

About me



**Important things
that have happened
to me in my life**



**Things that make
me feel safe**



My thoughts



Do you have
something to say?



Would you like to say how you feel?

Speak
your mind!

Anything else?



What I want to happen next



Do you know
what help you
need now?

1 Most important to help me adjust to changes NOW!

2

3

4 Can wait a little...

Any other information?

1

2

3

My needs

What do you need
to live happily?

Where I like to live:

Activities I like to do:

Who I like to see:





Where I like to go to school:

How I like to keep healthy:

What I need for my religion:

What I need to keep safe:



My needs

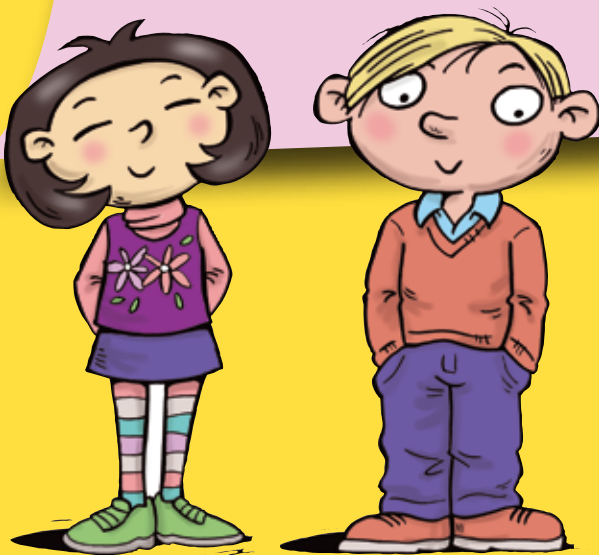
What needs to
remain the same?
What needs to change?

My activities

Where I live

Who should I see?

Keeping me healthy





**Getting me the best
education**

Keeping me safe

**Giving me stability
and security**

My religion

Feelings about my future

We all have feelings, but sometimes we don't let them out. Circle the feelings you sometimes keep hidden. You can write down other feelings you have too.



OK

Fed up

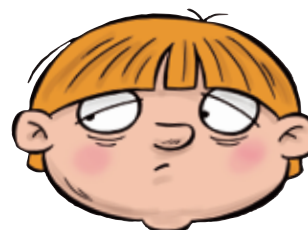


Happy



Worried

Pressured



Scared



Confused



Lonely



Angry



What makes
you feel like
this...

Happy

Angry

Pressured

Worried

Confused

OK

Lonely

Excited

Surprised

Scared

Fed up

Other



