



NAME GOES HERE

TRAIT #1 - TRAIT #2 - TRAIT #3

PERSONAL PROFILE

I am a builder, a ninja, a mover & a shaker, an artist, and a problem solver. I am curious, always thinking about the how and why, and I like to challenge.

CATALYSTS

- unmet expectations
- transitions
- unfairness
- not being heard

SUPER POWERS

ADHD
SPD

PASSIONS

- cardboard / tape
- scooter / bike
- skiing
- parkour / gymnastics
- LEGO

STRENGTHS

- problem solver
- amazing memory
- builder
- hands-on learner
- math & logic
- athletic
- hyper-focus

CHALLENGES

- social skills / words & tone
- anxiety
- flexibility / literal
- noise (humming / singing)

TOOLS

- movement
- acknowledge my feelings / empathy
- fidgets
- set expectations at the beginning
- Plan B - Collaborative & Proactive Solutions
- breaks
- no isolation
- no recess removal