



- ♥ Mind of My Own Express is a co-designed, innovative and user-friendly app that helps children express their views, wishes and feelings in a fun digital way that's easy for workers to understand and evidence
- ♥ It is a social work and direct work tool which helps you to build a relationship with a child and find out all about them , their life and what they think about themselves and others
  - ♥ It can be used by younger children, children with disabilities or older young people
- ♥ It has to be used through worker accounts with a worker sitting alongside a child/young person
  - ♥ There are 5 sections which a child/young person can complete
  - ♥ It can be used on it's own OR a child/young person can then use the OneApp



### All About Me

Find out about food likes and dislikes, what makes them happy, sad and angry.  
Find out about their friendships and how they want to be communicated with.  
Great to get to know them and for them to get to know you



### My Education

Find out about what they are good at, need help with, what they like doing, how they behave in class, what they like best about school.  
Find out what they want to be when they are older



### My Health

Find out what they like to do, how they keep fit, and what activities they would like to do.  
Find out about how they feel visiting the doctor, nurse or dentists. about healthy food and emotional health



### My Life

Find out about their family and relationships, when they feel safe, what they feel worried about, who they talk to when they're upset.  
Find out about good things in their life and what they would like to change to make things better

### My Day

Find out how they feel today, what made them happy and what wasn't good