

# THINGS TO KNOW ABOUT ME

## COMMUNICATION

- ☐ Verbal
- ☐ Pre-verbal
- ☐ Non-verbal

**You can communicate with me best by using:**

- ☐ Simple language with extra time to process the information
- ☐ Pictures
- ☐ Written words
- ☐ Technology



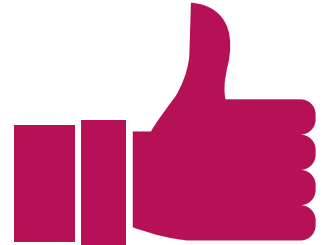
**When I am calm I am able to:**

- ☐ Follow verbal and nonverbal directions
- ☐ Use visuals to help follow directions
- ☐ Indicate my likes and dislikes
- ☐ Request what I want or need

## STRENGTHS

**I'm really good at or I really like:**

- ☐ Sports
- ☐ Music
- ☐ Movement
- ☐ Video Games
- ☐ Art
- ☐ Other: \_\_\_\_\_



## CHALLENGES

**I have challenges with:**

- ☐ Self-regulation
- ☐ Yelling or swearing
- ☐ Wandering or running away
- ☐ Aggressive behavior
- ☐ Self-injurious behavior
- ☐ Spitting
- ☐ Repetitive rituals
- ☐ Maintaining personal space
- ☐ Other: \_\_\_\_\_

## WHEN I AM UPSET YOU CAN HELP BY:

- ☐ Increasing space
- ☐ Offering choices (visually)
- ☐ Using visuals, written words, or pictures
- ☐ Reducing language (including stop talking)

- ☐ Reducing demands
- ☐ Offering a break or fidgets
- ☐ Other: \_\_\_\_\_

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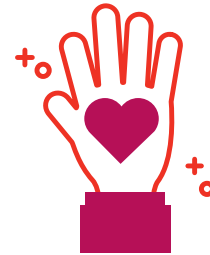
## Likes & Special Interests



## TRIGGERS



## SENSORY CHALLENGES



## HELPFUL TOOLS

**For more information contact:**



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