

# A Story About Me



by

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(child's name)

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(date)

This is a very special book because it is about someone who is a very unique person. This story is about me!

My name is \_\_\_\_\_

My family named me this because

\_\_\_\_\_.

I am a \_\_\_\_\_ (girl/boy)

I'm a very special person because nobody else looks, thinks, or acts just like me.

I kind of look like this:

My Self-Portrait

My birthday is \_\_\_\_\_

This is what I looked like when I was a baby.



This is what I looked like when I was a toddler.



People say I look like

\_\_\_\_\_.

I'm \_\_\_\_\_ years and \_\_\_\_\_ months old.

I'm \_\_\_\_\_ inches tall. I weigh \_\_\_\_\_ pounds.

My eyes are \_\_\_\_\_.

My hair is \_\_\_\_\_.

I have very special eyes to see very special things.

My favorite color is \_\_\_\_\_.

One of the most beautiful things I ever saw was

\_\_\_\_\_.

I have a special nose on my face that is good for breathing and smelling.

I like the smell of \_\_\_\_\_, but don't like the smell of \_\_\_\_\_.

Under my nose I have a special mouth that is good for eating and in my mouth is a tongue that is good for tasting. My favorite things to eat are \_\_\_\_\_,

\_\_\_\_\_ and \_\_\_\_\_.

I have special ears to hear all kinds of things. I like to hear \_\_\_\_\_, but I don't like to hear

\_\_\_\_\_.

I also have very special hands. Hands can feel things that are soft and things that are rough. Some of my favorite things I like to feel with my hands are

\_\_\_\_\_.

Hands can be especially nice when they are holding someone else's hand. I like to hold hands with

\_\_\_\_\_.

I also like to help with my hands. I especially like to help

\_\_\_\_\_.

I have lots of different feelings. I feel love for others. I feel happiness. Sometimes I feel sadness, anger and fear.

Some people I love are

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I'm happy when

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I'm sad when

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Sometimes I get mad when

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Sometimes I am afraid when

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Here is a picture of someone I love.

There are many things I am learning to do. Some things I can do by myself. Some things I can do with help from others.

|   | I can do it all by myself | I can do it with help |
|---|---------------------------|-----------------------|
| -----wash hands                         |                           |                       |
| -----use the toilet                     |                           |                       |
| -----zip and unzip                      |                           |                       |
| -----snap                               |                           |                       |
| -----button                             |                           |                       |
| -----put on coat                        |                           |                       |
| -----tie shoe laces                     |                           |                       |
| -----help set table for snack and meals |                           |                       |
| -----rest quietly on cot/mat            |                           |                       |
| -----fold covers after rest time        |                           |                       |
| -----use tissue to blow nose            |                           |                       |
| -----help put away toys                 |                           |                       |