

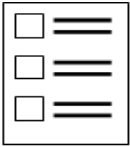
# Getting to know me

Photo or drawing of me....

**My name is .....**

Please read this book

It will help you get to know me and my  
condition called .....



# Contents

Page 3.	About me!
Page 4.	More about me
Page 5.	My favourite things...
Page 6.	Things I like to do...
Page 7.	Learning about my condition
Page 8.	What ..... means for me
Page 9.	Things people say to me about .....
Page 10.	Things people say to me about .....
Page 11.	Questions people ask me about .....
Page 12.	Other people who have .....

# About me



I was born on .....

I was born in .....

I live with .....

.....

.....

Draw a picture of all the people (and any pets!) that live with you...

The 3 most important things to me are:

1. ....

2. ....

3. ....

# More about me

Some important people I have in my life are:



Words people might use to describe me are...

# My favourite things...

My favourite animal:

My favourite food:

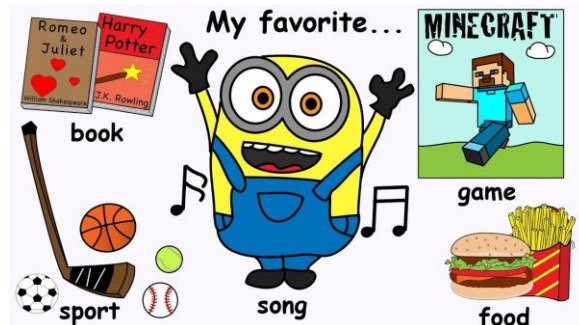
My favourite music:

My favourite song:

My favourite film:

My favourite sports:

My favourite game:



I love:

I love having:

I love watching:

I love:





## Things I like doing...

Things that make me happy are:

I am good at:

I enjoy:

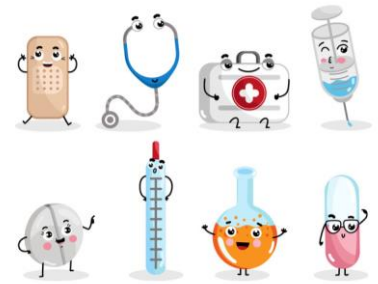


# Learning about my condition

I have .....

This means...

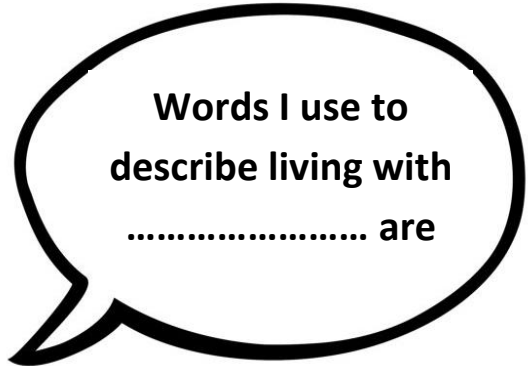
The things I do to keep myself well are:



The things I need other people to do to keep me well are:

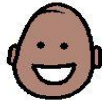


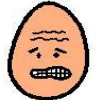

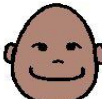





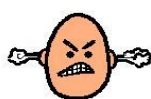
# What ..... means to me

.....  
.....  
.....



.....

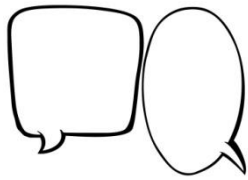
Living with ..... makes me feel (circle the feelings you feel)

 Happy	 Cheerful	 Sad	 Worried
 Excited	 Content	 Scared	 Silly
 Frustrated	 Confused	 Proud	 Angry

When I feel big feelings, these things help me to feel better

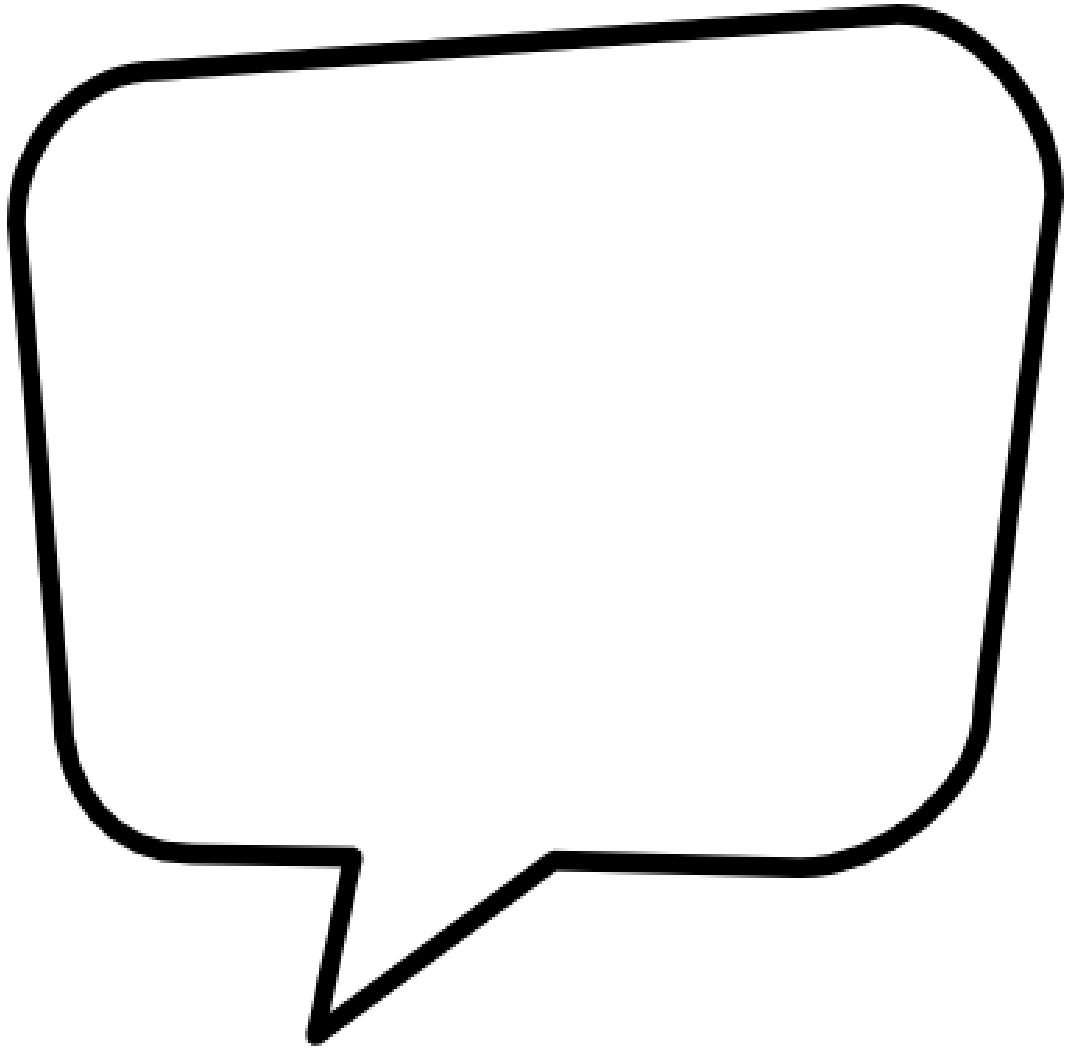
- 
- 
- 
- 
-

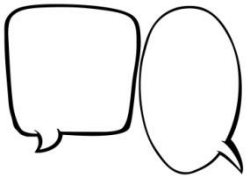




## Things people say to me about.....

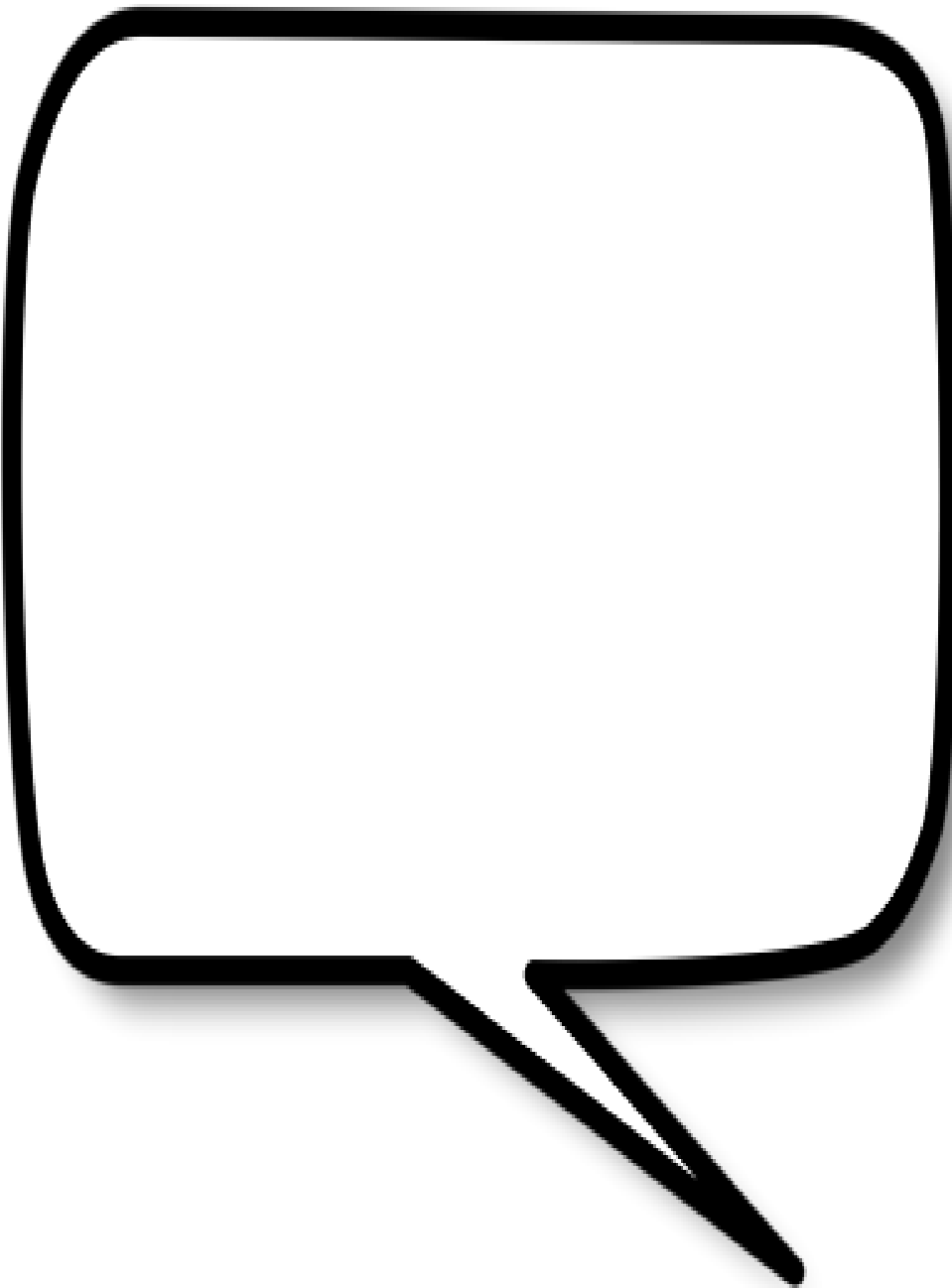
Sometimes people can say nice things that make me feel better about living with ..... Write some examples of nice things people can say that make you feel good/happy.





## Things people say to me about.....

Sometimes people can say things about ..... that make me feel sad or upset. Write some examples of things people have said that have made you feel sad.



## Questions people ask me about..... are:

Sometimes if people don't know that I have .....  
or they don't know much about what it is, they can ask me  
questions such as:



The things I can do and say when people say these things to me  
are:

## Other people who have .....

I am not the only person with .....

Other people I know with..... are:

(think of people who you know, celebrities, sports people, people from school)

