

Name:
Date of birth:

Today's date:

Meet Me Sheet

A snapshot of me today

Hi, I'm: *(the name I like to be called)*

Today I've come with: *(e.g. my parents, carer)*

and I call them: *(e.g. Mum, Gramps, Jojo)*

Today I'm feeling: *(circle the zone)*

 	 	 	 
 	 	 	 
Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

A little about me: *(e.g. my family background, additional needs, anything important to know)*

I like: *(e.g. my special interests, my hobbies, my favourite TV show or characters)*

I don't like: *(e.g. noise, being touched, certain smells, the radio on, sitting in a waiting room)*

When I see you today, I might: *(e.g. feel shy and not talk, ask lots of questions, want to move around or touch things)*

You can help me by: *(e.g. showing me around the room, not telling me too much information at once, giving me something to hold)* Please offer to speak with my parent/carers alone if needed ☐

Anything else I might want you to know: *(e.g. things that have changed since my last visit, what helps me feel safe, stuff I find tricky or scary)*

I can use the other side of the page if I want to say more!