

All about

me

How I feel

What I think

NAME _____

AGE _____

PICTURE

Great
stuff

Tough stuff

Things I need

My goals

Everything
else...

All about...

you!

We would like you to tell us all about you.

We want to know what your life is like, so that the people working with you can work out the best way to help you.

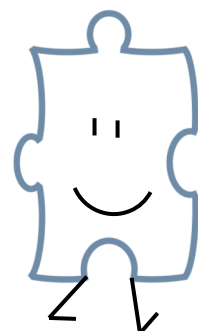
If you look at the next few pages, there are some questions and ideas that should help you to know what to tell us about.

You don't have to answer all the questions if you don't want to.

You can also choose how you would like to tell us about your life:

- you could write about it
- you could type it
- you could tell somebody who can write or type for you
- you could draw pictures
- you could even make a video about it

it's up to you!



Let's get started...



Me

Name:

D.O.B:

School:

Address:

Parent/Carer details:

Date 'All About Me' completed:

It would be helpful to share what you say with the people working with you and your family, parents or carers but if there is anybody who you don't want this shared with then tell us that here.

Great stuff

- * Think about the things in a day that work out really well for you.
- * Tell us what makes them work out so great and why it's good for them to happen.
- * Remember to also tell us about the things you're great at without any help.

Tough stuff

- * Think about the things in a day that don't work out so well.
- * Tell us what makes your day difficult and why that is tough for you.
- * Tell us the reasons things get so tough sometimes.
- * Remember to tell us if there are things that would help to make your day less difficult.

How I feel

Like:

- * Tell us about the things you like.
- * What's your favourite thing to do?
- * Remember to tell us why you like these things.

Don't like:

- * Tell us about the things you don't like.
- * Remember to tell us why you don't like these things.

How would somebody know how you feel?

- * Tell us how you show that you're happy about something you're doing?
- * Can you also tell us how you show that you're not happy about something you're doing?

What I think

Thinking

- * Tell us how somebody would know what you're thinking.
- * Do you say what you're thinking or do you show it in other ways?
- * Do you find it easy or hard to let somebody know what you think?

Choosing

- * Tell us how you make choices and decisions.
- * Do you find it easy or hard to make choices?

What helps?

- Remember to explain if you need help to let somebody know what you're thinking or if you need help to make choices and decisions.

Things I need

Needing

- * Tell us what you need to help you be happy.
- * Tell us what you need to help you be healthy.
- * Tell us what you need to help you be safe.
- * Tell us what you need to help you learn.

What helps?

- * What things work well?
- * What things don't work well?
- * Remember to tell us who can help you with these things.

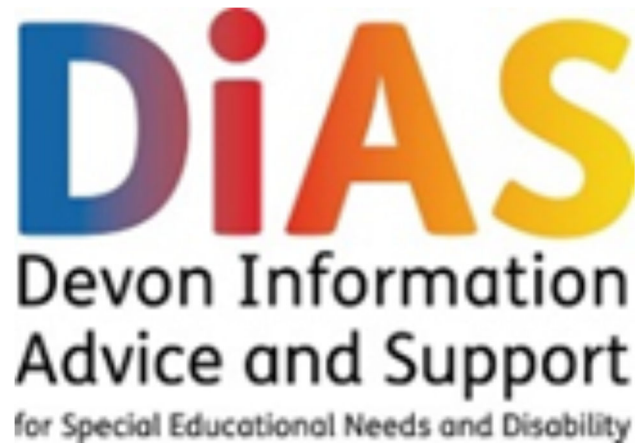
My goals

- * Tell us about the goals you have.
- * What do you want to do now and what do you want to do in the future?
- * How will you know when you've met your goals?
- * What change will this have for you?
- * Remember to tell us why these things are important to you

Everything else

- * Tell us about anything else that you think is important.
- * Remember to tell us about anything you think we should know that you haven't already told us about.

This document has been written and produced by:



Providing information, support and training on Education,
Health and Social Care
to parents and carers of children and young people aged 0-25
with special educational needs and disabilities

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