



Derby City Council

My Life, My Journey

Who Am I?

How I See Myself
and

How Others See Me

Children aged 0-5 with SEND

Name

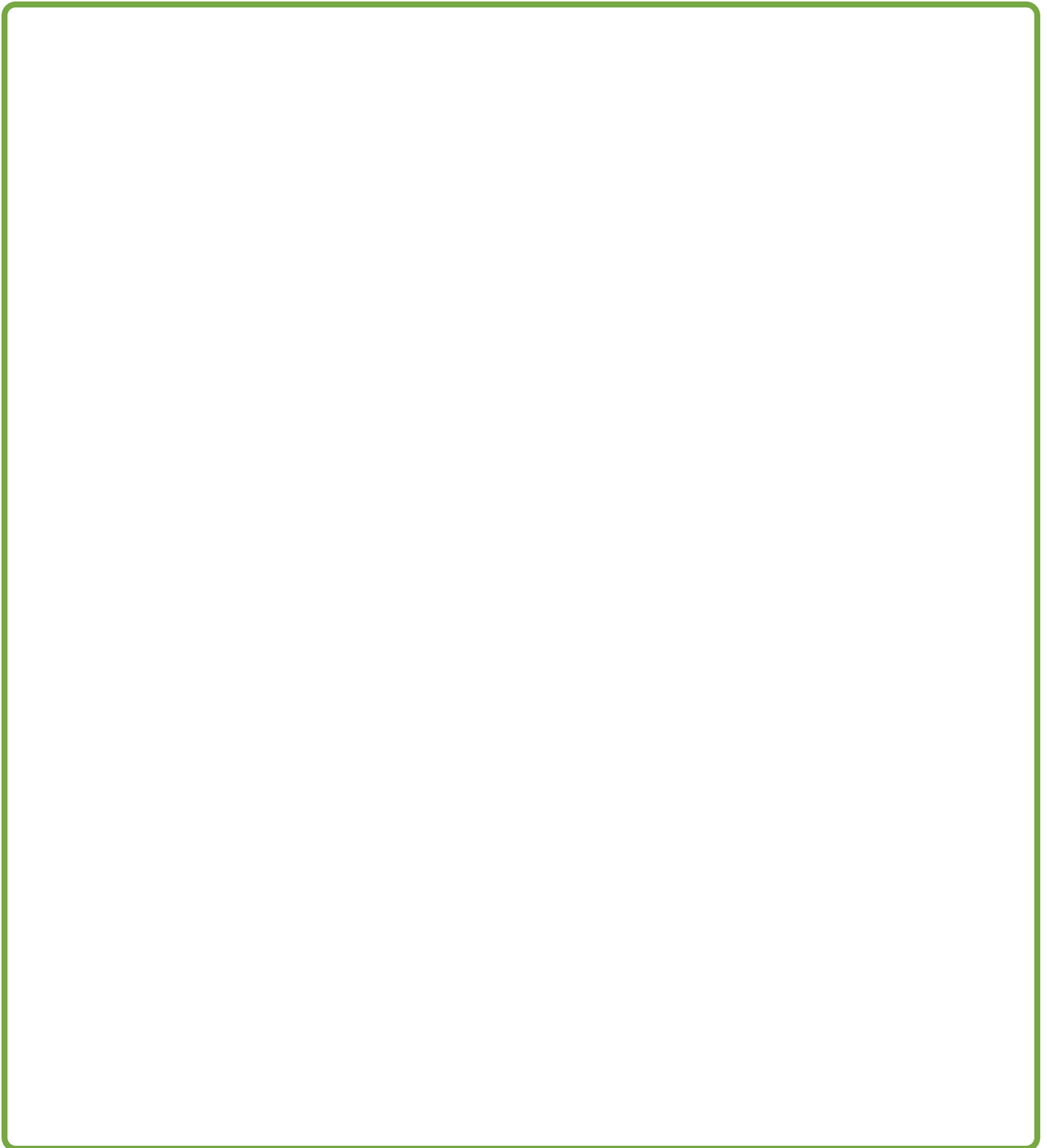
Age

Today's Date

Who Am I?

This is me

Please add a photo, hand print or a drawing to describe your child



Who Am I?

How I feel today

Please circle the words you would use to describe your child

Happy

Worried

Confident

Angry

Fun

Calm

Sad

Boring

Friendly

Unfriendly

Please tell us any other words or use pictures or a drawing to describe your child

Please tell us why you have chosen these words

Who Am I?

How others see me

When I am happy I...

When I am sad I...

When I am angry I...

Who Am I?

Word list



Flap	Spin
Run	Throw
Twirl	Smile
Laugh	Hide
Scream	Cry
Squeal	Shout
Hit	Bang my head
Curl up on the floor	Freeze
Bounce	

How are you feeling today?

Happy



Sad



Excited



Sick



Tired



Bored



Confused



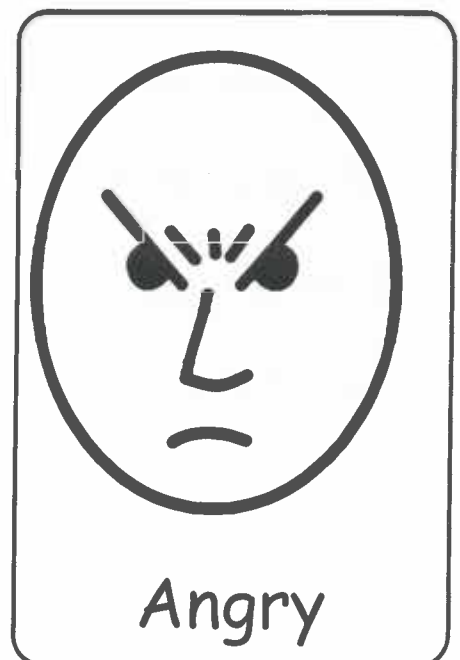
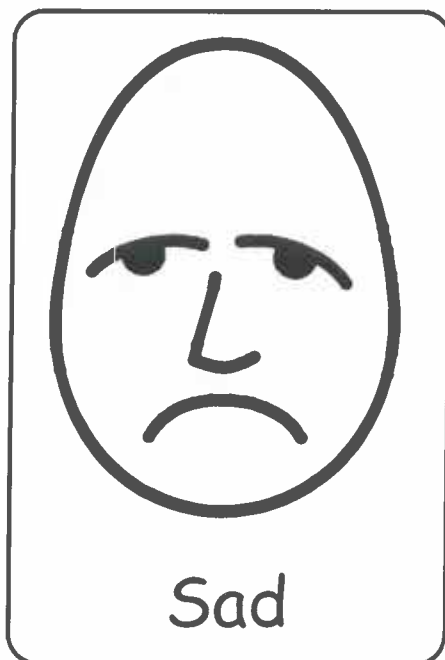
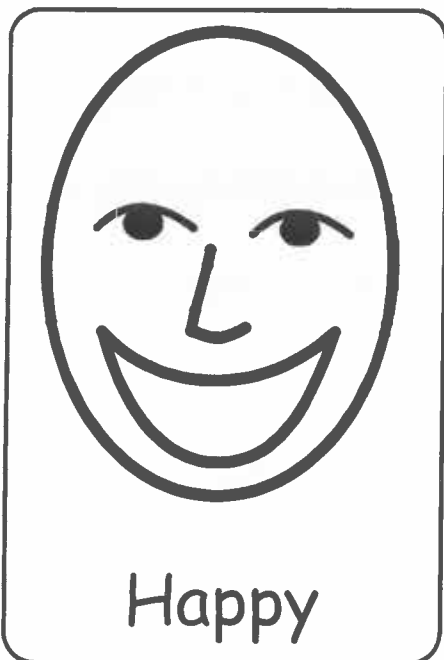
Angry



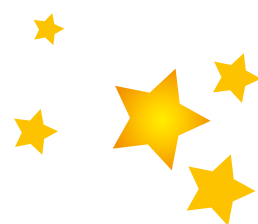
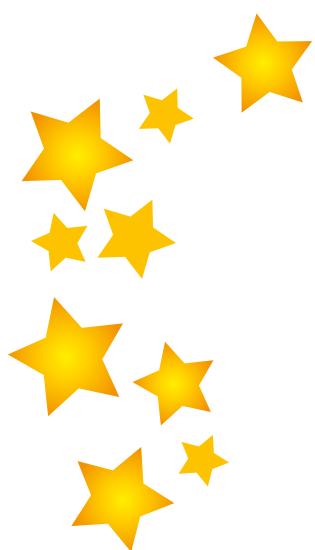
Frustrated



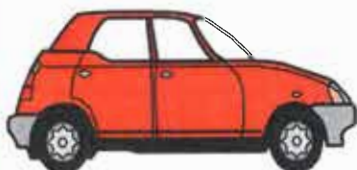
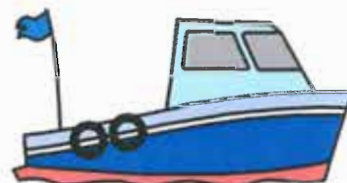
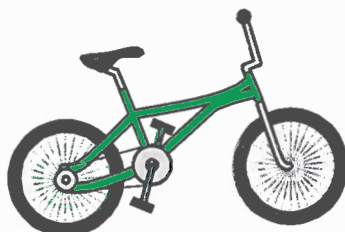
How are you feeling today?



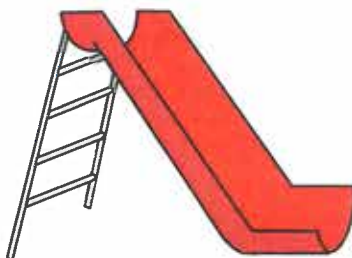
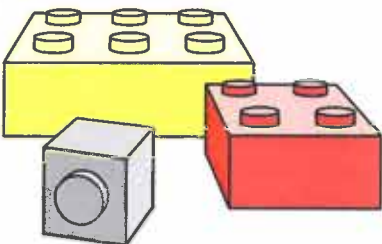
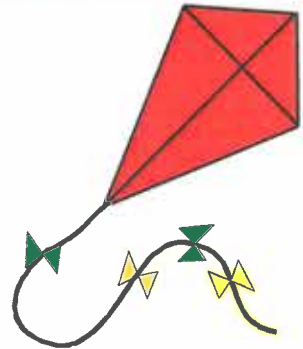
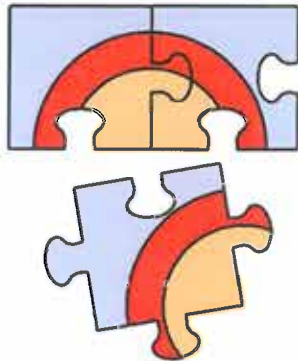
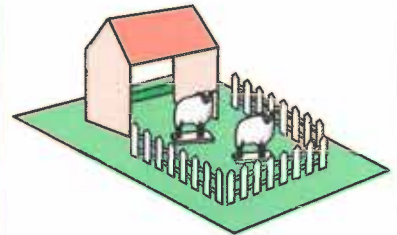
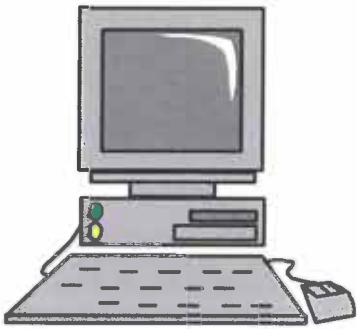
This is what I would
change by waving my
magic wand



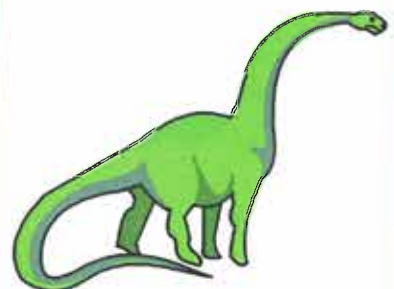
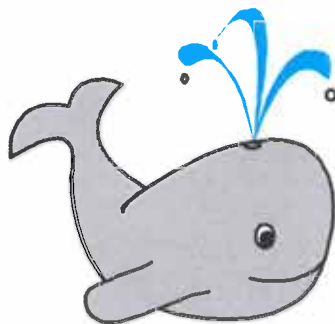
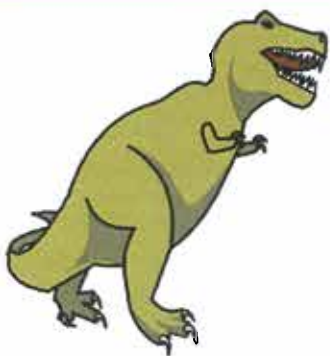
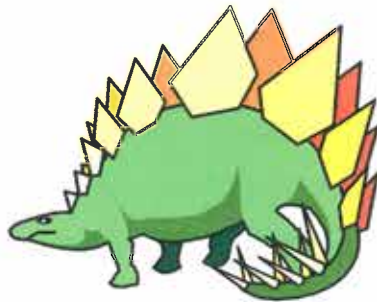
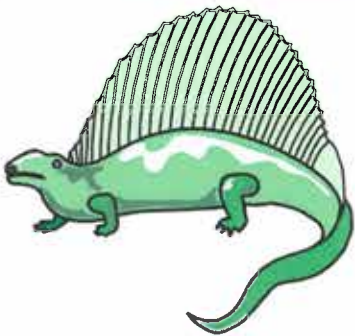
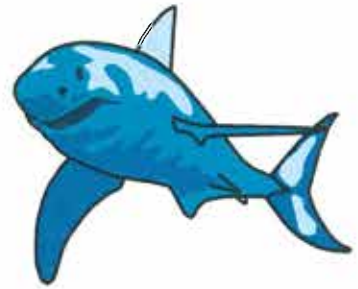
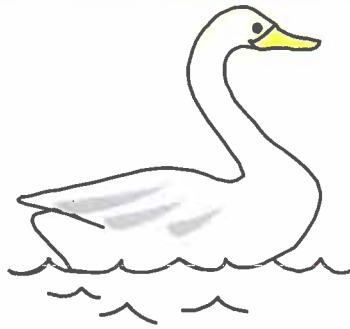
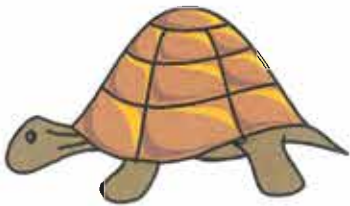
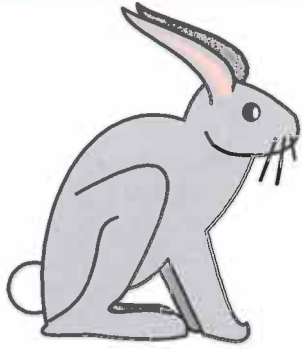
Communicate in Print Images



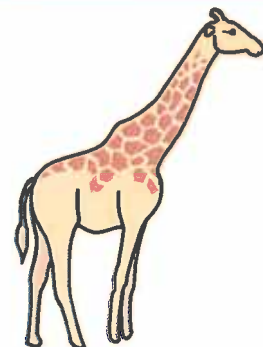
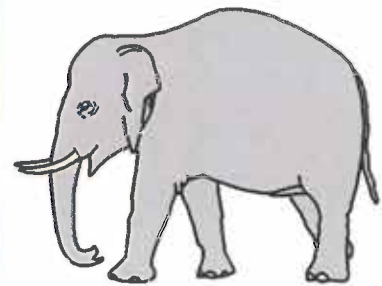
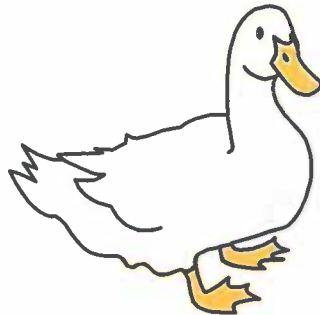
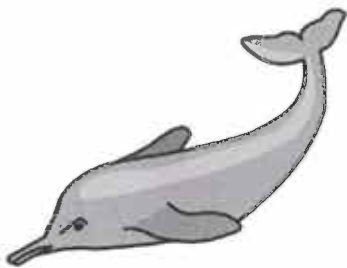
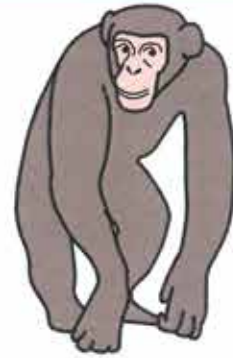
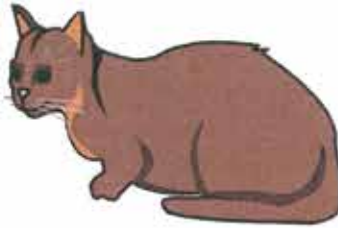
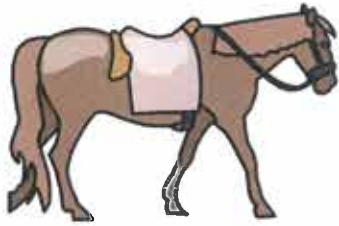
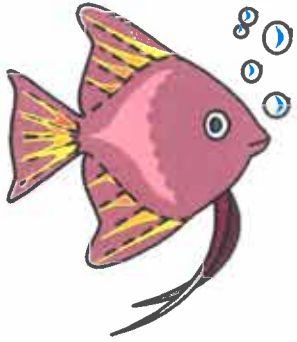
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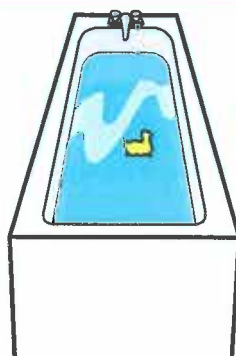
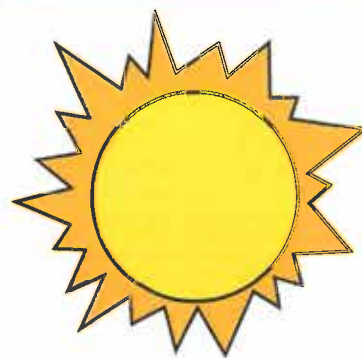
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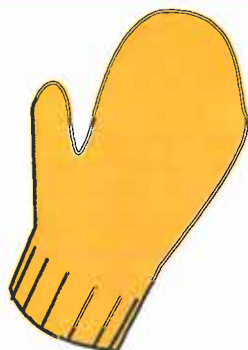
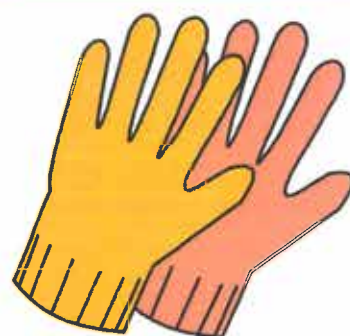
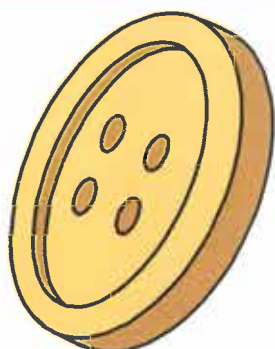
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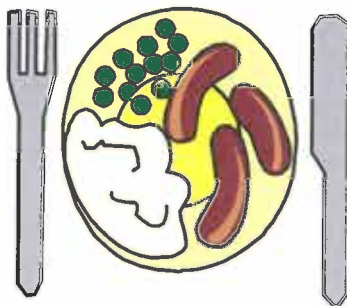
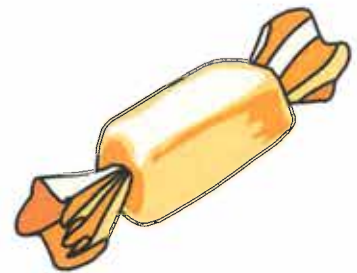
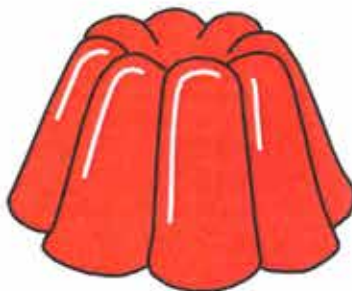
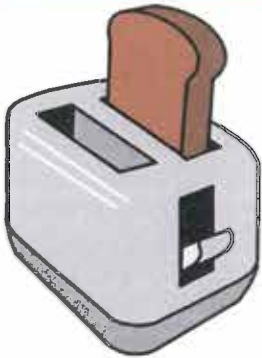
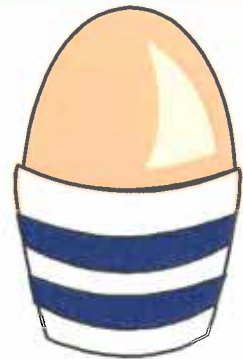
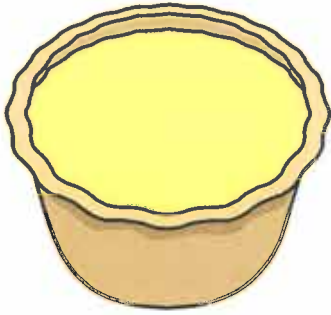
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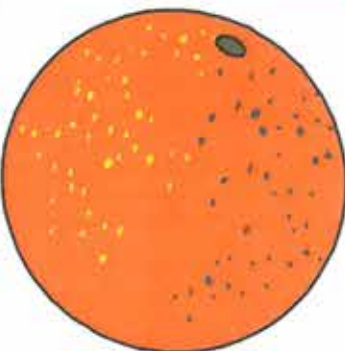
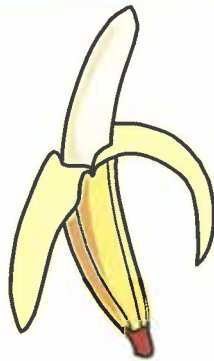
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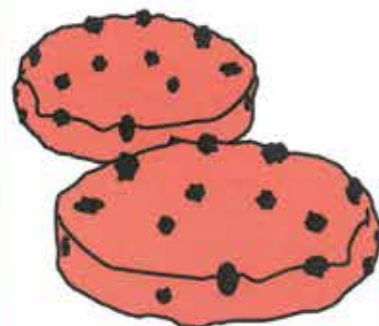
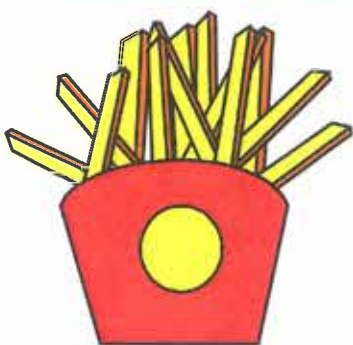
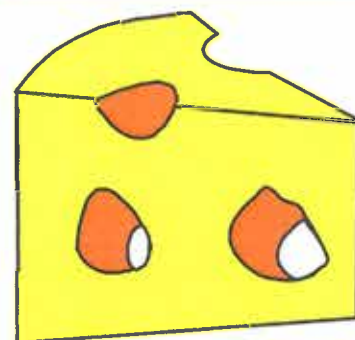
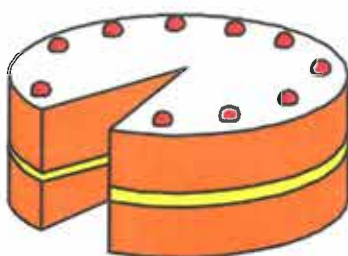
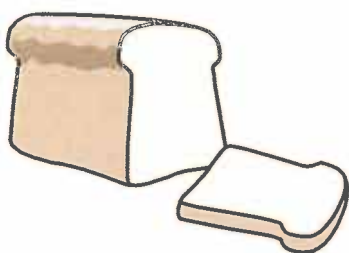
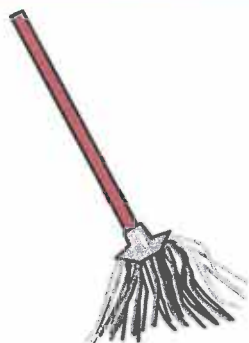
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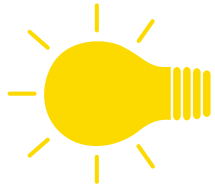
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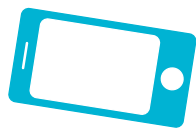
Action Plan



Name

What is going to help you?	How is it going to help you?	Who is going to help you?	When would you like it to start?
What else might help?			

Review



Name

How much has it helped you?		
A lot	A little	Not at all

