

My name is

I am on the Autistic Spectrum. It helps me if people understand my individual social, communication and learning needs so that I can have a good day at school. I can become upset and anxious if things are not right.

Sofia helps me to feel safe and to follow routines in school. She helps me to listen and join in lessons. She helps me to play and talk to my friends.

What I can do well.....



I am friendly

I can follow the rules

I am good at counting and numbers

I can write my name

I like ....

123



numbers

Buttons

Hulk

Spiderman

Captain

America

Thor

Ironman



Tablet



Superheroes

It helps me if others...



Observe how I'm doing and support me when I need it.

Use visual cues to help me understand what to do or what is happening next. Offer me choices.

Prompt me when I need to follow routines and model behaviour they want me to use.

Help me to interact with other children in play.

I need help with ...



Going to the toilet

Opening my lunch box

Putting on my coat

Checking that I'm OK



asking for help

I don't like ....



noise



crowd



writing



eating some things

Sometimes I worry about.....



Trying new things to eat

Coming down when I have been climbing

When I am worried I ... use jargon when I'm talking,

say 'I don't think so' fiddle with my pants