



**ALL
about me**

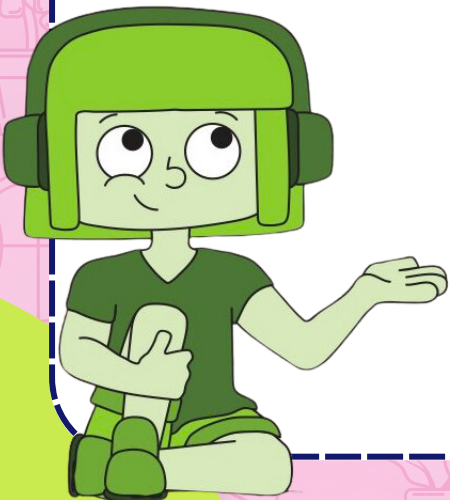
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passport**

This is me

My name

My age

My class & my teacher



ALL about me

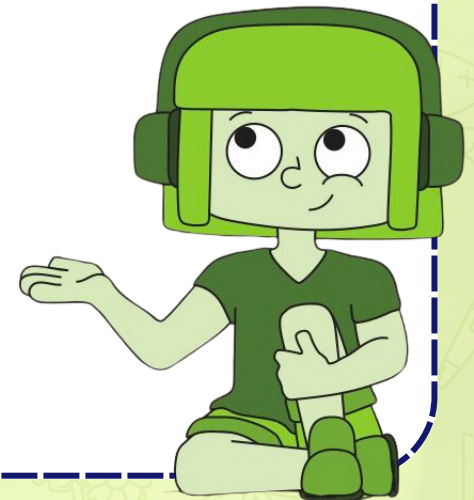
Things that might overwhelm me

(for example: bright lights, sounds, smells, textures)

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How you can help me if I'm overwhelmed

(for example: give me space, call my parents,
give me my favourite thing, remind me to breathe)



Training

ausometraining.com

ALL about me

These sort of things make me feel calm

(for example: toys, activities, songs, movement)

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These are my favourite things

(for example: toys, hobbies, games, books, TV shows)



ALL about me

Here's how to explain things to me:

(for example: show me, give short instructions,
write down instructions, make a drawing, let me try to
understand on my own)



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Please help me with...

(for example: joining the group, cutting paper,
putting on my jacket, organising my stuff, saying no)



ALL about me

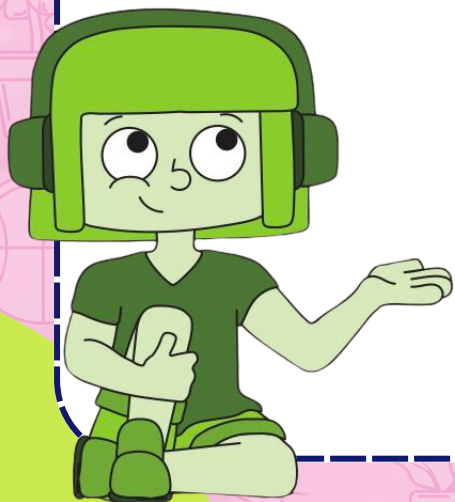
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I'm often sensitive to things around me:

(for example: tags, lights, colours, noise, clothing)

I'm sensitive to things people do & say:

(for example: certain topics, meeting new people,
group activities, instructions I don't understand)



ALL about me

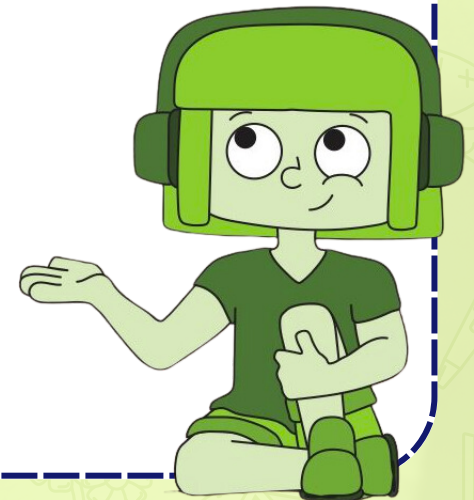
I can get anxious when...

(for example: things don't go to plan, things aren't fair,
I don't know where things are)

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When learning new things I struggle with

(for example: reading, reading in front of others,
numbers, game rules, movements)



ALL about me

Here's how you can help me concentrate

(for example: give me a stim toy, give me a break,
let me doodle, tell me a story)



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If I need a break you will know because:

(for example: I move around, I rub my eyes, I cry)



ALL about me

Please remind me to:

(for example: drink water, go to the bathroom,
move my body)

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Other ideas to make sure I have a good time:

(for example: toys, games, comfort items)

