

My Pen Picture

Full name: *(also include nickname or preference)*

Age:

Birthday: *(so we can celebrate with you!)*

Photo of me!
*Headshot if you
have one, if not
we can take &
attach one.*

My strengths and interests... *(What I like and enjoy doing, what is important to me, what I'm good at)*

I need you to know... *(Include anything about my health, well-being and behaviour e.g. anything I find difficult, any dislikes, any worries, what to avoid, ways of communication)*

How you can help me... *(Ways in which you can keep me safe and support me with situations or feelings. How you can help me keep calm, make decisions and engage me in activity. Any DO's & DON'T's)*

How I can help myself... *(Strategies/ objects which comfort me/ help me cope when needed)*