

All About Me

My name is _____ and here is some information that might be helpful to my new caregivers.

My birth date is _____ which means I am _____ years old.

I have _____ brothers and sisters. Their names and ages are: _____

The last school I attended was _____ and I am in the _____ grade.

Describing myself:

I would describe myself as:

- | | | | |
|---|-----------------------------------|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> friendly | <input type="checkbox"/> quiet | <input type="checkbox"/> artistic | <input type="checkbox"/> talented |
| <input type="checkbox"/> funny | <input type="checkbox"/> loud | <input type="checkbox"/> musical | <input type="checkbox"/> shy |
| <input type="checkbox"/> smart | <input type="checkbox"/> athletic | <input type="checkbox"/> outgoing | <input type="checkbox"/> good looking |
| <input type="checkbox"/> stylish/trendy | <input type="checkbox"/> pretty | <input type="checkbox"/> _____ | |

When I have a problem, here is how I try to handle it:

- | | |
|---|--|
| <input type="checkbox"/> writing in a journal | <input type="checkbox"/> talking to my friends |
| <input type="checkbox"/> thinking by myself | <input type="checkbox"/> talking to a caring adult |
| <input type="checkbox"/> getting angry and being mean | <input type="checkbox"/> talking to my counselor |
| <input type="checkbox"/> going on a run or exercising | <input type="checkbox"/> _____ |

I get angry when _____

It makes me scared when _____

I feel good about myself when _____

Favorites:

Favorite subject at school _____

Least favorite subject at school _____

Favorite kind of music _____ Band: _____

Favorite movie: _____ Book: _____

Things I like to do:

	Love to do	Like to do	Want to learn how
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I have these hobbies: _____

I need some help finding some hobbies.

Living with me:

If it were up to me you would find my room:

Messy

Clean

Somewhere in between

Chores and help around the house that I am pretty good at:

My sleeping habits are:

I usually stay up late and sleep in

I get up early in the morning

I have a hard time sleeping

It helps me get to sleep when _____

My favorite foods are _____

My least favorite foods are _____

Other information I would like you to know about me: