



{inclusion outreach}

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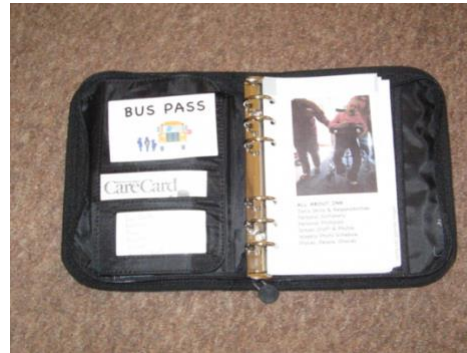
[www.inclusionoutreach.ca](http://www.inclusionoutreach.ca)

## All About Me Books

An "All About Me Book" 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 for the listener and the student to have a conversation. The student and family will be at the centre of generating the content of the book.

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

- Important Information
- Communication Methods
- Personal Dictionary
- About Me
- About My Family
- About School
- Things I Like and Dislike
- Friends
- Social Calendar



Pictures can be 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 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 break down barriers as well. One parent decided to place the book in the lending library. Some families have also created an "All About Me" video that tells a story about the student's history, problems, social challenges, etc.

The Family Support Institute has a free template called My Booklet that you can use to create a digital book that can be printed or viewed on a device. More information can be found at <https://mybookletbc.com>

Respect

Competence

Inclusion

Presence

Choice