

Connecting
Community for Kids



All About Me Support Booklet



Index

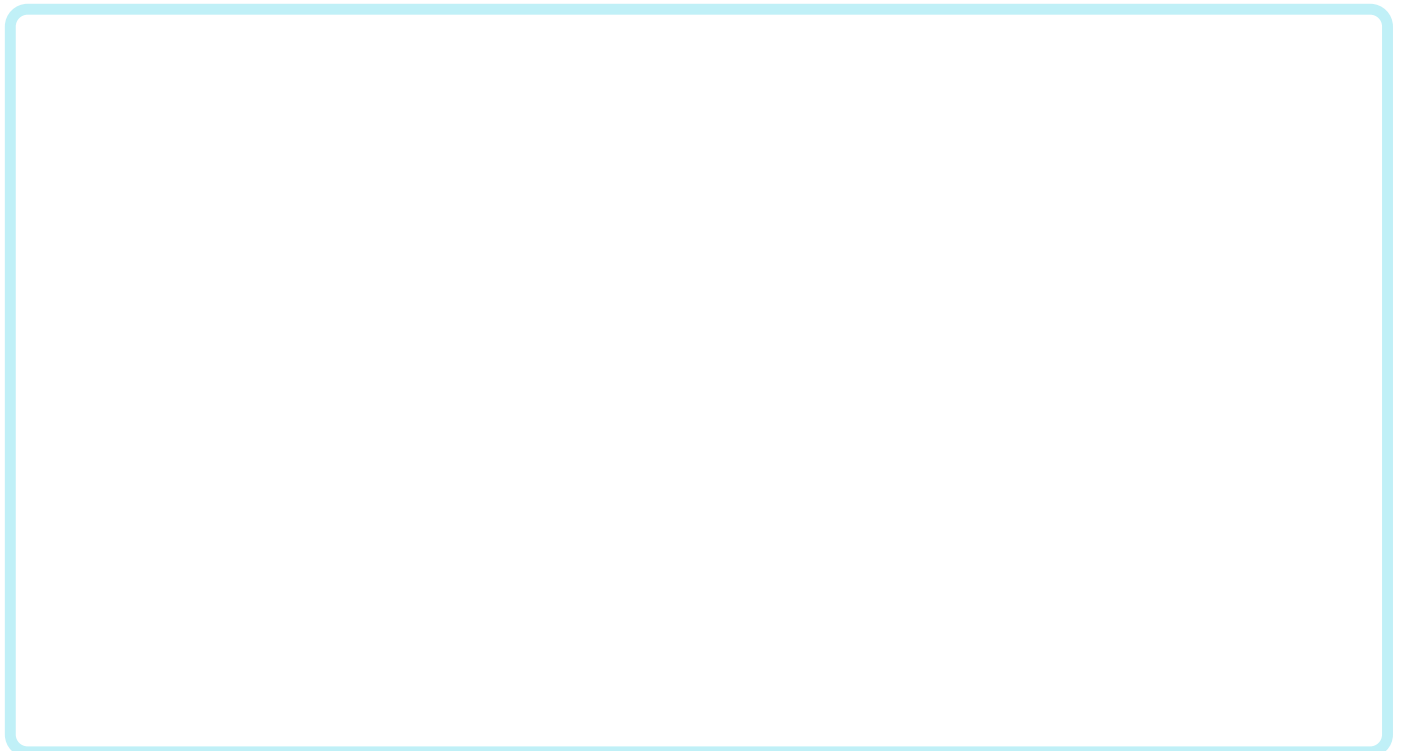
1. All About Me
2. All About My Supports
3. All About My Well-being
4. All About Including Me
5. All About Relationships
6. All About Strategies

All About Me

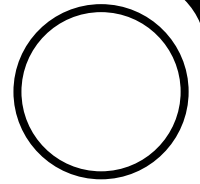
My name is:

I would like you to call me:

Place a picture of yourself in the book below. You can use a photograph, or draw your own portrait. It is also okay to draw something you like, or even leave the space blank.



All About My Supports



This page shares who helps you in different parts of your life.

Who I live with

Name:

Contact:

Name:

Contact:

Name:

Contact:

Education/Work

I learn/work at:

The people that help me are:

Name:

Number:

Name:

Number:

My activities

Activity:

Number:

Contact them when I need

Activity:

Number:

Contact them when I need

My supports

Person:

What they help me with:

Number:

Contact them when I need:

Person:

What they help me with:

Number:

Contact them when I need:

Person:

What they help me with:

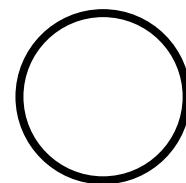
Number:

Contact them when I need:

Other Supports

What they are for:

All About Me



Communication

When I want to say something, I may use:

You can tell when I have had enough when I:

(E.g. walk away, say stop)

Things that may upset me

Eg, Sounds, Textures, Touch, Other:

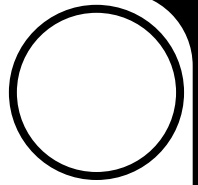
Body

Medical Information

(Eg, disabilities, medical conditions, allergies)

Things that make me happy

All About My Well-being

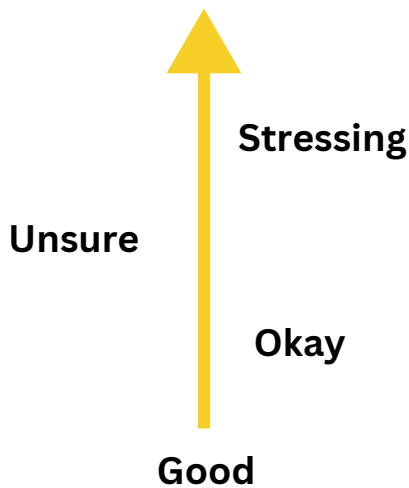


Sometimes I have a lot to cope with, this impacts my mood. If I can't tell you how I feel you could use this page to get me to show you how I feel.

Please use one of the below options to ask me how I am today:



Bigger emotions



Or design your own well-being check.

What can help me change my mood:

Visual things to help me:



Sounds/audio that can help:



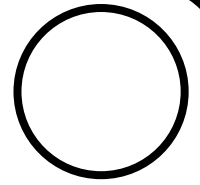
Tactile/physical needs:



Other needs:

Things that DON'T help:

All About My Well-being



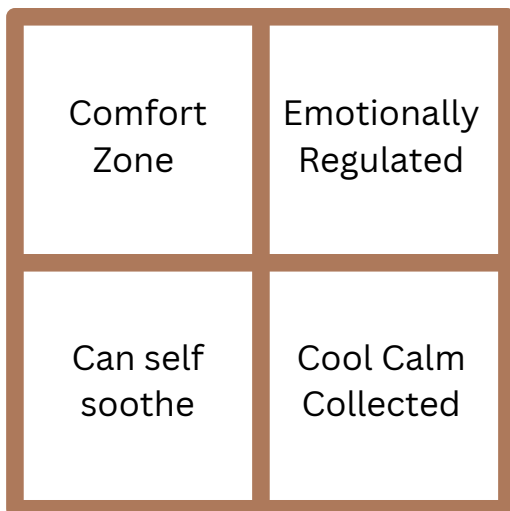
This page uses a window to help explain what you might do when you feel comfortable, upset, or withdrawn. It is called the window of tolerance. When you are in your window of tolerance you are at your best. When you are outside your window of tolerance you may find things harder to do and your emotional harder to control.

Window of Tolerance

Above my Window of Tolerance (hyperactive)

I may feel and show:

- Out of control/disruptive behaviours
- Anxious/increased talking
- Fear or anger.



Below my Window of Tolerance (hypoactive).

I may feel and show:

- Empty/staring
- Disengaged/withdrawn
- Emotional disconnect
- Difficulty speaking

When I am moving outside my window of tolerance,

My eyes may:



My ears may:



Physically I may:

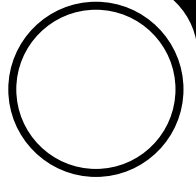


Verbally I may:



Things that may help:

All About Including Me



Take time to understand my strengths and goals as well as what makes me feel included and what makes me feel excluded.

My strengths are:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

My goals are:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Things that make me feel included

(Having somewhere quiet I can go, have a buddy/mentor)

What makes me feel excluded

(Loud noises, people not listening)

My safe environment would

look like



feel like



sound like



other needs



All About Relationships - Example Page

This is an **example** that will help you prepare your own description of how your behaviours may change when you feel tense. It also shows how someone can respond to you to help, and what doesn't help. This page helps others to understand how to help you and stop things from getting worse.

I need help with: not yelling

I am calm and have the ability to focus.

Feeling calm

As things get tense I start to fidget.

Starting to feel on edge

My fidgeting increases and I talk loudly.

On edge

I am now standing and using big arm gestures.

Losing control of emotions

I am yelling now. I can't process things clearly, and I can't process things logically.

Out of control of emotions

What might help me:

It would help if you didn't draw attention to me.

It would help if you got me a drink of water.

You may need to use one of my other strategies or have another person come and support me.

It would help if you told me who I will be working with or who can help me when I feel tense.

What doesn't help:

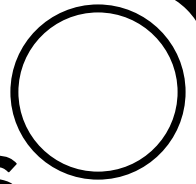
Asking me to stop fidgeting.

Being told suddenly about changes.

People looking at me fidgeting.

People not knowing I can see they are angry with me, but I don't know why.

All About Relationships



This is my own page where I have filled out what changes in my behaviour may look like. It also shows you what helps and what does not help. There is a scale so I can also point to where I am at.

I need help with:

Feeling calm

Starting to feel
on edge

On edge

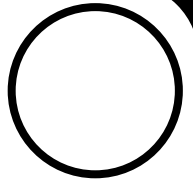
Losing control
of emotions

Out of control
of emotions

What might help me:

What doesn't help:

All About Strategies



Below are images of things that can help me to regulate my emotions. These are only **examples** and there is a page for writing my own.



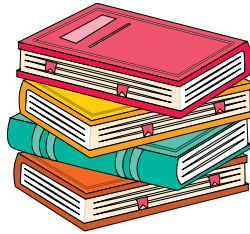
Go for a quick run or play



Breathing exercises



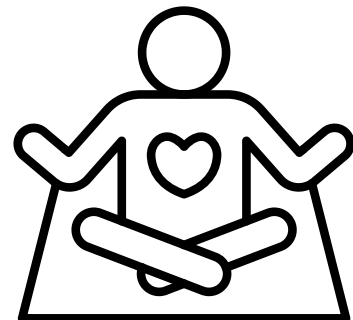
Brief brain break



Fidgets

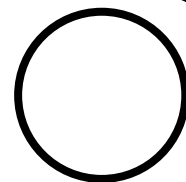


Go to a sensory room or
have my noise cancelling
headphones on



Calming activity

All About Strategies



This is a page where I can draw or write (or both) my own strategies for regulating my emotions.



This book was a joint initiative between CCK and Cerge, and supported by the City of Cockburn.

Connecting
Community for Kids



Supported by

