



# Things You Need to Know About Me

## My Name is

Dear Teacher: I know the start of the school year can be hectic! I look forward to meeting with you soon about my learning needs. In the meantime, here is some information you might find helpful! I look forward to being in your class this year.

### Strengths, Likes, Interests

I have a lot of strengths and interests. Here are some of them!

### 2 things that are hard

These are two things I have a hard time with:

### Triggers and Warning Signs

These are the things that can trigger me, and what you might see me do when I start struggling:

### My goal for this year

The one thing I would really love to happen for me this year is this:

### Strategies that work for me

These are the most helpful strategies for me when I am having a hard time:

### Parent Info

Parent(s) Name: \_\_\_\_\_

Phone/Email: \_\_\_\_\_

For more information and resources about child, youth and family mental health, please visit:

