

COMMUNICATION

I let people know what I want by:
Talking to you, but if I don't know you are there I get cross and might shout

You can help me to understand what you mean by:
Talking slowly and checking I understand

MOBILITY

I move about by:
Relying on people I trust and knowing where I am going. I don't like going far

You can help me by:
Let me choose someone I trust (my friend Tom or my TA)

THINGS I DON'T LIKE

I don't like:
Noise. Reading braille all the time, it makes my fingers sore. Not being with my friends in lessons

I get upset/anxious/angry when:
I am not with my friends but I don't like it when it is too noisy

My Name is

Jack

I am 12 years old

BEHAVIOUR

When I behave like this I am trying to tell you that:
I shout and cry when I am scared. I don't like sudden noises

You can help me feel calm and happy again by:
Taking me somewhere quiet

SELF HELP AND INDEPENDENCE

I need help with:
Too much! I wish I could do more.

You can help me by:
Let me try and don't take over

ACTIVITIES

I like to:
Listen to music, write stories, swim

You can help me by:
Let me listen to music and go swimming every day!