



All about me...

Name:

Three words to describe me...

I like...

Things I want you to know about me...

I don't like...

I am motivated by...

I live with...

Ideas to help me redirect & regulate...

Common phrases at home...

**HELLO
HELLO**

All about me...

Name: *Billy*

Three words to describe me...

Curious, shy, and funny (once you get to know me)

I like...

Reading fantasy books, drawing, playing Minecraft, Uno, and soccer

I don't like...

Trying new foods, when plans change, and getting really hot playing outside

I live with...

With my mom and dad (adoptive), two siblings and my dog, Spot who I love!

Things I want you to know about me...

I spent my first few years in foster care and I moved around a lot. This makes me anxious about unknown things and changing plans.

I am motivated by...

Being encouraged when I work hard and show effort. I like to feel safe and seen by the adults in my life.

Ideas to help me redirect & regulate...

Sometimes my anxiety can cause me to be overstimulated. It helps me to have a chance to take deep breaths, get a drink of water, and be reminded to "find my calm" while I tell you what I'm worried about.

Common phrases at home...

- Let's try that again*
- Let's stick together*
- Let's find our calm*