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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..  |