

Guide To My Child

NAME REDACTED

Name:

Prefers to be called:

Age: 12 ½

Grade: 7th grade

Favorite Color: Green

TV shows I like to watch: Spongebob, Lab Rats,

Pets: Cats and a Beta fish

What I like about the bus:

- I get to watch shows or play games on my iTouch
- I get to play on my 3DS

What I don't like about the bus:

- When they call me "Big Boy"
- The noises the other boy makes
- When the adults say bad words

Three Words that Describe Me:

- Funny
- Smart
- Curious
- Honest

Things that Upset Me:

- Loud noises
- Other children's noises on the bus
- If I think I am in trouble

If I am upset or frightened, I may:

- Not talk
- Hide my face
- Argue
- Act disrespectful
- Try to get out of my seat

Calming Activities:

- Playing with my iTouch
- 3-DS video game
- Reading
- Texting my parents

If I don't feel well, I might:

- Act sleepy
- Want to get off the bus
- Try to ask for help but not be very loud or clear

Ways to calm me down:

- Speaking calmly and quietly
- Remind me to take deep breaths
- Give me a minute to compose myself