

THE ME BOOK

All About One Super Special Kid

By: _____



care. support. comfort.

Written by Polly Hurlburt Mizani, Child Life Specialist
Design and Illustrations by Penne Romar-Copyright PenMar



Hi, I'm a bear cub. My friends call me "Bear."
If you'd like, you can give me another name and
write it on my shirt. You'll be seeing a lot of me in
this book!

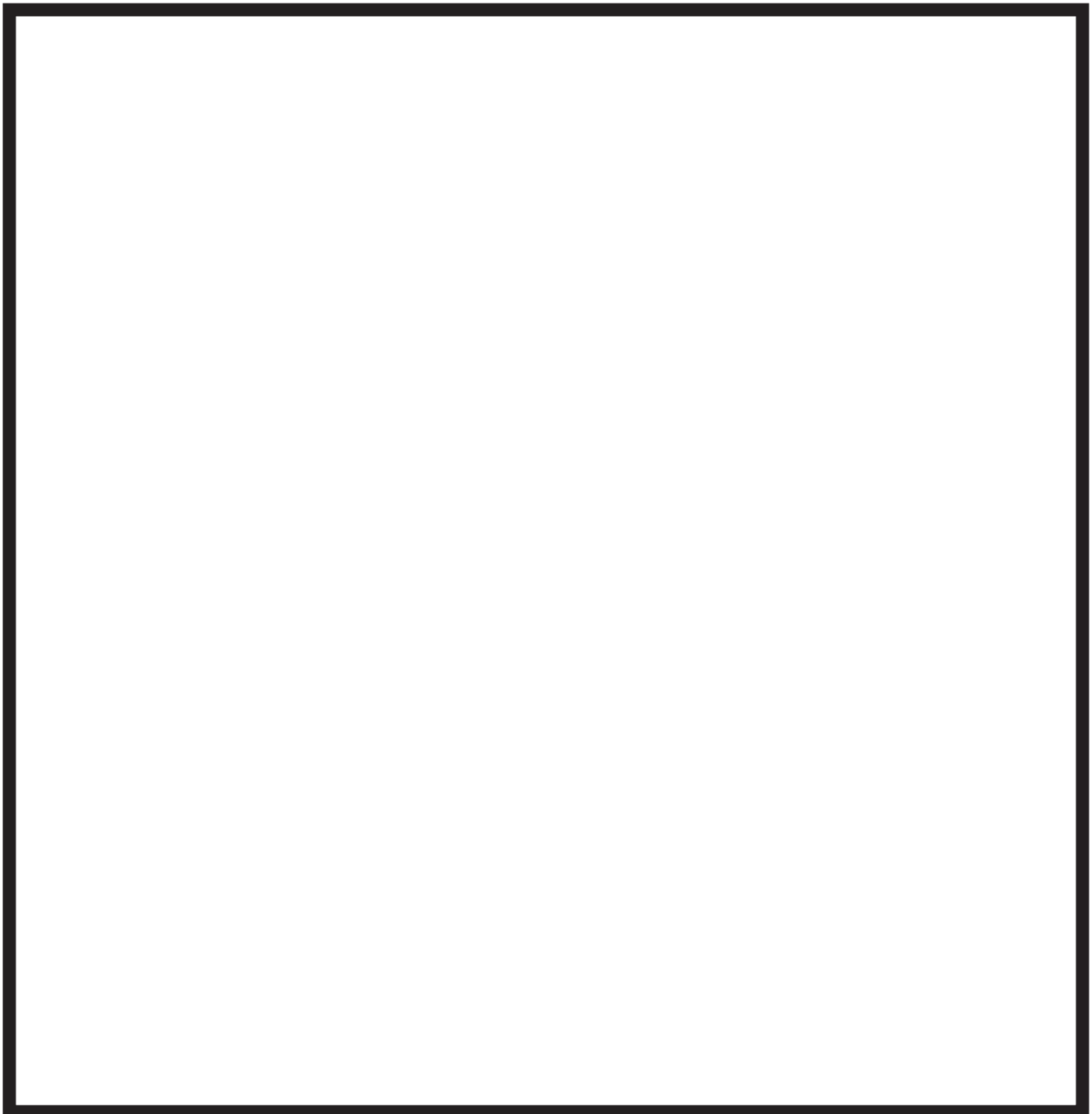
Hello!

Hi, my name is _____

and I am _____ years old.

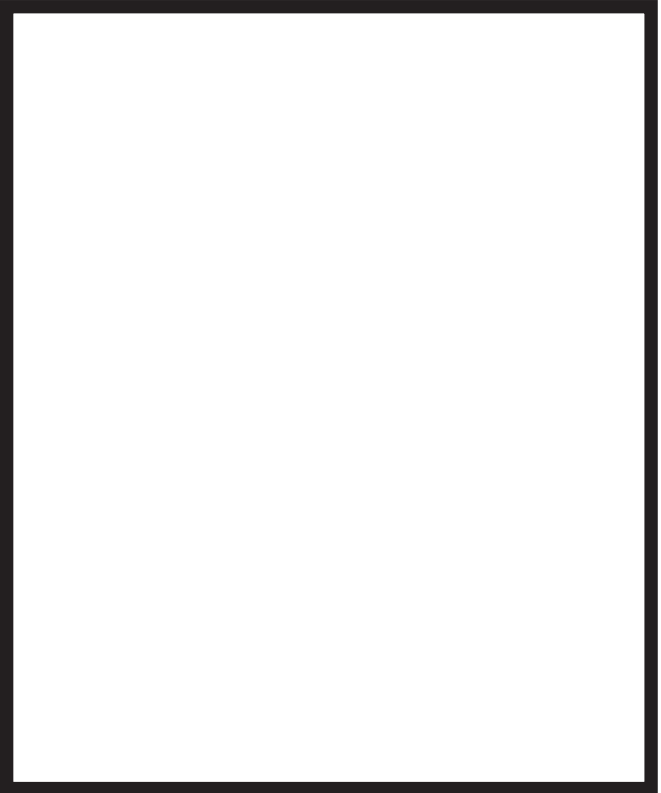
My birthday is _____

Here is a picture of me!

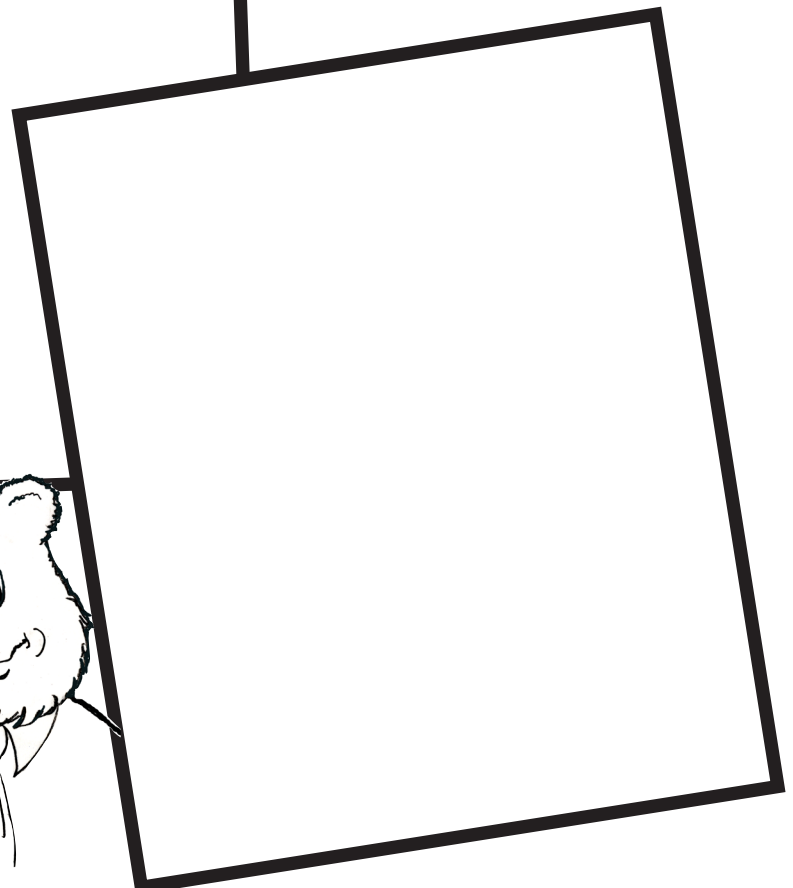
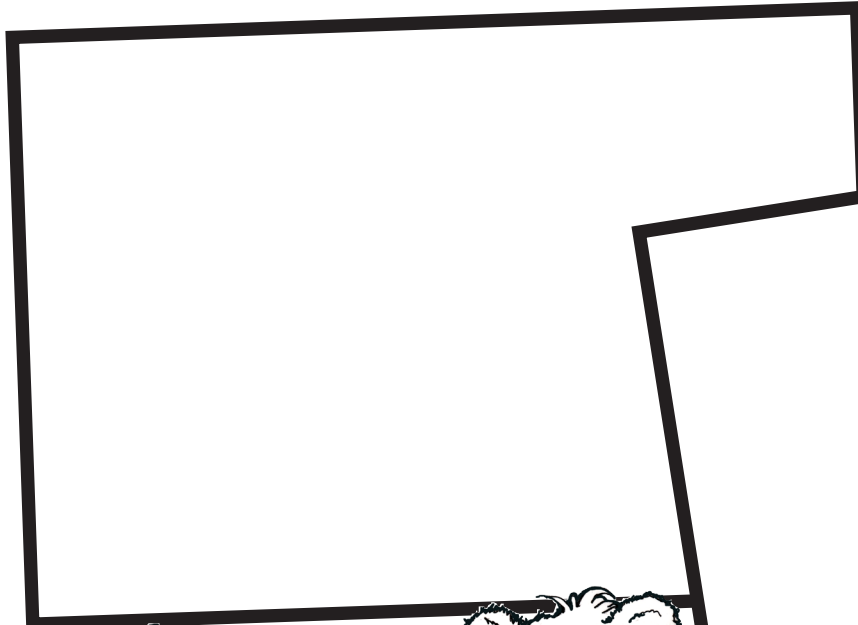


I love my family!

Let me tell you about the special people in my family.



Here is a picture of my family.



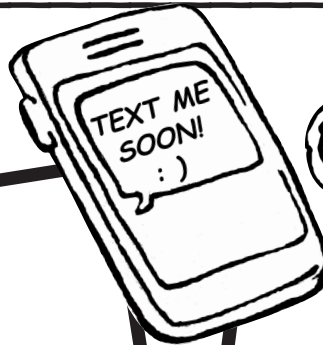
I have some great friends, too!

Here are the names of some of my best friends:

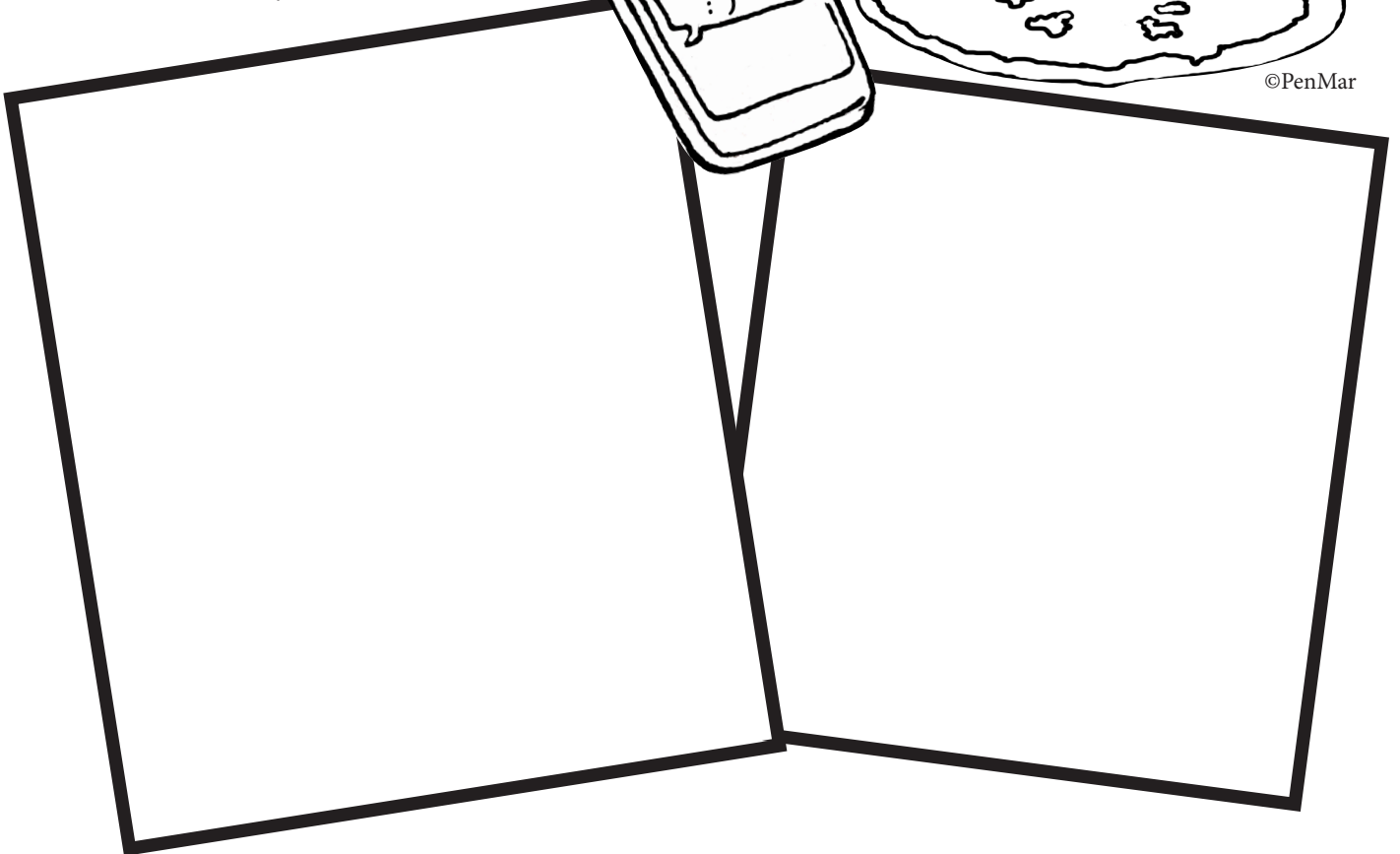


Some of my favorite things to do with my friends are:

Here I am with some of my friends!



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These are some of my favorite things!

Favorite color:

Favorite book:

Favorite animal:

Favorite toy:

Favorite song:

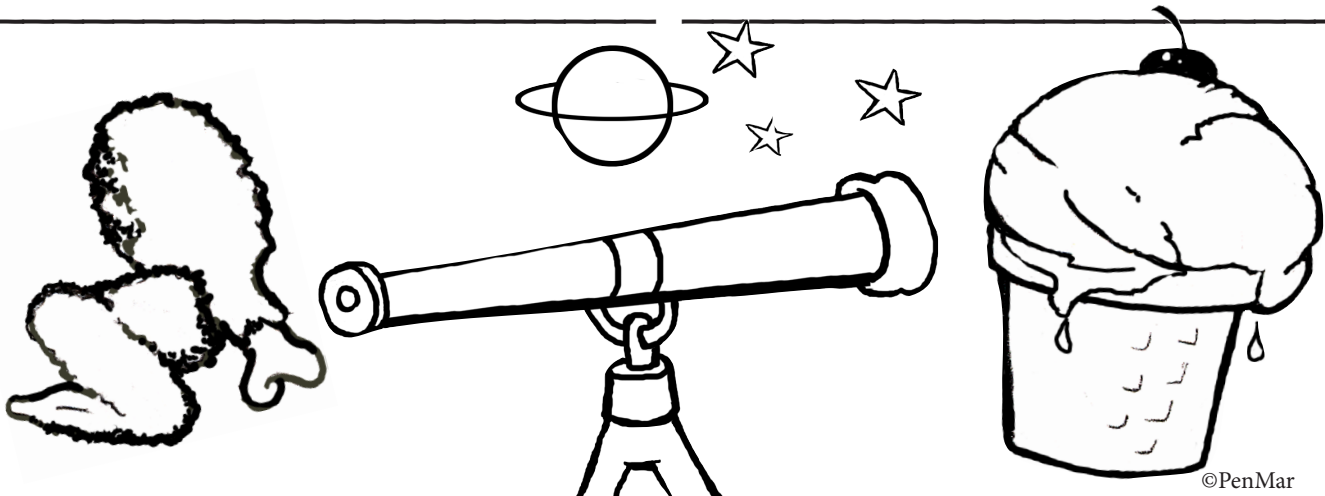
Favorite game:

Favorite TV show:

Favorite restaurant:

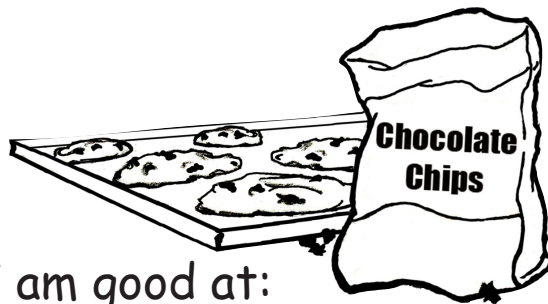
Favorite movie:

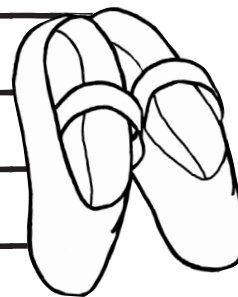
Favorite place to go:



My special talents!

Everybody is good at something!
Here are some of the things that I am good at:





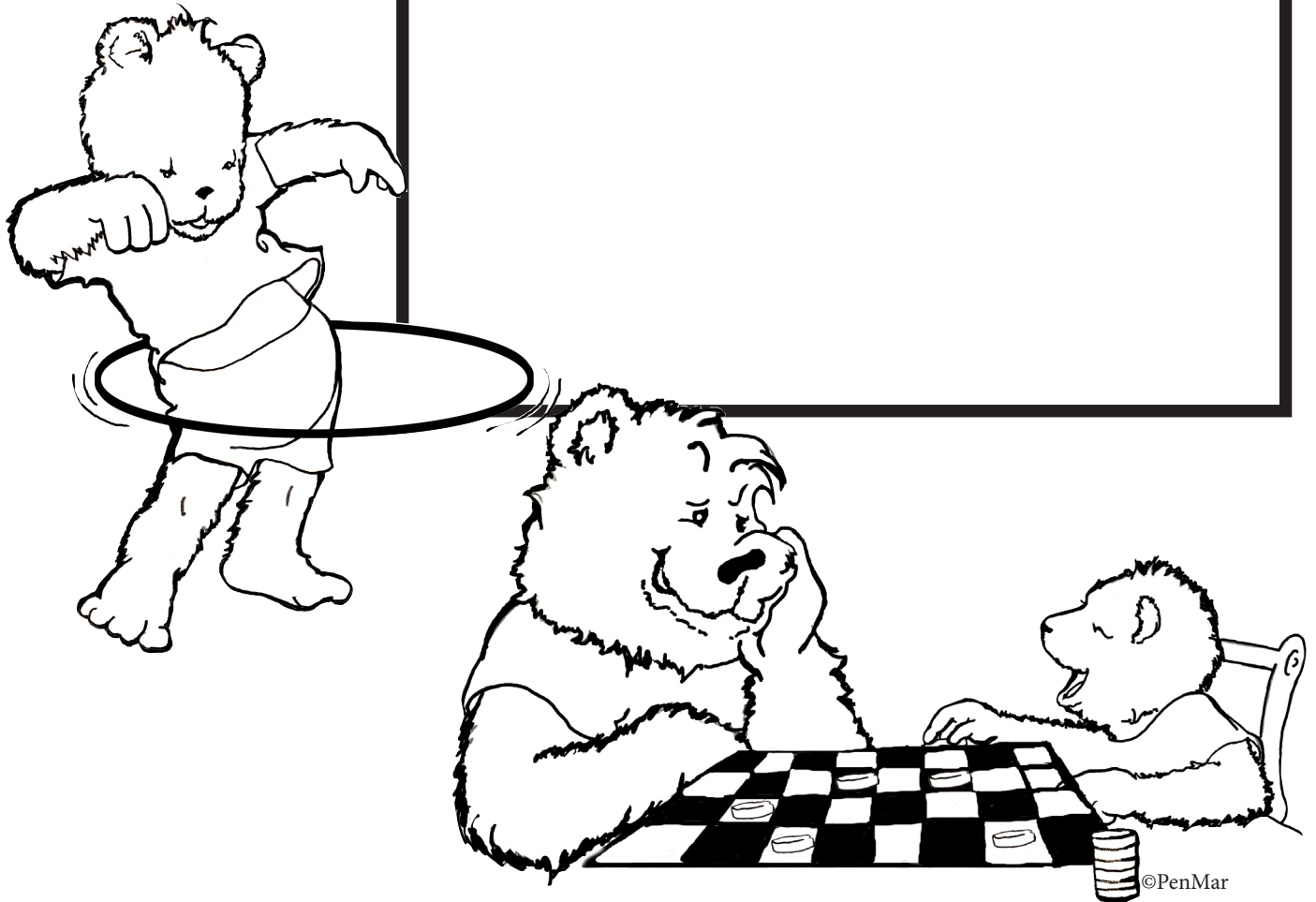
Look what I can do!



Just for fun!

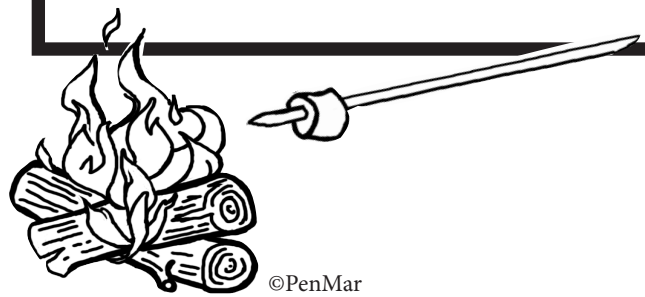
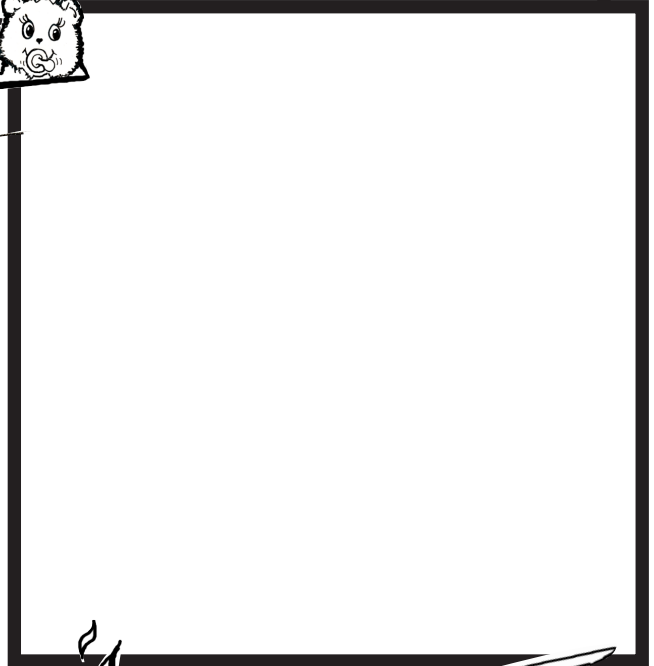
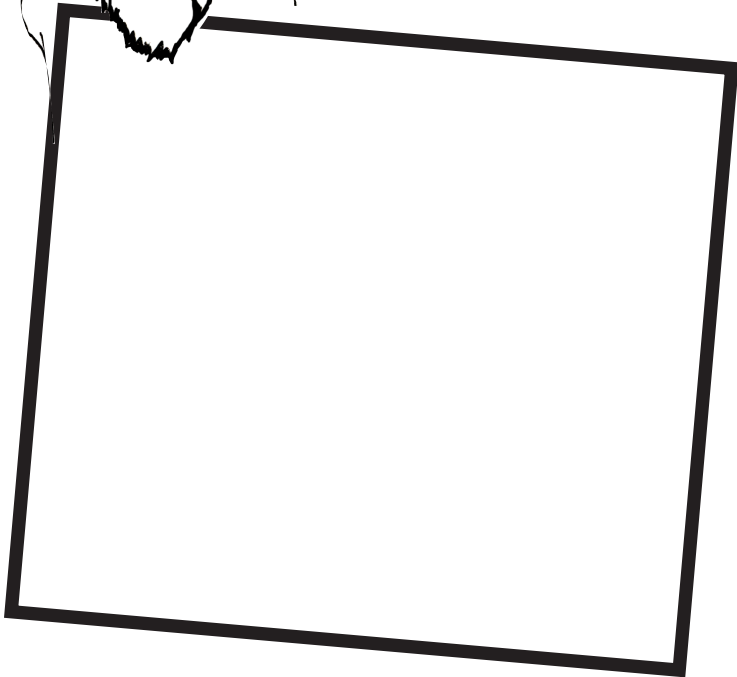
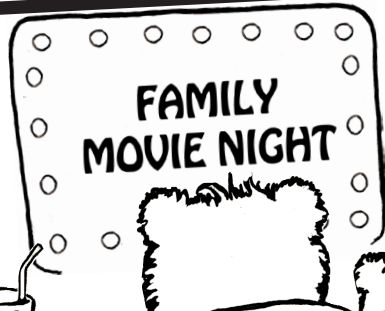
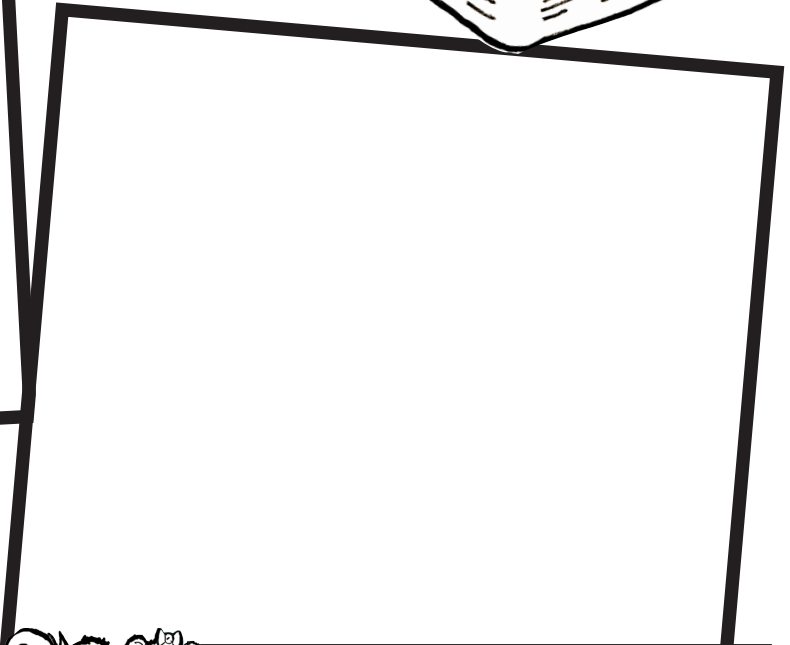
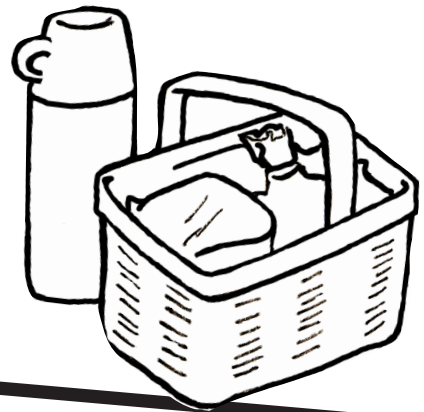
Here are some things I like to do when I just want to have a good time:

My idea of a **GREAT** time!



Family time!

I love to spend time with my family.
Here are some of our very favorite
things to do together.



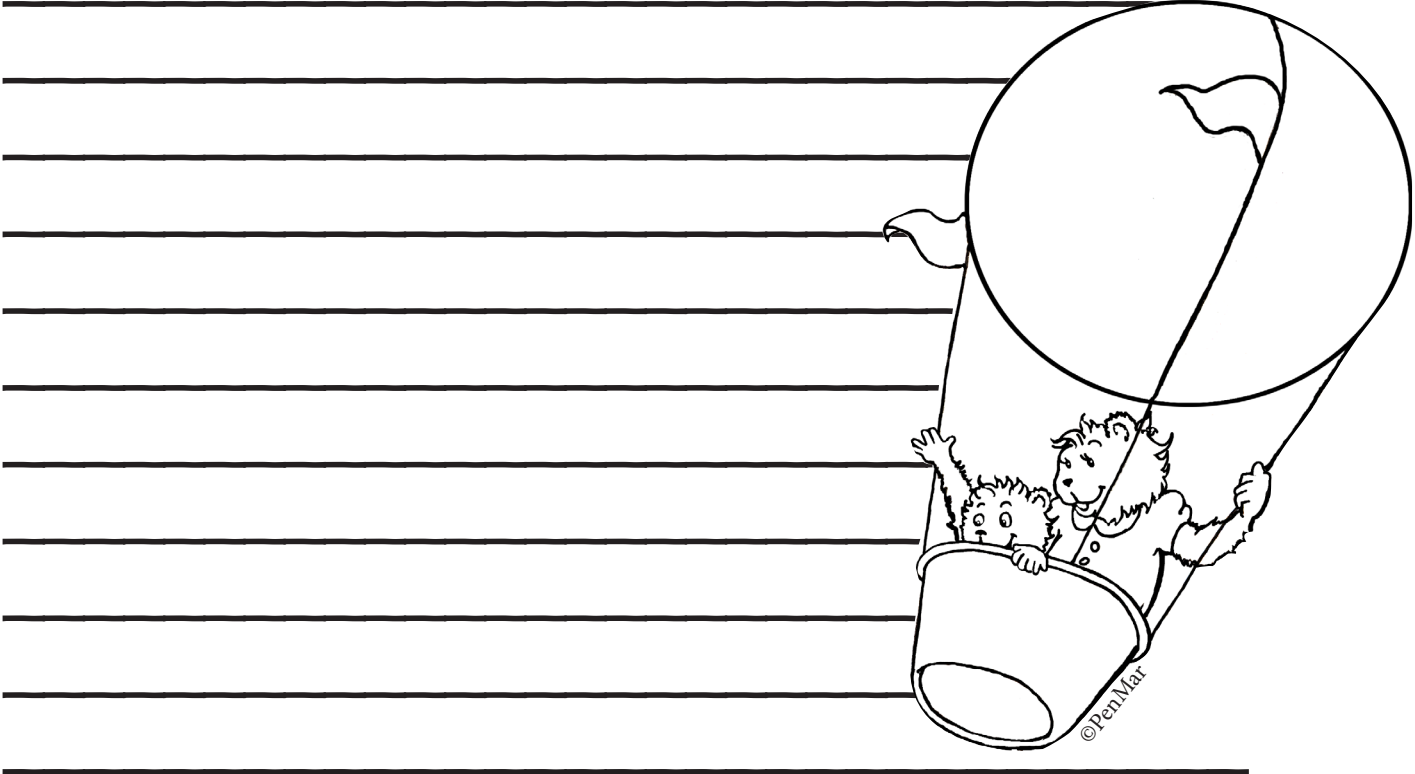
Favorite places!

I like to go to new places!

Here are some of the places I've been.

One of the best places I've been was _____.

Let me tell you all about it!



One AWESOME Day!

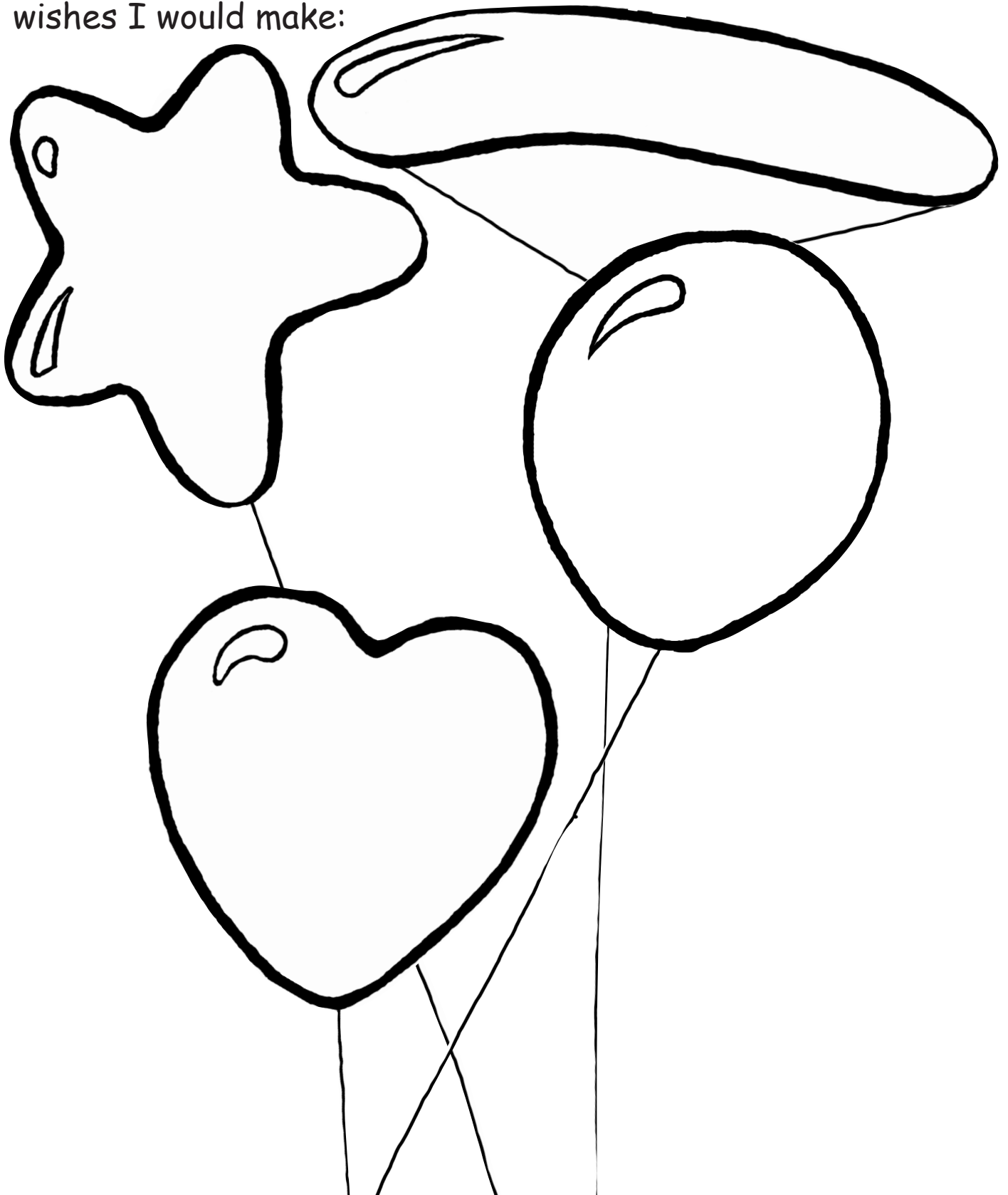
I want to tell you the story of one of my best days ever. I will never, ever forget what a great day it was!





My Wishes

If I could wish for anything in the world, these are the wishes I would make:



Leave me a message!

(My friends and family can sign this page with a special message for me.)

Lined area for writing a message.





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To contact Chesapeake Kids, please call us at 410-987-2003.