

What Helps Me Thrive

Name:

Pronouns:

The Best Way to Support Me in Class

(e.g., I need clear instructions, I work best in a quiet space, I prefer written over spoken directions.)

My Sensory Preferences

(e.g., I struggle with loud noises, bright lights, or strong smells. I feel more comfortable when...)

How I Like to Communicate

(e.g., I prefer time to think before answering, I find it easier to write rather than speak, I use a communication device.)

3 Things that Help If I'm Struggling or Overwhelmed

- 1 -

- 2 -

- 3 -

What I Want You to Know About Me