



Welcome to "Team Sarah"

Date: 07/17/2023

Confidential - not for distribution

Hello Mr. Smith. We are excited that Sarah (she/her) will be in your class this year and wanted to provide some background information here that might be helpful to you and others who will be on the team.

CONTACTS:

Parent(s):

Elaine Watson - (555)555-5555

Other relative(s) or people in charge:

Susan Rumsey (Aunt) - (555)555-0000

FACTS:

Date of Birth: 06/07/2013

Grade: 1st

Allergies: Peanuts

Blood Type: O+

Medications: Setraline

TRIGGERS/STRESSORS:

- Loud noises
- Being tired
- Transitions
- Being bored
- Strong Smells

TIPS/STRATEGIES:

- Use noise-canceling headphones.
- Prepare for transitions.
- Let her take breaks.
- Make sure she has work at her level.

IF TRIGGERED/DYSREGULATED:

Have her talk to an adult, validate feelings, take a break, listen to music, read, or write in her journal.

DIAGNOSES:

ASD

SENSORY-SEEKING/REGULATING BEHAVIORS:

- Spinning
- Jumping on a trampoline
- Jumping jacks
- Wall sit-ups

INTERVENTIONS:

Occupational Therapy

HELPFUL RESOURCES:

The Zones of Regulation, Toolbox for Regulation, Interception Awareness.

GOALS:

- Identify tools for regulation.
- Advocate when she needs support.
- Connect with peers in meaningful play.

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