

Things You Need to Know About Me

My Name is _____

Use this 'cheat sheet' to share the information YOU think is important. You can share this with teachers, counsellors, even staff at community programs - anyone you think might benefit from knowing more about you.

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: _____

