



My One-Page Profile

Your name:
Mrs Beaufort



What I like/ don't like

I love spending time outdoors in the sunshine. It can be bike riding, walking with the dog or having a picnic with the children.

With my friends I love to go to the theatre and opera and I really like the cinema too.

I enjoy running to keep fit and I like to draw or read to relax.

I don't like the rain very much, because it means I can't do as many things outside!

What is important to me?

My family is the most important thing to me. I like taking care of them and I like them to take care of me!

My dog Buddy is also very important. He is always so happy to see me, that he always makes me feel loved!

Being kind is important. Even if sometimes people are being grumpy with me, I still try to be kind because it's probably that they are having a bad day and by being kind I can help them.

Friendship is important. Good friends help us when we need them, and also help us to be the best we can be.

How best to support me with my work and feelings?

I like people to be honest with me and tell the truth. It's very important to me because I think that's the best way to solve problems.

When I feel upset or worried I talk to my Mum or my friends. I need someone to listen calmly so that they can help me to think of ideas to make things better. When I am calm, I find it easier to focus.

When I am cross about something, I like to find a safe quiet place to go for a little while. Then I can take some really deep breaths until I feel calm again and ready to try to find a solution.