

All About Me Template

Directions:

Use this template to share important information about a person with autism, whether you are completing it yourself as a family member, educational team member or an autistic individual. Include details that help others understand strengths, preferences, communication style, and support needs. By using this template, you can help teachers, school staff, caregivers, family members, peers, employers, co-workers, community members, and others better support, communicate with, and get to know the individual.

Complete the template digitally or by handwriting your responses. Once finished, you could laminate or place in a plastic sleeve to easily share and reuse. You could also include a picture of the individual.

Ideas for when to use this template:

- Starting a new school program, workplace, or community activity
- Share during meetings or transitions
- Share with family members during holiday get-togethers
- Preparing for a new teacher, therapist, substitute, or support staff
- Before or during medical appointments
- Joining a club, sports team, camp, or other extracurricular activity
- During an IEP, 504, ETR, ISP, or other support planning meeting
- Share with new classmates

All About Me



My name is:

I communicate best by:

I learn best by:

Some things I don't like:

For fun, I like to:

Sensory items I like:

I like it when someone...

I get scared when....

Things I Love



**These are a few of my
favorite things:**

Food:

Movie:

Book:

Animal:

Game:

Song:

Restaurant:

Color:

Interesting Things About Me

What makes me smile?



How Can You Help?

When I'm having a bad day, try
these things: