**Getting to Know Me**

Name:

**When I learn…** Please check all that apply

**I like to work Things that make learning difficult**

alone  music

with a partner  people moving around me

with a small group  noise

whole class  quiet

bright light

**I work well when I**  not enough light

read about things

use hands-on materials **When I do a project, I would rather**

talk to other people and get their ideas  make up a song/rap

use the computer  write a report

listen and watch  act out a skit

create a game

**I like to work**   make a presentation on a computer

while sitting at my desk  make a poster

while standing up

on the floor **When I’m learning I need**

while riding a stationary bike  quiet

calm music or quiet noise

to be able to move around

**When I need help**   to be able to talk with others

I will ask the teacher or a classmate for help

I don’t like to ask for help

I’m afraid people will laugh at me if I ask for help

**What do you like to do? How do you spend your** **spare time**? Check **all** that apply

Drawing/painting

Playing an instrument

Sleeping

Watching TV/movies

Reading

Writing

Lego

Listening to music

Video games

Cooking/baking

Spending time outdoors

Crafts, building things

Playing with friends

Soccer

Other things I like to do in my spare time

**What are your favourite classroom activities/subjects**? Check **all** that apply

Reading

Class discussions/CREW

Science experiments

PE and outdoor games

French

Bible

Theme

Music

Writing

Math

Printing/handwriting

Watching videos on topic

Worksheets

Computer/iPad time

Group work

Games

Building things

Library

Other things?

**What do you want your teachers to know about you**? Check **all** that apply

I am trying my best

It is hard for me to sit still

I often feel anxious or stressed

I find it hard to come to school

I find it hard to get my ideas down on paper

I have a pet \_\_\_\_\_\_\_\_\_

My favorite subject is \_\_\_\_\_\_\_\_\_

I struggle with \_\_\_\_\_\_\_\_\_\_

I have difficulty getting organized

There are \_\_\_people in my family

Anything Else?

**What are you able to do on my own**? Check **any** that describe you

I can wait patiently for my turn.

I can recognise when I need help.

I can persevere with challenging tasks.

I can accept constructive feedback.

I can stand up for myself.

I can recognize my emotions.

I can stay focused during class discussions.

I can ask for help.

I can organize my things.

I can keep my body calm.

I can complete my work.

I can learn from my mistakes.

What do you wish you were better at **personally**?

(*examples: asking for help, not procrastinating, staying focused, being organized, coping with stress/anxiety, being more patient, or something from the list above)*

**What can you do with other people**? Check **any** that describe you

I am a good friend.

I can take turns.

I listen to others when they talk.

I can have conversations with others.

I include others in my play.

I participate in class discussions and activities.

I can work with others in a group.

I have empathy and care for others.

I am respectful of others.

I know how my actions affect others.

I’m aware of how others may feel.

I make decisions that keep me safe.

What would you like to work on socially?

(*examples: listening to my friends, being a good friend, joining others on the playground, trying new games and activities, or something from the list above)*

**What is your brain good at?** Check **any** that describe you

asking good questions

coming up with ideas

taking notes

memorizing

I have good understanding/comprehension.

problem solving

reading

researching

Math/numbers

Other:

What do you wish your brain was better at?

(examples: *remembering my learning, taking notes, studying for tests, “Math ,“French”, etc., writing, taking tests, being creative, or something from the list above)*

What is your **personal goal** for this school year?

*(a personal goal that would make you feel more successful at school such as being more organized, making better use of your time, getting your homework completed and handed in on time or something from the lists above)*

What can we do to help you get there?