

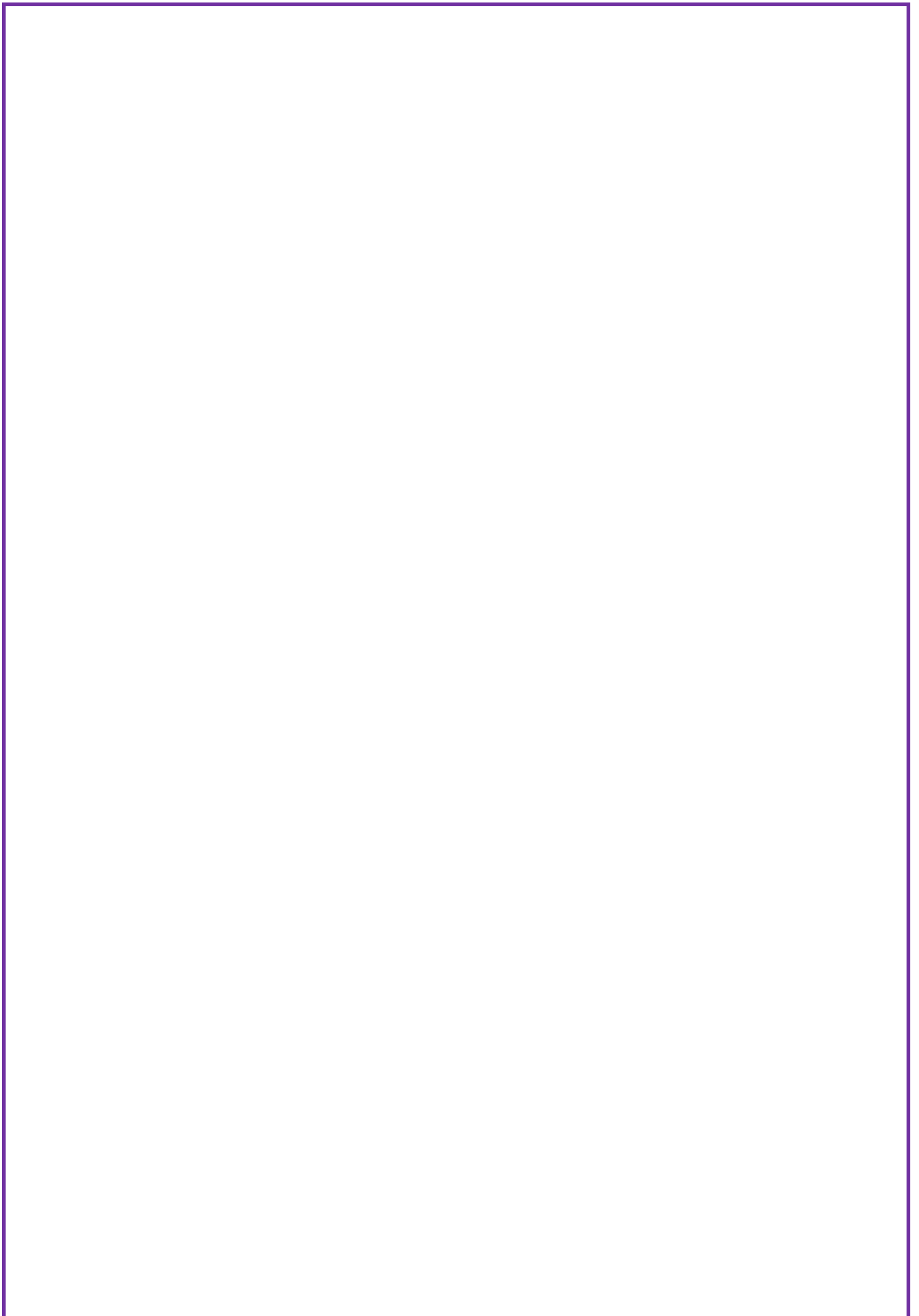


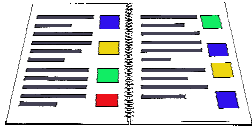
My Name is -----
This book is
"All About Me"

Choose colours

Picture here

A large, empty rectangular box with a light purple-to-pink gradient background, intended for a child to draw a picture of themselves.





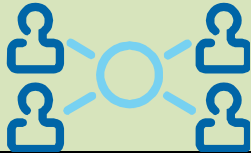
Contents list

Picture here

All about me



My home



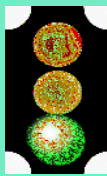
Important People



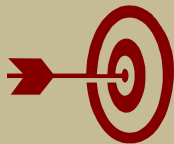
My likes and dislikes



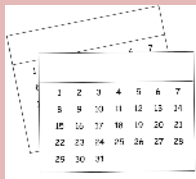
How I communicate



Staying healthy & safe



My aims for the future



A week in my life

All About Me

Picture here

I am.....



I am ..yrs old

My birthday is on.....

Picture here

I am(how does the person describe themselves)

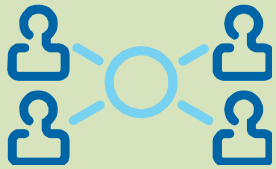
Picture here

I live in a place called



My Home

Picture here	This is the road where I live it is called....
Picture here	This is my house. It is number.....
Picture here	When you are in my house please.....(do/do not)
Picture here	When you are in my house please.....(do/do not)



Important people

Picture here	This is my..... (family)
Picture here	This is??
Picture here	This is(friends)
Picture here	This is.....(other person/people)



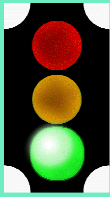
My likes and dislikes

Picture here	I love.....
Picture here	My favourite places /things are.....
Picture here	I don't like.....
Picture here	It scares me/makes me anxious when..... Please support me by.....



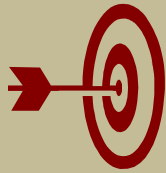
How I communicate

Picture here	I communicate by.....
Picture here	When I am happy or pleased I
Picture here	When I am sad or worried I.....
Picture here	Please help me to communicate by.....



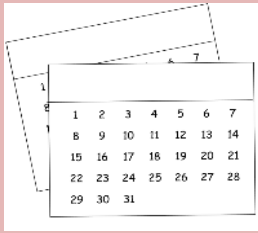
Staying Healthy & Safe

Picture here	I need support with.....(medication, health care tasks)
Picture here	I need support to.....(Diet/menu planning) When I go shopping.....
Picture here	At home I need..... I am learning.....
Picture here	When I'm out
	When I go to College/work.....



Learning and development

Picture here	I am learning to..... Please help me by.....
Picture here	I also need support..... Please help me by.....
Picture here	I have already learnt to.....
Picture here	I would like to learn..... I would like to try.....



A week in my life

Regular activities

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Monday

Picture here	Early morning - getting up and getting ready
Picture here	Daytime - going out, activities, lunch
Picture here	Evening - arriving home and tea time
Picture here	Night time - going to bed

Tuesday

Picture here	Early morning - getting up and getting ready
Picture here	Daytime - going out, activities, lunch
Picture here	Evening - arriving home and tea time
Picture here	Night time - going to bed

Wednesday

Picture here	Early morning - getting up and getting ready
Picture here	Daytime - going out, activities, lunch
Picture here	Evening - arriving home and tea time
Picture here	Night time - going to bed

Thursday

Picture here	Early morning - getting up and getting ready
Picture here	Daytime - going out, activities, lunch
Picture here	Evening - arriving home and tea time
Picture here	Night time - going to bed

Friday

Picture here	Early morning - getting up and getting ready
Picture here	Daytime - going out, activities, lunch
Picture here	Evening - arriving home and tea time
Picture here	Night time - going to bed

Saturday

Picture here	Early morning - getting up and getting ready
Picture here	Daytime - going out, activities, lunch
Picture here	Evening - arriving home and tea time
Picture here	Night time - going to bed

Sunday

Picture here	Early morning - getting up and getting ready
Picture here	Daytime - going out, activities, lunch
Picture here	Evening - arriving home and tea time
Picture here	Night time - going to bed

My morning routine - Monday to Friday

Picture here	Getting up
Picture here	Getting ready
Picture here	Breakfast

My morning routine - Saturday & Sunday

Picture here	Getting up
Picture here	Getting ready
Picture here	Breakfast

My daytime activities - Monday to Friday

Picture here	Morning
Picture here	Lunch
Picture here	Afternoon

My daytime activities - Saturday & Sunday

Picture here	Morning
Picture here	Lunch
Picture here	Afternoon

Evening time - Monday to Friday

Picture here	Coming home
Picture here	Tea
Picture here	Evening

Evening Time - Saturday & Sunday

Picture here	Coming home
Picture here	Tea
Picture here	Evening

Night time - Monday to Friday

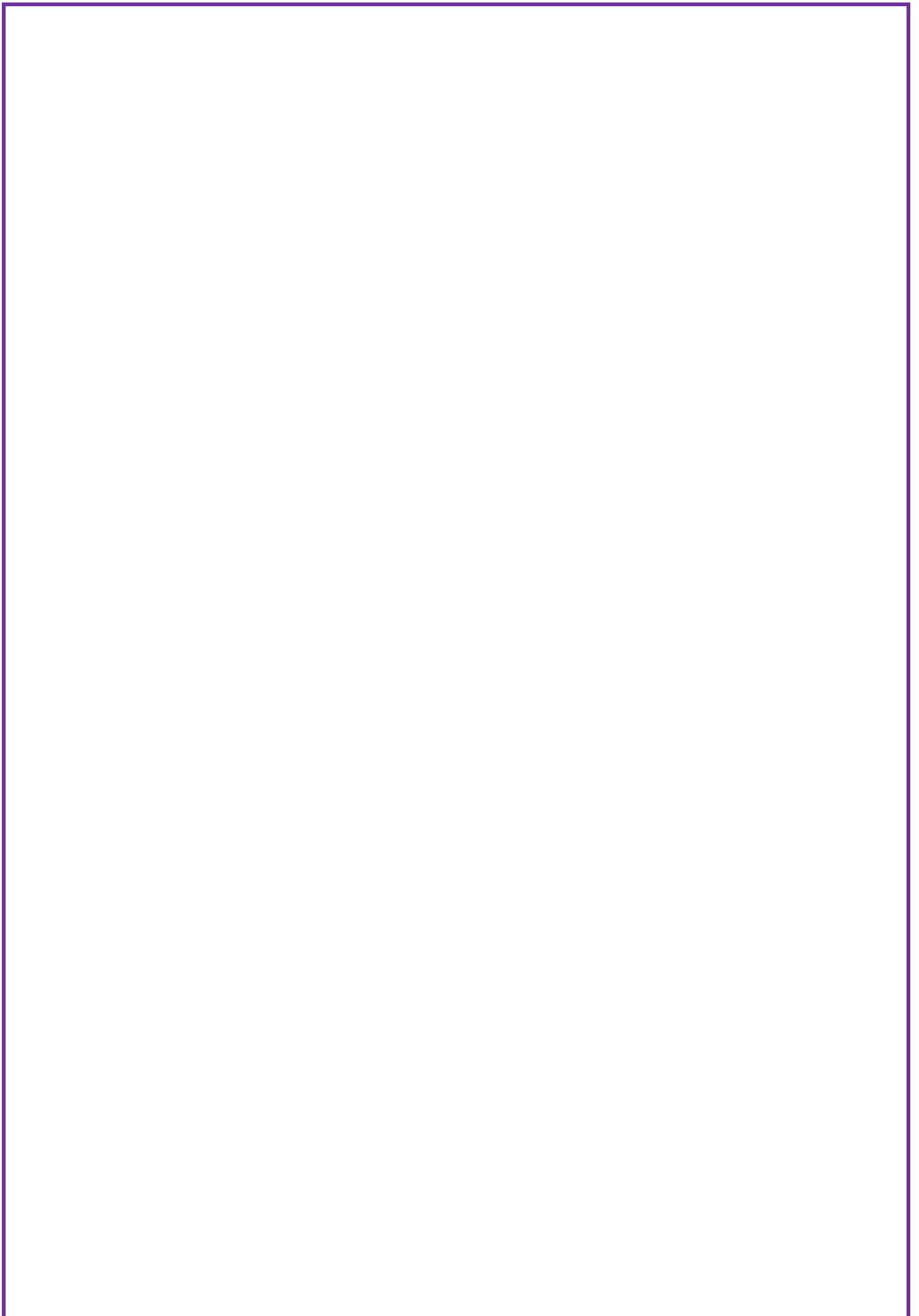
Picture here	Getting ready for bed
Picture here	Going to bed
Picture here	Overnight

Night Time - Saturday & Sunday

Picture here	Getting ready for bed
Picture here	Going to bed
Picture here	Overnight

My special events

January	February	March
April	May	June
July	August	September
October	November	December



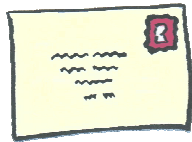
Please ensure this guide is kept up to date by contacting the Learning Disability Coordinator to report any changes on:



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