



ALL ABOUT ME

Child's Name: _____ Nickname: _____

Date of Birth: _____ Age: _____

My family is made up of _____

My favourite things to eat are: _____

I love doing: _____

To help me settle I like to _____

My Routine:

Bedtime: _____

Day Sleeps: _____

How I go to sleep: _____

At home, my day look like:

Time

Activity

Time	Activity
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

