

My Best Day: I'm New to Your Class, Let Me Introduce Myself

Name: _____

Grade: _____ **Date:** _____ **School:** _____

(Consider attaching a photo of yourself.)

You may choose to complete this description of yourself and share it with your new teacher(s) or therapist(s).

Three words that best describe me are . . .

If I were to have my best day ever at school, it would be . . . (describe what you like and what makes you happy)

Some things I like a lot include . . .

Some things I am especially proud of are . . .

Some things that I don't like or want to avoid . . .

I have a difficult time when . . .



My favorite activities are . . .

My favorite foods are . . .

But do not ask me to eat . . . because I (dislike or am allergic to) . . .

A bit about my home life . . . (describe your place in the family, personality, likes and dislikes)

Really good ways to communicate with me . . .

The most important thing I want others to know about me is . . .

