When you meet **me!**

A HANDBOOK INTRODUCING ME, BY ME!



Special Olympics
Olympiques spéciaux
Canada

A HANDBOOK INTRODUCING ME, BY ME!

My name is:



Program & Year:

My autograph:



This handbook will tell you some things about me.
I may not know all of the answers but an adult
that knows me is here to help.

This is who can help me

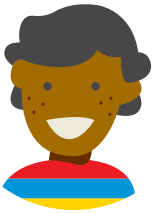
(circle who will help)



Mom



Dad



Brother



Sister



Friend



Teacher

Other: _____

With lots of practice I will learn the routine and get to know you and others in the program. It might take some time for you to know and understand me but hopefully this will be a good start. I can't wait for ***"When You Meet Me"***.

When you meet me

you will learn that I may need help with some things.

It may be hard for me to:



☐ Talk to others



☐ Listen to others



☐ Play with others

I may need help with:



☐ Sharing



☐ Following directions



☐ Sitting in a circle



☐ Going to the washroom



☐ Waiting my turn

Other: _____

I may feel my senses too much or too little:



Hearing



Smelling



Tasting



Seeing



Feeling

Other: _____

When you meet me

think about:



☐ **Distance**

Try not to stand too close or too far



☐ **Your gestures**

And facial expressions
I may not understand what's <u>not</u> said



☐ **Standing**

Across from me,
this may help me focus



☐ **Eye Contact**

I may not look at you



☐ **Language**

Use clear, concrete language



☐ **Speaking**

Calmly



☐ **Touch**

I may not like to be touched
Even a pat on the shoulder or a high five may upset me



☐ **Pausing**

And waiting for me to respond I may have something to say but need more time to answer

Other: _____

Page of fame!

I'm good at:

I can do these things on my own:

I know a lot about:

When you meet me you'll learn that
I have ***special skills***

When you meet me

you will learn that I use:



☐ Words



☐ Gestures



☐ Pictures

Important information about the way I communicate:

_____

Things I like to talk about:

When you meet me, you will learn that I understand best when I can:



☐ See it



☐ Hear it



☐ Talk about it



☐ Have lots of examples of it

Other: _____

When you meet me

you will learn how I like to play.

Things I like to do with my friends:



☐ **Sports**



☐ **Computers**



☐ **Read**



☐ **Puzzles**



☐ **Dance**



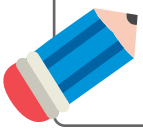
☐ **Games**

Important information about the way I play with my friends:

When you meet me

you will learn that I may not always act the way you expect, everything I do means something to me.

When I:



It means:

To help, you can:

Important information about the way I act:





When you meet me

you will learn that I may need time to get ready for things, change is hard for me.

To help, you can:



☐ **Warning**
Give me a warning



☐ **Begins & Ends**
Make sure I know when something begins and ends



☐ **Count**
to let me know when the activity will begin or end



☐ **Use music**
as a signal to begin or end activity



☐ **Picture schedule**
Use a picture schedule



☐ **Give me**
something to carry to the next activity

If there is unexpected change, I may:

When you meet me

you will learn that in our program I may need:



☐ **Examples**
Lots of examples



☐ **Breaks**



☐ **Activities**
broken up into small steps



☐ **Pictures**
to help me learn and know the routine



☐ **Routines**
to stay the same



☐ **Practice**
Lots of practice

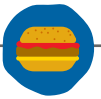
Other: _____

To help me with unexpected change, you can:

When you meet me

you will learn about my favourite things.

Food:



Sports:



Toys:



Other things I like: _____

When you meet me

you will learn there are some things I do not like.

These are things I do not like:



When I do not like something, I may:

When I meet you, I will learn important things about you and your program.



Additional Coach Questions:



Notes:



Notes:

Special Olympics Canada would like to thank Surrey Place for the information in this booklet.



SURREY PLACE

Toronto Catholic District School Board

Special Olympics
Olympiques spéciaux
Canada