



All About Me Worksheet



INCLUSION IS
EVERYONE'S
BUSINESS

TIP SHEET

What is an All About Me Worksheet?

- It is a printable template that children can complete (with help if needed) about things that are important to them. This can include their family, likes, dislikes etc.
- It looks at the strengths and interests of each child.

Benefits of using the worksheet with children

- Children can write about themselves in a positive way.
- Children can get to know each other by sharing important things about themselves.
- It creates familiarity and comfort among children and develops a sense of belonging.
- It can inform team leaders about children's strengths and support needs.
- It can assist families to build social supports and connections with each other.

How to use the worksheets

- Children can complete the worksheet as a group activity with the aid of their parents or instructors. You will need the [worksheet template](#) and a variety of writing tools.
- Consider including thicker pencils/markers for children who are developing their pencil grip. Ensure that tables and chairs are suitable for children and can accommodate wheelchairs or specialised seating. Alternatively, children can complete the worksheets at home or on a computer.
- Once completed children can use the worksheets to share information about themselves with the group.
- Consider splitting the group into smaller sizes if there are too many children in the one group. This will help to keep children's attention and reduce the time they need to wait for their turn.
- The worksheets can be displayed for all children and families to view. Display them at children's eye level or in folders that children can access.
- Be mindful of any confidentiality issues and ask for parental permission prior to displaying information publicly.

Click here to access the ['All About Me'](#) worksheet.