

ALL ABOUT ME

A personalized tool to understanding strengths, needs, and supports.

Every child is unique, and understanding what makes them *them* can make all the difference.

All About Me helps families capture their child's strengths, interests,, preferences, and individualized supports, and share them with the teachers, paraprofessionals, therapists, and other important people in their child's life.

Make It Personal

Many pages are included twice so you and your child can each share what you notice works best. Use this book to document the strategies and supports that help your child regulate, connect, learn, and thrive.

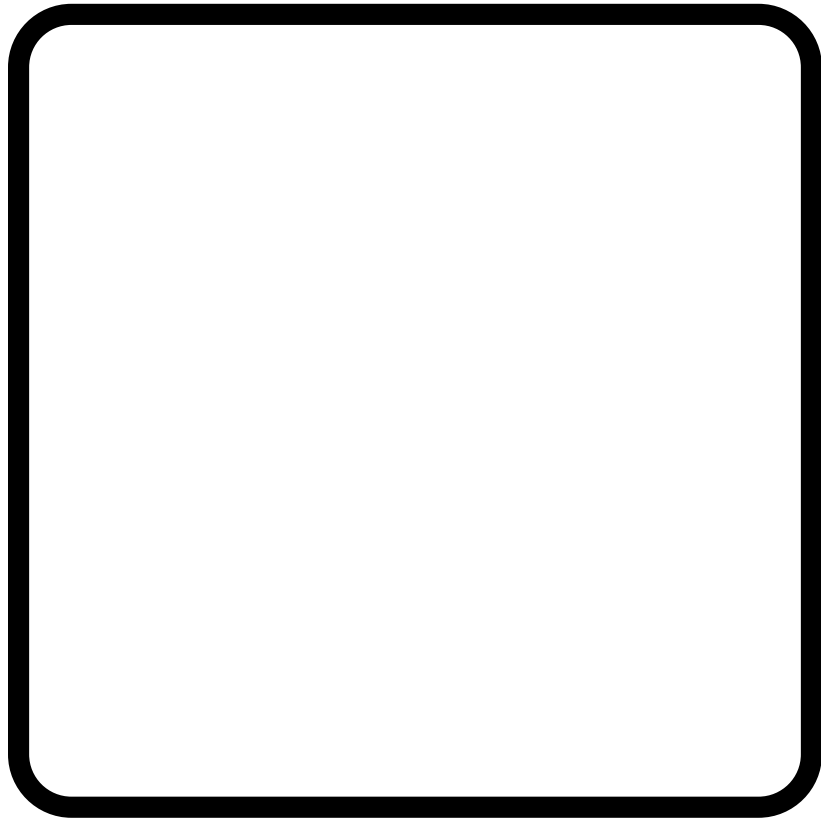
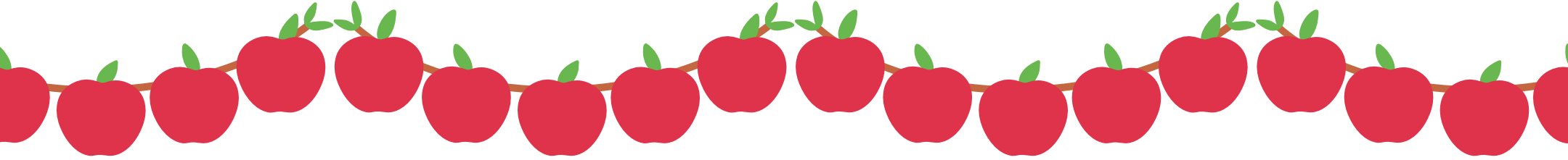
There are no right or wrong answers, and this resource can be used with any child, with or without a diagnosis.

Created by Shine Behavior Consulting

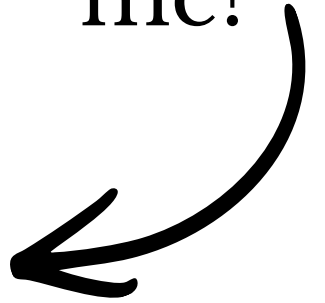
Shine Behavior Consulting supports neurodivergent individuals and their families with functional communication, emotion regulation, and meaningful relationship building. We believe individualized support starts with **understanding the whole person.**

ALL
ABOUT
ME

(my name)



That's
me!



My name: _____

My birthday: _____

**People in my
family:** _____

My pet(s): _____



My Favortie Things!

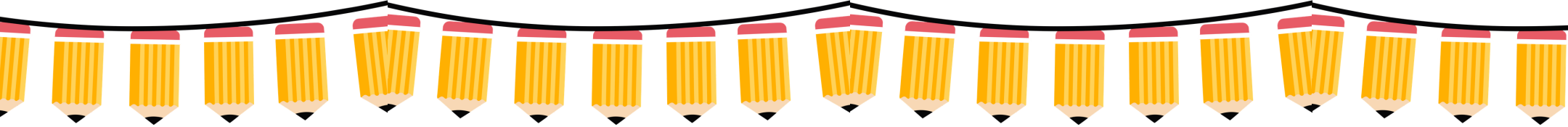
My Favorite Color: _____

**My Favorite
Animals:** _____

My Favorite Movies: _____

My Favorite Games: _____

My Favorite Songs: _____



Things That Make Me Smile:

**Some things I'm
good at:** _____



How I Learn Best:

- ☐ Directions are broken into small steps
- ☐ I can see examples
- ☐ I have extra time
- ☐ I can move around
- ☐ I have visual supports
- ☐ I can ask questions
- ☐ I have time reminders
- ☐ Other ways: _____



How I Learn Best:

☐

☐

☐

☐

☐

☐

☐

☐



Things That Help Me Stay Focused:

☐

Short movement breaks

☐

A quiet workspace

☐

Headphones

☐

A visual schedule/checklist

☐

Extra processing time

☐

Fidgets

☐

Sitting away from distractions

☐

Other ways: _____



Things That Help Me Stay Focused:

☐

☐

☐

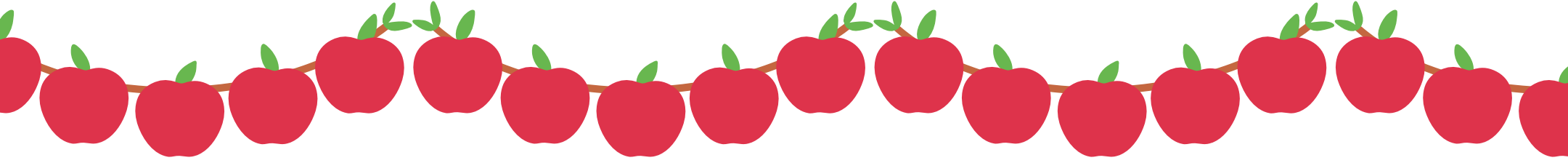
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Things That Make Learning Hard:

☐

The room is too loud

☐

There are too many people talking

☐

Directions change without warning

☐

I'm rushed

☐

There are too many tasks all at once

☐

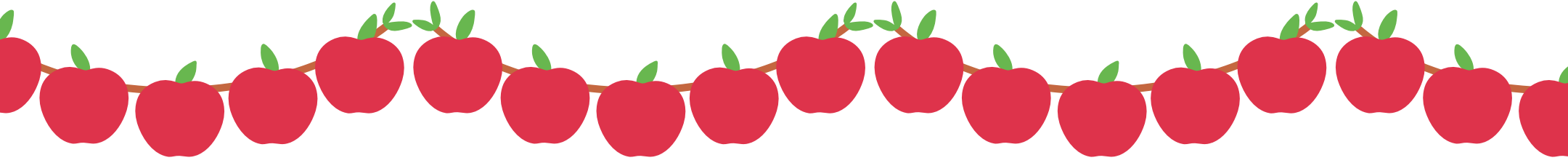
I don't understand what to do

☐

I'm interrupted while concentrating

☐

Other ways: _____



Things That Make Learning Hard:

☐

☐

☐

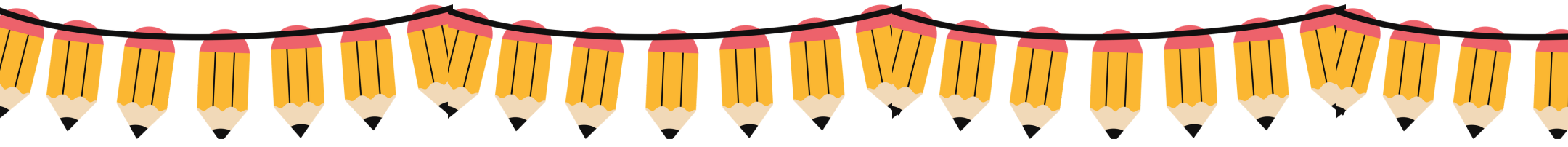
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When I'm Feeling Stressed:

Sometimes you might notice me:

☐

Getting quiet

☐

Fidgeting more

☐

Covering my ears

☐

Walking away

☐

Talking less

☐

Talking more

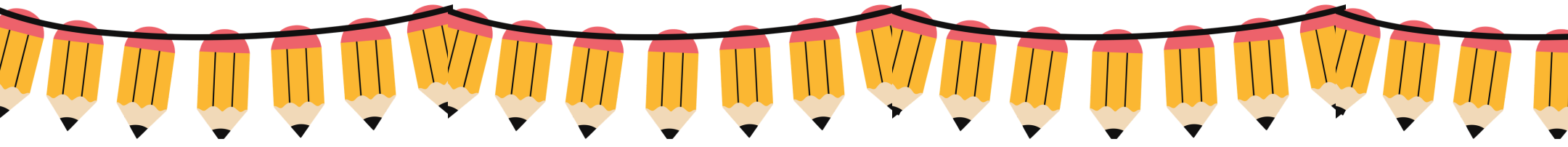
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Having trouble getting started

☐

Other ways: _____

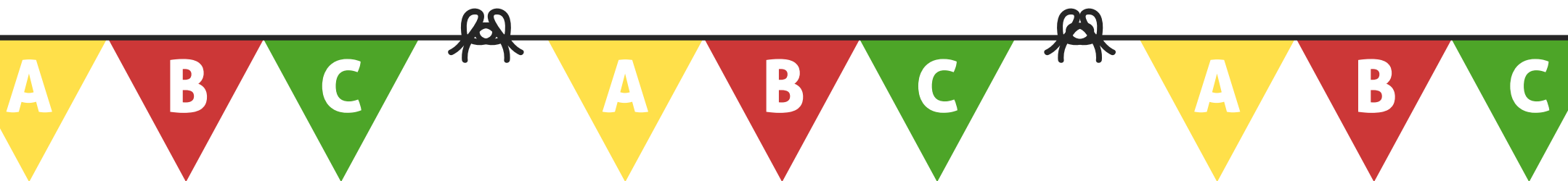




When I'm Feeling Stressed:

Sometimes you might notice me:

☐	
☐	
☐	
☐	
☐	
☐	
☐	
☐	



What Helps Me Feel Better

When I'm overwhelmed, it helps when...

☐

Someone speaks calmly

☐

I have a few minutes to regulate

☐

I know what will happen next

☐

Someone plays a song

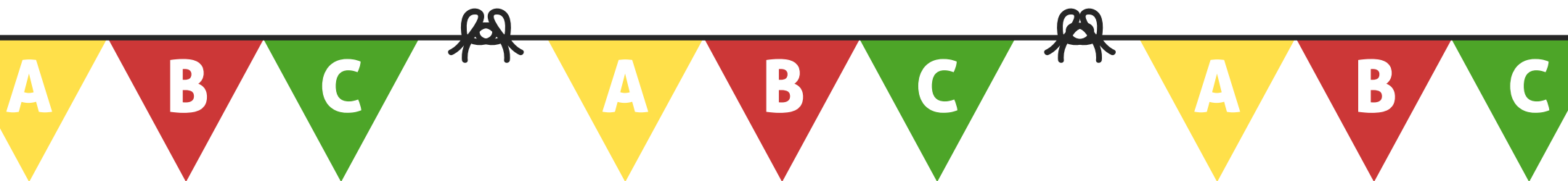
☐

Someone takes deep breaths with me

☐

Other ways:

My favorite chill skills (regulation strategies):



What Helps Me Feel Better

When I'm overwhelmed, it helps when...

☐

☐

☐

☐

☐

☐

My favorite chill skills (regulation strategies):

A decorative border of colorful pencils in various colors (red, orange, yellow, green, blue, purple) surrounds the text. The pencils are arranged in a slightly irregular, hand-drawn style.

HERE'S TO A GREAT YEAR!

thank you for taking the time to get to know me!