

# Ann Smith 3/10/2012



## What I Like:

I am a true free spirit! I am very active and like to keep busy. I enjoy being outside swimming, riding my bike or scooter and playing basket ball with my older brothers. I love horses and the color pink! I like to dance and sing and make my own music videos. I also really enjoy watching Spirit Free and Wild and nature shows.

## What Others Like About Me:

I have a fun and happy nature.  
I like to be social and spend time with others.  
I am caring and kind.  
I am very determined when I want to do something myself.

## You Can Help Me By:

Remember I have a good heart and want to please others but, can be very sensitive as well. Help me to work on identify my emotions and what I am feeling. I may need to take a few deep breaths to regulate myself or move to a quieter area to sort things out myself.

Know I can lose focus easily on things that don't interest me. I can be very successful when give directions one at a time along with verbal or visual reminders to complete a task, especially with school work. I work best in quiet environments with no distractions. I need frequent breaks to get my extra energy out.

I would benefit from extracurricular activities to help me focus on my strengths. Help me access horse therapy, respite and the YMCA through FSS.

## My Goals:

Increase my social skills with others by learning how to best express myself when I am feeling upset.



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Service Coordinator: Jane Jones