

Some things about me I need you to know...

Name _____

My favorite thing in the whole world is _____

One thing I don't like very much is _____

My favorite thing to smell is _____

because it makes me feel _____

My favorite thing to see is _____

because it makes me feel _____

My favorite thing to touch is _____

because it makes me feel _____

My favorite thing to taste is _____

because it makes me feel _____

My favorite thing to hear is _____

because it makes me feel _____

My favorite part of the day is _____

My least favorite part of the day is _____

Something I need to happen every day is _____

because _____

Something that makes me upset is _____.

This is what it looks like when I flip my lid: _____

This is how it feels in my body when I am about to flip my lid: _____

One thing I do to calm down is _____.

If I am upset, I need someone to use the words _____

and say it in a _____ voice.

If I am upset, I need someone to first _____, then _____.

Some people that make me feel safe are _____.

If I am upset, I definitely don't want you to _____.