

mad about swimming

Swimmer

Profile:

All About

Me

# Please fill out your swimmer's profile



My name is \_\_\_\_\_ I am \_\_\_\_\_ years old my date of birth is \_\_\_\_\_ My \_\_\_\_\_ was confirmed \_\_\_\_\_ ago.

Additional Information:

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I am happiest when:

- I like to be active and on the go, I like running, climbing and jumping.
- I like being outside if weather permits it.
- I am being praised, and told I am doing well, especially when it is dramatized and very over enthusiastic.

## I get upset when:

- Something I enjoy is taken away.
- I get upset when an activity is changed or there is a transition between two things.
- I'm being made to do something I don't want to do.
- I am usually happy and rarely gets upset.

## I like:

- I like singing nursery rhymes and songs, or having someone else sing them to me/join in.
- Reading and playing with letters and numbers. I like them to be in order.
- I like to jump and splash in shallow water.
- I sometimes enjoy playing quietly on my own.

## I don't like:

- Lots of different noises going on at the same time, especially for long periods of time.
- I will cover my ears to try and block it out.
- I don't like water going near my eyes.
- I will try and get away from anything I don't like.



## To calm me down:

- Try and give me some space if it is safe to do so. Keep rules or tasks clear and consistent.
- Sing a nursery rhyme or song to me if im feeling stressed.

## How I show I'm stressed:

- I will push you away if you are too close or I don't want you to do what you are doing.
- I will chant numbers or letters when I'm feeling stressed.
- I will cover my ears, or fold them over if it is too noisy for me.
- I may grab or hit out, not harshly or hard, but just to tell you I am not happy or to go away.

## Communication:

- My vocabulary is fairly limited although is increasing day by day, along with the use of words, and use in context.
- I will understand what you ask, if you keep instructions short, clear and consistent. E.g "Kick Legs" "swim first, then jump"
- I like to be talked to even though I will not reply.
- I do not like to look at you or be facing you; I may often turn my back to you.







## Tasks:

- I get distracted easily.
- I need to have an incentive to do something. Maybe throw me a toy I like, to make me swim to it, or using rewards such as “swim first then jump” may work.
- My interests may change frequently, randomly and without warning. I may love a flashy ball, and not want to give it back, but then go off it within one task.
- Keep trying new things to keep me interested, but always follow up on what you had promised.

## Behaviours:

- I sometimes am not aware of you, or what I am doing. I may climb on you, or pull your arms, or jump off you. I do not want to hurt you, I just have an idea in my head of what I want to do or want you to do and I do it. Please just try and distract me, or change positions so I can't carry on.
- Sometimes I may grab or push; usually I only do this when my stress levels are high. Just change positions and distract me, and calm me down.
- I may run off when on the side, this is because I either don't want to be where you have put me, I really want to get away from you, or go to the steps.

For my own safety, please try and keep me close as I will run and slip.

- Hold on to the back of my float belt loosely or just ask me to “jump” or “wait”. I do know what these instructions mean, but I don't always choose to follow them.

