



# Planet Spectrum



# Flight Manual

YOUR CHILD'S PROFILE FOR  
TEACHERS & CARERS

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Child's Name:

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Date of Birth:

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About our Family:

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Parent's / Carer's Names:

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Siblings - a little bit about my siblings:

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Things I Love:

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Things I Find Challenging and What You Can Do To Help Me:

My Triggers:

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When I Am Feeling Uncomfortable I Will:

You Can Help Me By:

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Things That Calm Me Down Are:

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Allergies:

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Eating:

Toileting:

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Co-Ordination and Physical Abilities:

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My Communication:



Playing: My Playtime Social Skills Are:

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Signals to Look For When I Am Not Coping:

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In The Event of a Meltdown:

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My Contact Details:

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Relevant Therapist Details if Needed

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