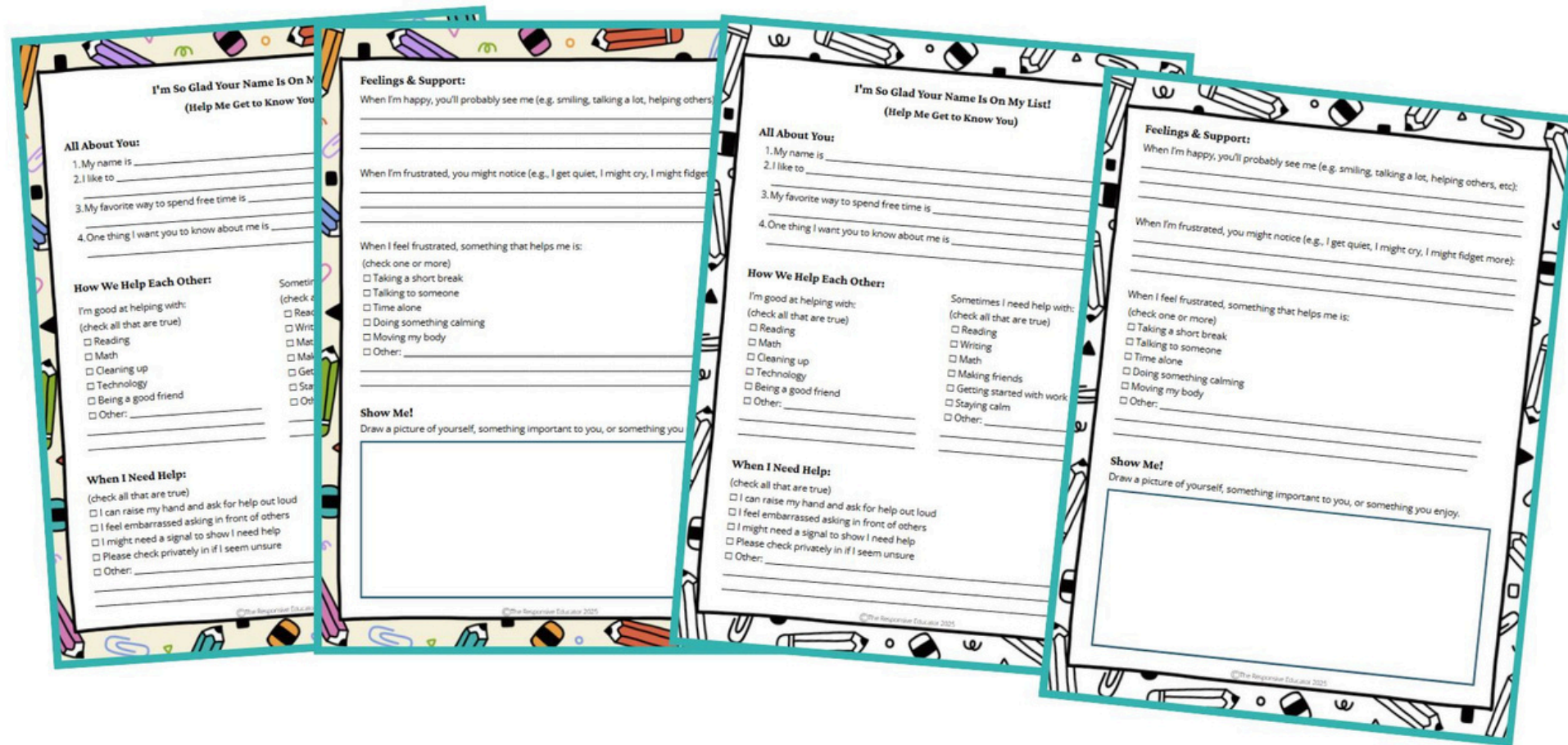


My Strengths & Support Needs

Back-to-School Student Worksheet



Community Building +
Self-Advocacy



Learn What Helps Each Student Succeed

A Simple,
Meaningful Tool
for the First
Week of School

SCROLL
to take a look inside!

START THE YEAR WITH TOOLS THAT HELP YOU UNDERSTAND YOUR STUDENTS



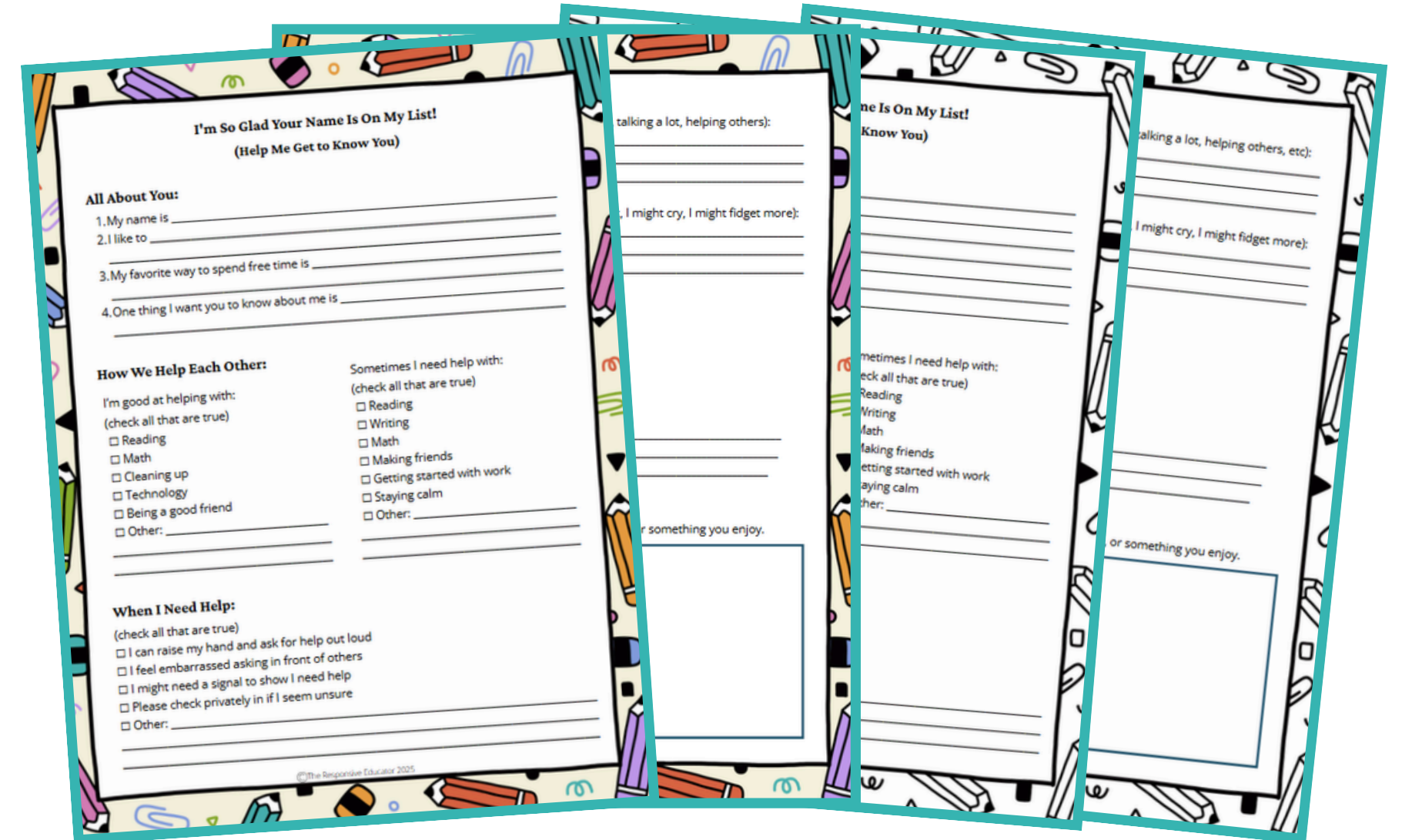
Build a classroom community where every student feels valued



Learn what students are proud of — and what they might need help with



Get an early window into students' self-awareness and emotional needs



The worksheets are titled "I'm So Glad Your Name Is On My List! (Help Me Get to Know You)". They contain the following sections:

- All About You:**
 - 1. My name is _____
 - 2. I like to _____
 - 3. My favorite way to spend free time is _____
 - 4. One thing I want you to know about me is _____
- How We Help Each Other:**
 - I'm good at helping with:** (check all that are true)
 - ☐ Reading
 - ☐ Math
 - ☐ Cleaning up
 - ☐ Technology
 - ☐ Being a good friend
 - ☐ Other: _____
 - Sometimes I need help with:** (check all that are true)
 - ☐ Reading
 - ☐ Writing
 - ☐ Math
 - ☐ Making friends
 - ☐ Getting started with work
 - ☐ Staying calm
 - ☐ Other: _____
- When I Need Help:** (check all that are true)
 - ☐ I can raise my hand and ask for help out loud
 - ☐ I feel embarrassed asking in front of others
 - ☐ I might need a signal to show I need help
 - ☐ Please check privately in if I seem unsure
 - ☐ Other: _____
- Other:** _____
- For something you enjoy:** _____

More Than Just an "All About Me" Page

Traditional "All About Me" Pages	This Resource
✓ Favorite color, food, pet	✓ Strengths & things I can help with
✓ Basic interests	✓ Where I may need more support
✗ Rarely address emotions	✓ Recognizing my feelings & signs of frustration
✗ Don't help you plan supports	✓ Gives real insight for classroom planning

A Closer Look

About Me & My Interests

Recognizing My Feelings

How I Can Help Others

Where I May Need Support

My Drawing: What Matters to Me

How I React to Frustration

1. My name is _____
2. I like to _____
3. My favorite way to spend free time is _____
4. One thing I want you to know about me is _____

How We Help Each Other

I'm good at helping with:
(check all that are true)
☐ Reading
☐ Math
☐ Cleaning up
☐ Technology
☐ Being a good friend
☐ Other: _____

Sometimes I need help with:
(check all that are true)
☐ Reading
☐ Writing
☐ Math
☐ Making friends
☐ Getting started with work
☐ Staying calm
☐ Other: _____

When I Need Help:
(check all that are true)
☐ I can raise my hand and ask for help out loud
☐ I feel embarrassed asking in front of others
☐ I might need a signal to show I need help
☐ Please check privately in if I seem unsure
☐ Other: _____

Recognizing My Feelings

When I'm happy, you'll probably see me (e.g., smiling, talking a lot, helping others):

When I'm frustrated, you might notice (e.g., I get quiet, I might cry, I might fidget more):

When I feel frustrated, something that helps me is:
(check one or more)
☐ Taking a short break
☐ Talking to someone
☐ Being alone
☐ Doing something calming
☐ Moving my body
Other: _____

Show Me!

Draw a picture of you, or something you enjoy.

What's Included

★ Full color and black & white versions

★ 2-page student form

★ Reflection prompts to guide discussion

★ Flexible use across grades & settings

The image shows three overlapping student forms. The top form is titled "I'm So Glad Your Name Is On My List! (Help Me Get to Know You)". It contains several sections for reflection and discussion:

- All About You:**
 - 1. My name is _____
 - 2. I like to _____
 - 3. My favorite way to spend free time is _____
 - 4. One thing I want you to know about me is _____
- How We Help Each Other:**
 - I'm good at helping with: (check all that are true)
 - ☐ Reading
 - ☐ Math
 - ☐ Cleaning up
 - ☐ Technology
 - ☐ Being a good friend
 - ☐ Other: _____
 - Sometimes I need help with: (check all that are true)
 - ☐ Reading
 - ☐ Writing
 - ☐ Math
 - ☐ Making friends
 - ☐ Getting started with work
 - ☐ Staying calm
 - ☐ Other: _____
- When I Need Help:**
 - (check all that are true)
 - ☐ I can raise my hand and ask for help out loud
 - ☐ I feel embarrassed asking in front of others
 - ☐ I might need a signal to show I need help
 - ☐ Please check privately in if I seem unsure
 - ☐ Other: _____

The forms are decorated with a colorful border featuring various school supplies like pencils, erasers, and paper clips. The text is in a clear, sans-serif font, and the layout is organized with sections and checkboxes to facilitate student input.

SIMPLE, FLEXIBLE, AND TEACHER-FRIENDLY



Quickly gather meaningful student information



Works for all grade levels and classroom types



Supports academic, SEL, and behavior goals



Print and use right away — no extra prep

I'm So Glad Your Name Is On My List!
(Help Me Get to Know You)

All About You:

1. My name is _____
2. I like to _____
3. My favorite way to spend free time is _____
4. One thing I want you to know about me is _____

How We Help Each Other:

I'm good at helping with:
(check all that are true)

- ☐ Reading
- ☐ Math
- ☐ Cleaning up
- ☐ Technology
- ☐ Being a good friend
- ☐ Other: _____

Sometimes I need help with:
(check all that are true)

- ☐ Reading
- ☐ Writing
- ☐ Math
- ☐ Making friends
- ☐ Getting started with work
- ☐ Staying calm
- ☐ Other: _____

When I Need Help:
(check all that are true)

- ☐ I can raise my hand and ask for help out loud
- ☐ I feel embarrassed asking in front of others
- ☐ I might need a signal to show I need help
- ☐ Please check privately in if I seem unsure
- ☐ Other: _____

_____ or something you enjoy.

Build Stronger Connections Faster

I'm So Glad Your Name Is On My List!
(Help Me Get to Know You)

All About You:

1. My name is _____
2. I like to _____
3. My favorite way to spend free time is _____
4. One thing I want you to know about me is _____

How We Help Each Other:

I'm good at helping with:
(check all that are true)

- ☐ Reading
- ☐ Math
- ☐ Cleaning up
- ☐ Technology
- ☐ Being a good friend
- ☐ Other: _____

Sometimes I need help with:
(check all that are true)

- ☐ Reading
- ☐ Writing
- ☐ Math
- ☐ Making friends
- ☐ Getting started with work
- ☐ Staying calm
- ☐ Other: _____

When I Need Help:
(check all that are true)

- ☐ I can raise my hand and ask for help out loud
- ☐ I feel embarrassed asking in front of others
- ☐ I might need a signal to show I need help
- ☐ Please check privately in if I seem unsure
- ☐ Other: _____

_____ talking a lot, helping others):

_____ I might cry, I might fidget more):

_____ something you enjoy.

I'm So Glad Your Name Is On My List!
(Help Me Get to Know You)

_____ talking a lot, helping others, etc):

_____ I might cry, I might fidget more):

_____ something you enjoy.



Understand students before problems arise



Catch needs early for proactive support



Help every student feel valued and capable