



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:

