

My Life

A supporting tool to allow children the opportunity to express their thoughts and feelings on their life, or a particular situation.

My name is

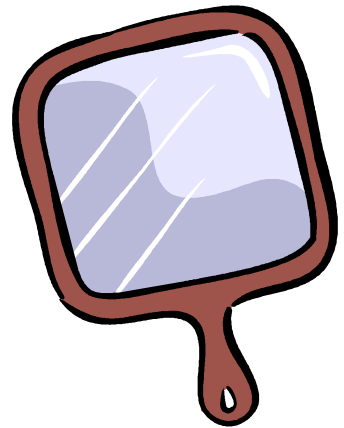
My Age



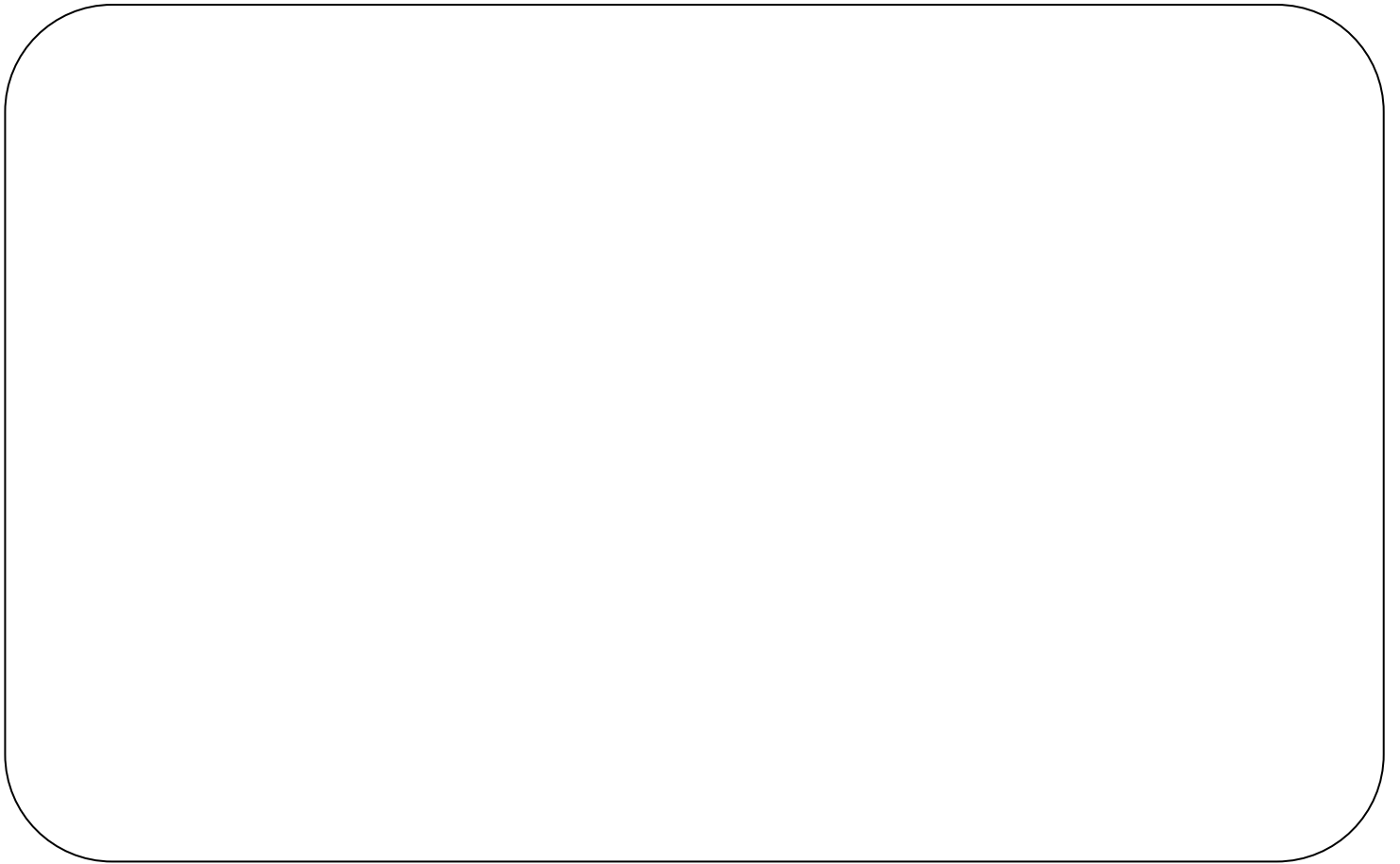
Logo designed by Sophie Rickman, The Grange School, Shrewsbury

With thanks to the range of Shropshire children who have consulted and helped with the design of this booklet.
v1 Jan 2013

Look in the mirror and draw what you see



My family/who lives with me...



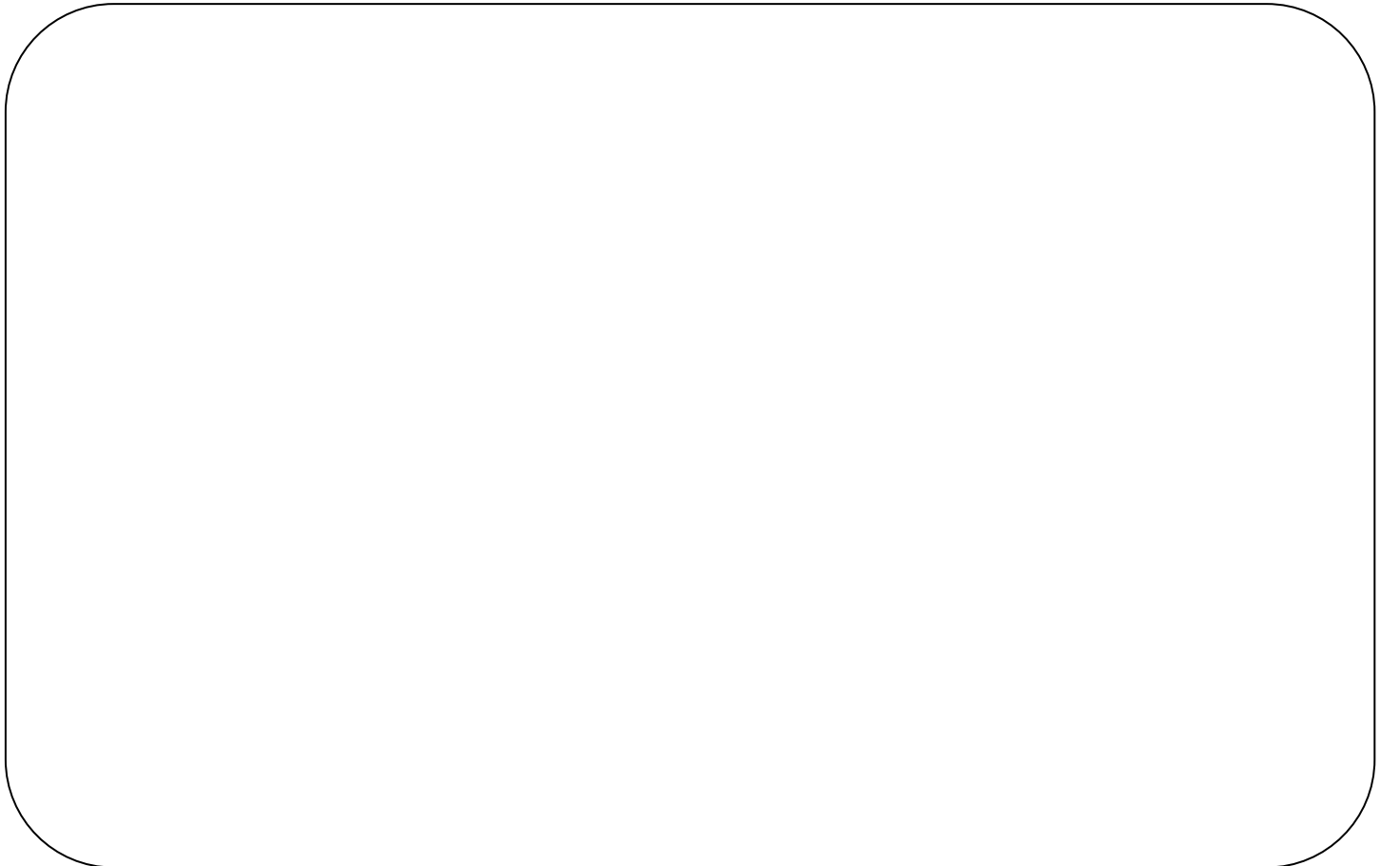
My friends



Important things in my life

A large, empty rounded rectangular box with a thin black border, intended for writing about important things in one's life.

Things I like to do in my free time

A large, empty rounded rectangular box with a thin black border, intended for writing about things one likes to do in their free time.

Things I like to do at the weekends

A large, empty rounded rectangular box with a thin black border, intended for writing about weekend activities.

Things that I am good at

A large, empty rounded rectangular box with a thin black border, intended for writing about skills or talents.

Things I like about myself

1.....

2.....

3.....

Things I don't like about myself

1.....

2.....

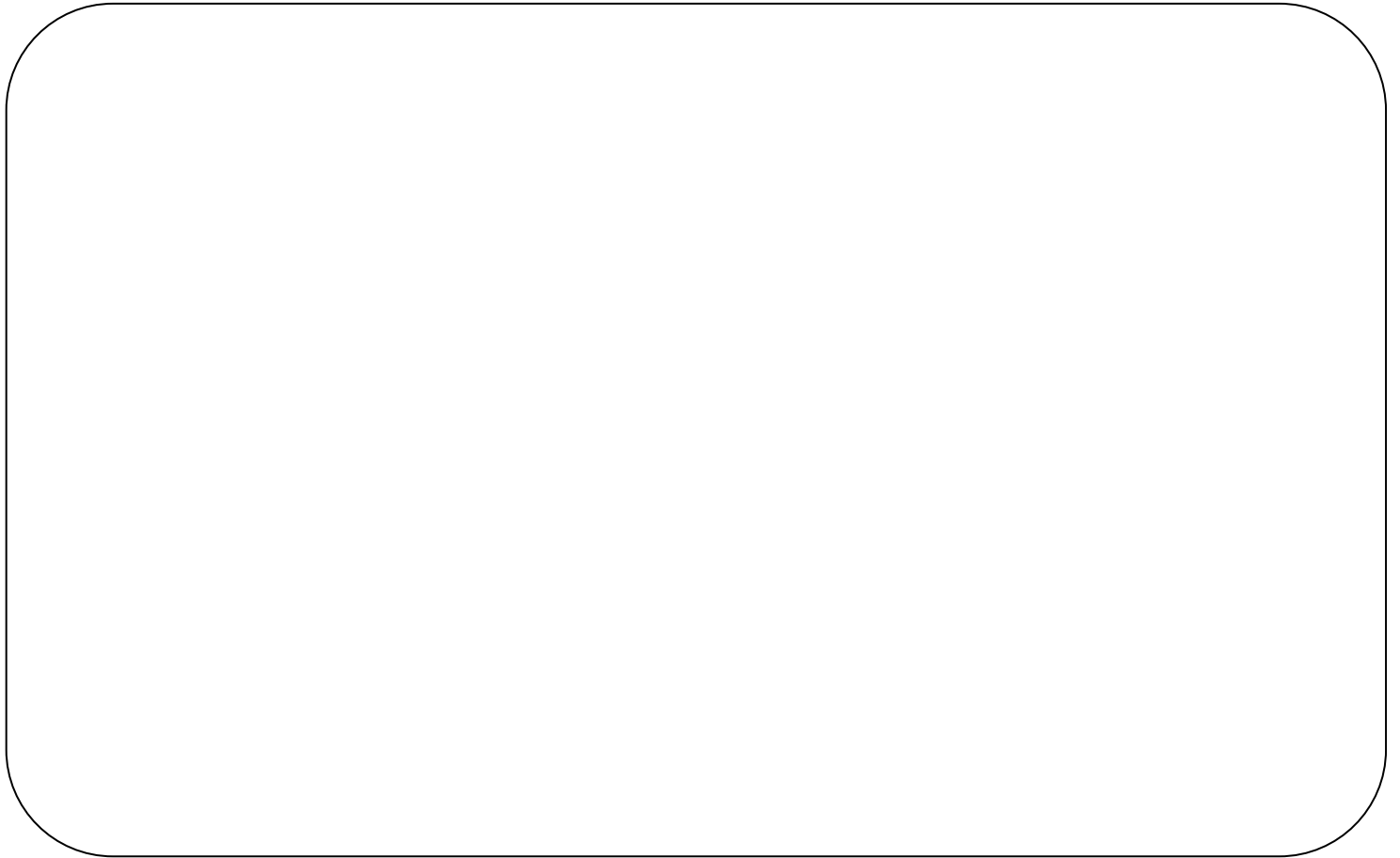
3.....

Things which bug me and why?

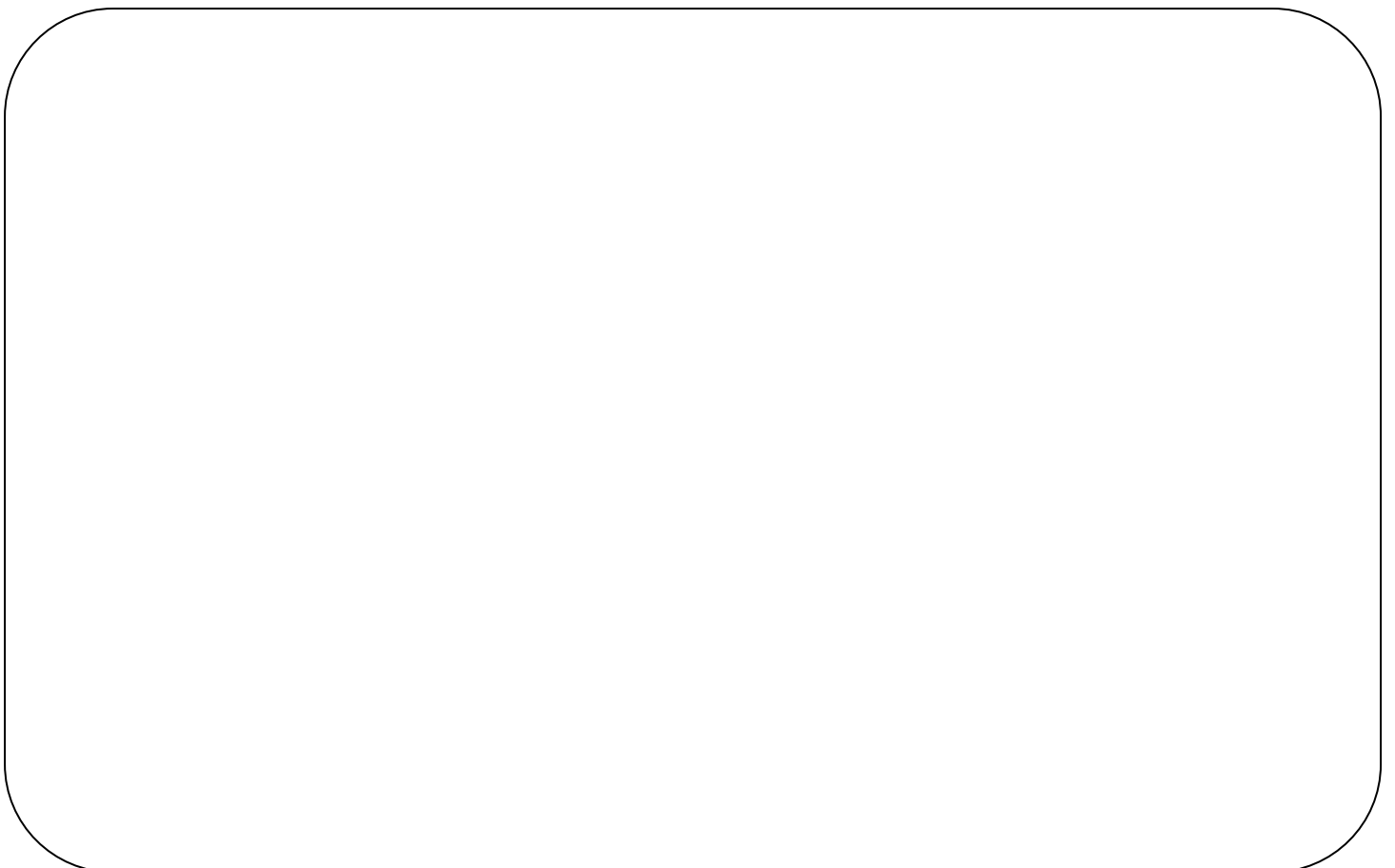


Things I don't want to do and why?

Things I like to do but I am not allowed to

A large, empty rounded rectangular box with a thin black border, intended for writing a list of activities that the user likes but is not allowed to do.

Things I want to try for the first time

A large, empty rounded rectangular box with a thin black border, intended for writing a list of activities that the user wants to try for the first time.

Things I would like to do more often

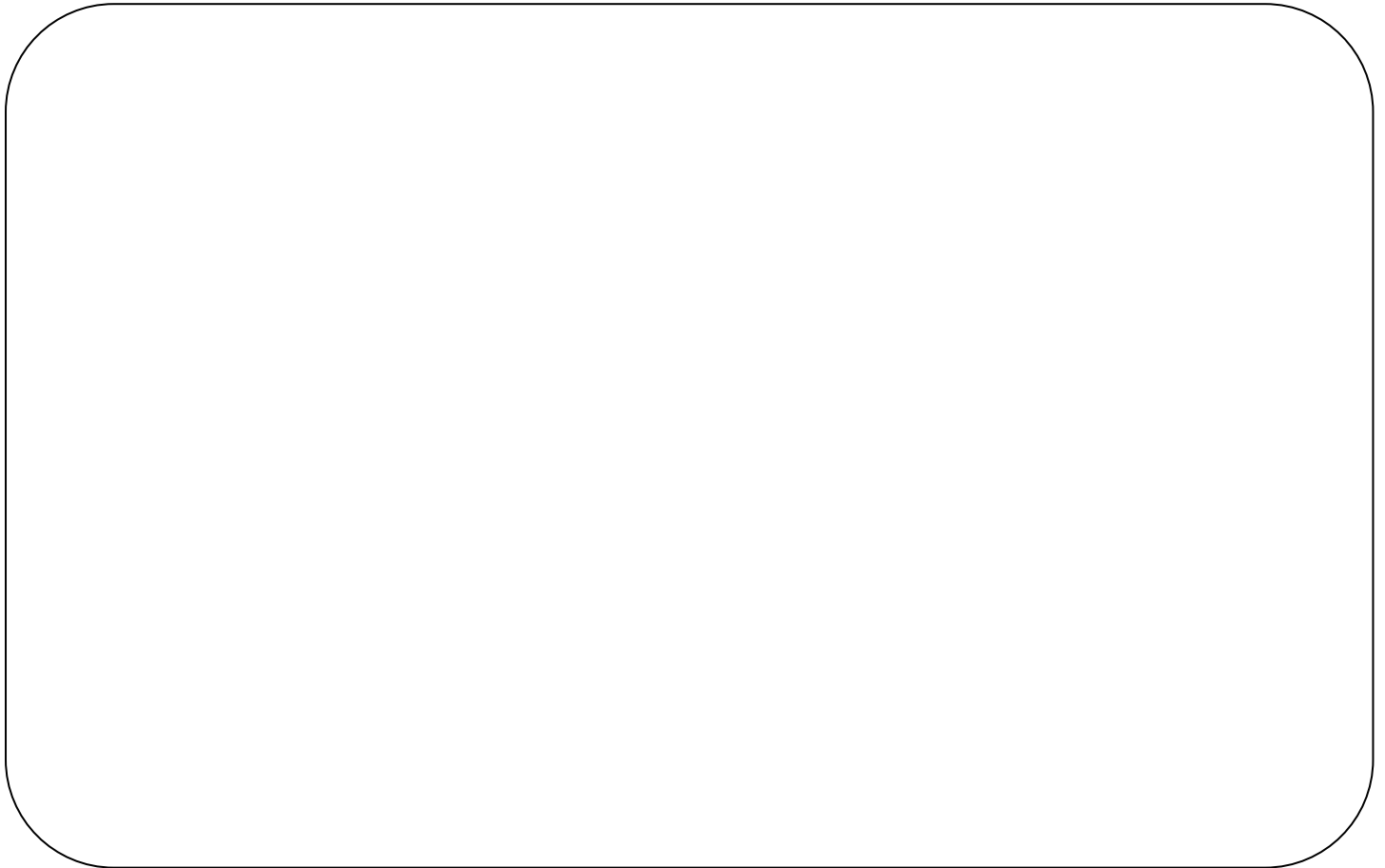
A large, empty rounded rectangular box for writing.

If I were a king or queen, I would....

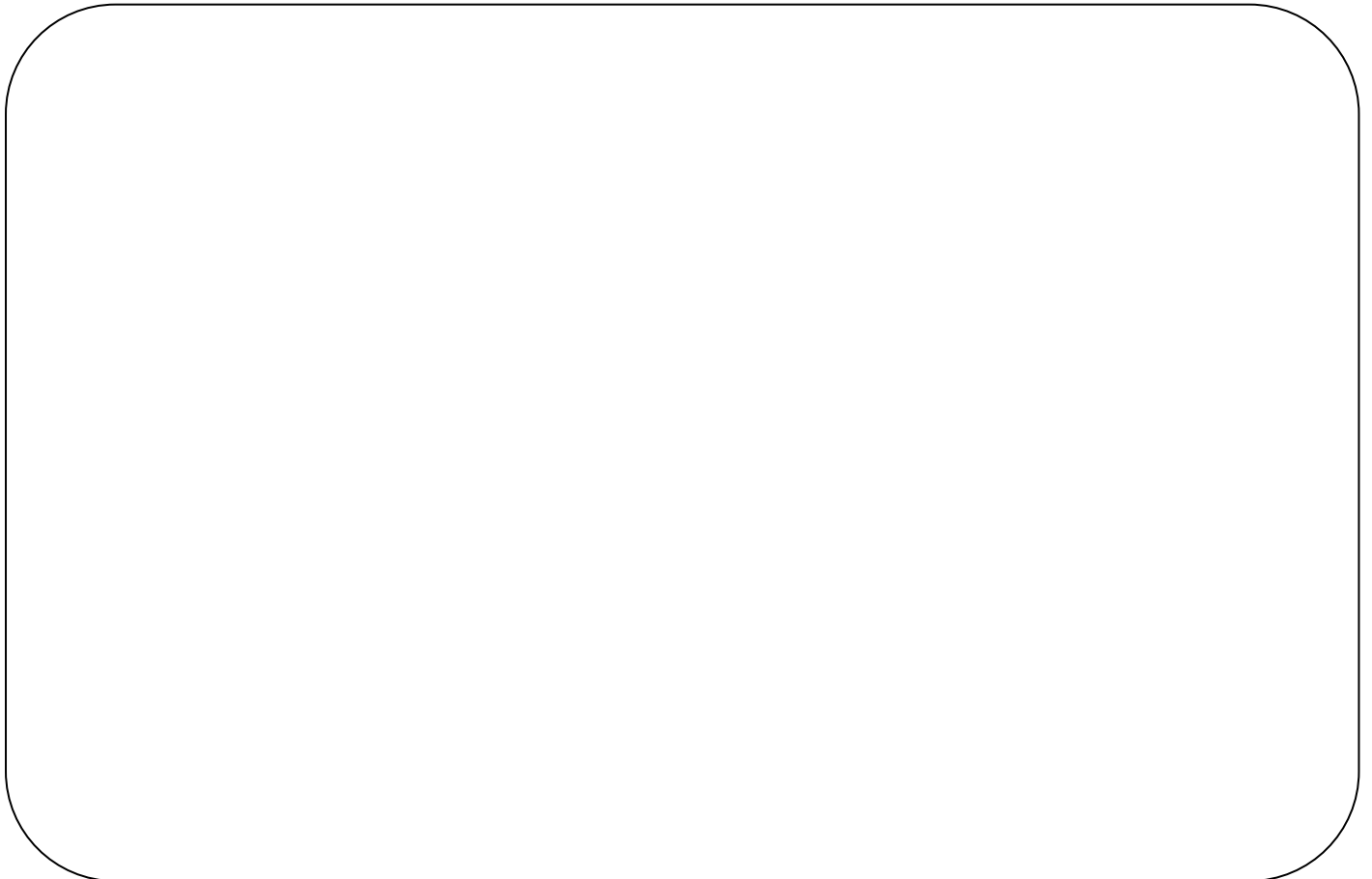


A large, empty rounded rectangular box for writing.

When I grow up I would like to.....

A large, empty rounded rectangular box with a thin black border, intended for a child to write their answer to the question above.

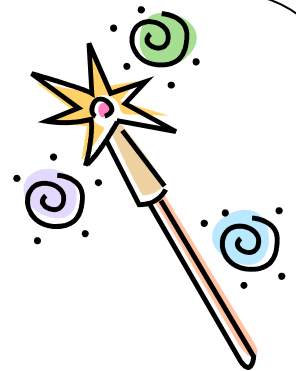
Things I find difficult...

A large, empty rounded rectangular box with a thin black border, intended for a child to write their answer to the question above.

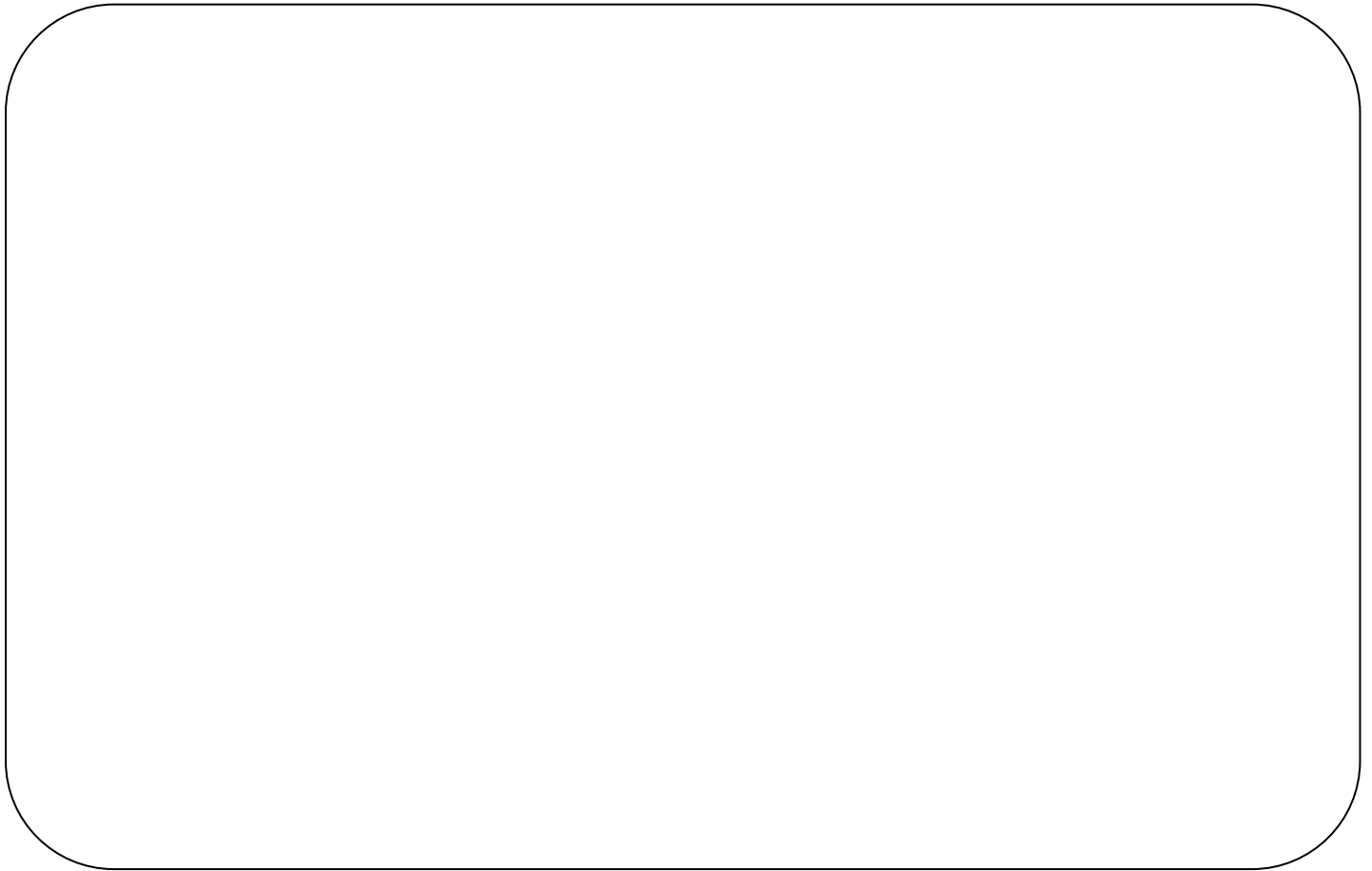
Things I would like to be different...

A large, empty rounded rectangular box for writing.

If I had a magic wand, these are the things I would change



I feel....



I am happy when.....

I am sad when.....

I am angry when.....

I am scared when.....

Feelings

Date:

Please tick 

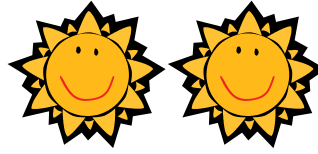
Happy

Not at all happy

a little



quite a lot



loads and loads



Sad

Not at all sad

a little



quite a lot



loads and loads



Scared

Not at all scared

a little



quite a lot



loads and loads



Angry

Not at all angry

a little



quite a lot



loads and loads



Other

Date:

We are now going to do these things

1.....

2.....

3.....

Signed..... (me)

Signed..... (worker)