

Insert Photo  
(Doing something YOU love)

## **TEN THINGS ABOUT ME**

Hi, my name is\_\_\_\_\_and I am in your class this year.

I want you to know a little about me.

I'm \_\_\_\_\_(how do you feel) to be in your class because it's new and I don't know what to expect. I may need some time to adjust and then I will feel comfortable. Please don't judge me on my first few weeks. As the time goes by, you will be amazed by the skills you never thought I possessed. As I become familiar with your classroom I will begin to shine.

A great way to speed up this process is letting me know what to expect.

Schedule for the day reduce my anxiety. (written or picture)

Letting me know any changes allows me to prepare.

A five minute warning before a change of activity can help me greatly too.

Other things that may help are (ask your current teacher or parents if you are not sure)

## Here are 10 Things to know about me

1. I really, really good at \_\_\_\_\_

2. I absolutely **LOVE** doing \_\_\_\_\_

3. I absolutely **HATE** doing \_\_\_\_\_

4. My best subjects and strong areas \_\_\_\_\_  
\_\_\_\_\_

5. My worst subjects that I need a lot of extra help with \_\_\_\_\_  
\_\_\_\_\_

6. When I'm getting frustrated, I often? (share signs so teachers can help you)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. What can you do to calm me down before the storm hits \_\_\_\_\_  
\_\_\_\_\_

8. Too late! The storm hit! Sometimes what you do to calm me down \_\_\_\_\_  
\_\_\_\_\_

9. What strategies work really well to get me to do something I don't want to do  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. A few sensory issues you might like to know about me are \_\_\_\_\_  
\_\_\_\_\_

Anything else you would like your new teacher to know. (For example = Your friends, Where you like to sit, Do you prefer teacher selects who you work with or choose yourself)