

<p style="text-align: center;">About Me</p> <p>My name is ____ I am ____ years old. I attend _____ School</p>	<p style="text-align: center;">[Place for a photo]</p>
<p>To help me learn:</p> <ul style="list-style-type: none"> • Be familiar with my IEP • Give me a chance to prepare for the next lesson by telling me what we are going to do • Email tasks to me or my teacher-aide • allow me to write down all the answers to all your questions • please know that I may take more time than others to process questions, write my thoughts down, and follow all instructions • Make sure I am aware of a safe place to go if I'm overwhelmed and need a moment to decompress • Allow me to use a card or signal system to let you know if I'm not doing well 	<p>The things that I am good at:</p> <ul style="list-style-type: none"> • I know a lot about planes and the aircraft industry • I love maths • I like to research things • I write and illustrate fantasy stories • I like playing football
	<p>If I do get stressed:</p> <ul style="list-style-type: none"> • Allow me to fidget or move as this meets a sensory need • Ask me quietly if I need a short break • Ask me quietly if I want a drink of water, to go to the toilet, or to a place where I can recover • Allow me to focus on things that may allow me to get energy back like reading, drawing or playing
<p>The best way to keep my attention:</p> <ul style="list-style-type: none"> • Seat me on a small table with peers I know well • Try to relate the subject to my interests • Read the communication book between my parents and teachers 	<p>These are signs that I am stressed:</p> <ul style="list-style-type: none"> • I go very quiet • I become disruptive • I start calling out peer names • I walk out of the room
<p>Words to avoid:</p> <ul style="list-style-type: none"> • Metaphors, sarcasm, and statements that could have more than one meaning • Giving me multiple instructions all at once. You can support me by having these written as well • Saying things in a cross or harsh tone 	<p>Lunch Breaks:</p> <ul style="list-style-type: none"> • I need to have access to the student support recreational area so that I can be alone if needed • I can do better in afternoon sessions if I have a chance to manage anxiety during the day
<p>If I have to work in a group:</p> <ul style="list-style-type: none"> • Let me know ahead of the lesson • Let me know the task we are going to do • Give me a clear role within the group so I can concentrate and take part 	<p>If there's an emergency, please contact:</p> <ul style="list-style-type: none"> - My mum, Jane - Mobile: 021 --- ---- - Email: jane.mum@gmail.com