



KATE CAIRNS ASSOCIATES

# five to thrive

## One-page profile



My name is \_\_\_\_\_

You can help me to relate, interact, play, learn and communicate by...

What people like and admire about me, and what's important to me:

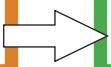
Talk

Respond

Play

Engage/Cuddle

Relax



# five to thrive

## How to use the Five to Thrive one-page profile



This is a simple, effective tool for personalising the Five to Thrive key activities. By always starting with the box entitled 'What people like and admire about me, and what's important to me' the process commences with positive reflections about the individual. The profile can be completed by parents, carers, and those who know the individual well and when possible it should involve the child or young person themselves.

The one-page profile ([www.helensandersonassociates.co.uk](http://www.helensandersonassociates.co.uk)) is a person-centred tool which can be used in various ways, such as support with new situations, experiences, people and places; supporting transitions; settling in; or just simply a way in which to provide consistent and responsive support to relax, interact, play, learn and communicate.

### What people like and admire about me, and what's important to me:

### Talk

Consider what methods of communication I respond to best; it might involve pictures, symbols, or a non-verbal system.

Remember to use the approaches which help me make sense of day-to-day life and new experiences. It may be 'social stories', schedules, now-and-then boards, etc.

### Respond

Think about the clues and cues I give you when I need an adult to 'notice' that I need to be soothed, settled or stimulated.

I may find it difficult to do this alone and I need you to respond to me in a way with which I can cope.



### Engage/Cuddle

Think about what you know about me and my reactions to the proximity of others.

What is the best way to be close enough to give me a sense of 'safety' and the 'availability' of a regulated adult without it becoming overwhelming?



### Play

Consider what you know about my specific interests and fascinations.

Follow my lead and mirror my preferred actions and vocalizations.

Use my interests to invite me to interact to create right-brain to right-brain connections and 'shared enjoyment', and memories.



### Relax

Think about what people, spaces, places, rituals help me to be soothed and calm.

Consider how the environment may be effecting how I am responding and my behaviours.

Are there aspects of the sensory environment that may be stopping me from being calm and relaxed, and able to self regulate?

