 





 Circle all the things that make you angry, upset scared or worried

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Being touched



Being threatened

Being called names, or made fun of



Being told what to do

Loud noises



Being told no

Does anything else make you angry or upset?



When I make a mistake

When I get in trouble

**Signals of frustration.**

**Circle all the ways that you show when you are angry, upset, scared or worried.**

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Clenching teeth

Not eating

Running

Swearing

Being rude

    

Putting head down

Disengaging Ignoring Pulling faces instructions

Pacing

    

Crying Heavy breathing Shouting Hurting others Throwing things



Sweating

Hurting myself Making a fist

Do you do anything else where you are angry, upset or worried?

**Circle what your foster carers can do to help you**

Give me space

Give me verbal

reassurance

Give me physical

affection

**Is there anything else that foster carers**

**can do to support you?**

Distract me





**How do my foster carers keep me comfortable and safe inside and outside of the home?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Young Person:**  |  | **Signature:** |  | **Date:** |  |
| **Foster Carer name:** |  | **Signature:** |  | **Date:** |  |
| **Foster Carer name:** |  | **Signature:** |  | **Date:** |  |
| **Supervising Social Worker name:** |  | **Signature:** |  | **Date:** |  |