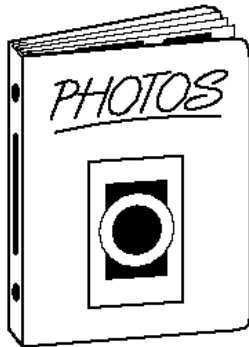


## All About Me Book

A "Book About Me" contains information about the student that can be shared with others. It also serves to facilitate and encourage social interaction and conversation in a variety of settings. The idea of the book is to give some focus (as a prop) for the listener and the student to have a conversation.

Topics that might be included in an "All About Me Book" could include the following:



- **Important Information**
- **Communication and Comprehension**
- **Personal Dictionary**
- **About Me**
- **About My Family**
- **About School**
- **Things I Like To Do At School**
- **Things I Like To Do Outside Of School**
- **Friends**
- **Social Calendar**

Pictures are helpful to depict similarities in interests, and to serve as a conversational starting point. Information can be included about how to use the book, comments that could be made as part of the interaction or open-ended questions to ask that might facilitate the interaction.

The book should be written and updated to match the language level of the age appropriate peers. It needs to be readily available at those times when others would likely have a conversation with the student. It is also important that those who interact with the student on a regular basis (e.g., adults within the school environment, parents, relatives, and peers) know where the book is kept and how to use it.

The All About Me book can help to dispel a lot of fears as well. One parent decided to place the book in the lending library. In time, other parents began to approach this parent and ask questions. One parent commented, "*if someone has an attitude, it usually indicates that they need more information*".

Some parents have created an "All About Me" video or DVD that tells a story about the student's history, problems, social challenges, etc.

*\*(Refer to the sample included in this section, developed by a teacher in Qualicum School District.)*

Here are some examples...



Recipes For Friendship Theme

Teen or Adult Book About Me



Book available on back of wheelchair

Decorated with 3 dimensional objects