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| Things I like: | Things that will help you to know about me: | Things I don’t like: |
| When I am happy I… | All about me  Name:  D.O.B:  Setting: | When I am sad I… |
| When I am anxious I… | When I am distressed these things help me… | When I am angry I… |
| Moving around and staying safe: | These people help me: | My interests are.. |