mixture of words and gestures

☐

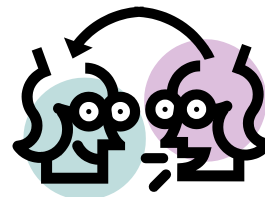
with a communication device

☐

signing

☐

Other _____



Some important words I know are:

_____	_____
_____	_____
_____	_____

I would like to work on:

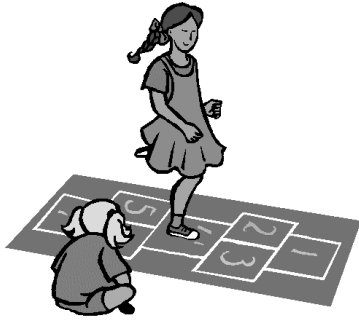
- ◇ having confidence in myself
- ◇ expressing my wants and needs
- ◇ using new words
- ◇ talking in complete sentences
- ◇ taking turns in conversation
- ◇ matching pictures and words
- ◇ _____

I can do these things by myself:
(I might need a little help)

When I do this:	You can help me by:
Wash my face	
Feed myself	
Drink from a cup	
Use the bathroom	
Put my clothes/jacket on	

Other important notes:





SOCIAL SKILLS

Here is some information so you will
know a little more about me!

1. When I am around new people, I —

_____ am shy or afraid

_____ am curious to meet them

2. I like to play —

_____ all by myself

_____ with one friend

_____ with several friends

3. I take turns and give up things —

_____ never (this is hard for me)

_____ sometimes

_____ most of the time

4. You can help me feel included by —

_____ recognizing me when I am engaged in an activity

_____ discretely prompting and assisting me if you notice I'm
not participating appropriately

_____ pairing me with a peer buddy for activities

Please help me to learn how to get better at:

_____ getting along with others (taking turns, sharing, listening)

_____ using my voice properly (not yelling, not interrupting)

How You Can Help My Family

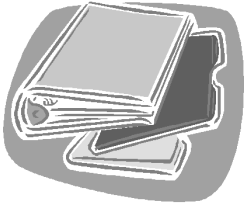
It is important to my family to learn how you are helping me at school and to learn from my teachers and therapists ways to help me at home. Working together is a great thing!

- Ask my family to visit my school/classroom to meet my teachers and friends
- Give ideas on how they can help me to learn at home
Suggest books and videos
- Let my family know when I am doing well
- Be sure to tell my family if there are problems so that you can work together to fix things before they become big
- _____

Other things that we would like you to know:



Please tell my family about events and extra activities that are going on at the school at night and on the weekends. They want to let me participate, but I am not always able to tell them about what is happening at school!



Other ideas about how I learn:

☐

Through Hearing

☐

Through touch

☐

Through Sight

☐

Through movement



If there is an emergency while I am at school,
please call someone from the list below.

Please call in the order the names are listed.

Thank You!

Name: _____

Relationship: _____

Numbers: _____

Name: _____

Relationship: _____

Numbers: _____

Name: _____

Relationship: _____

Numbers: _____



To request additional copies of this booklet, please contact: TNSTEP's Information Coordinator at 800.280.7837 or email at information@tnstep.org.

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