

How it
looks to me



To keep you and others safe, we **may** have to tell other adults what you say. What you think is important and we hope that you will be able to share with us the important things that have happened in your life.

About me



Where I live and
who lives with me

Who does NOT
live with me but
means a lot to me



Helping my family



Is there anyone who helps you or your family?
Maybe they take you to school or look after
you at home?

You can circle the ones that are right for you or
add your own in the space.

Grandparents

Aunt

Friends

Uncle

How do these people help?

Is there any other help we need to find for you?



My life

What I like about me

What I like about
my life at the moment

What upsets me about
my life at the moment



Things that make me...

You can write or draw in the spaces below to tell us more.

Feel good



Happy



Sad



Angry



Feel bad

Worried



My strengths

You could also mention friends who have helped you or hobbies and activities that you enjoy.

What are your strengths?

How have your strengths helped you in your life?



We all need a bit of magic in our lives.
If you had three wishes, what would they be?

1

2

3



Feeling safe

What makes
you feel safe?



When don't
you feel safe?



My hopes for the future

Sometimes we don't know what is going to happen in the future, but we can help you think about it.



School?

Friends?

Family?

