



Derby City Council

My Life, My Journey

# My Identity

Who is important to me?  
and

What is important to me?

Name .....

Age .....

Today's Date .....

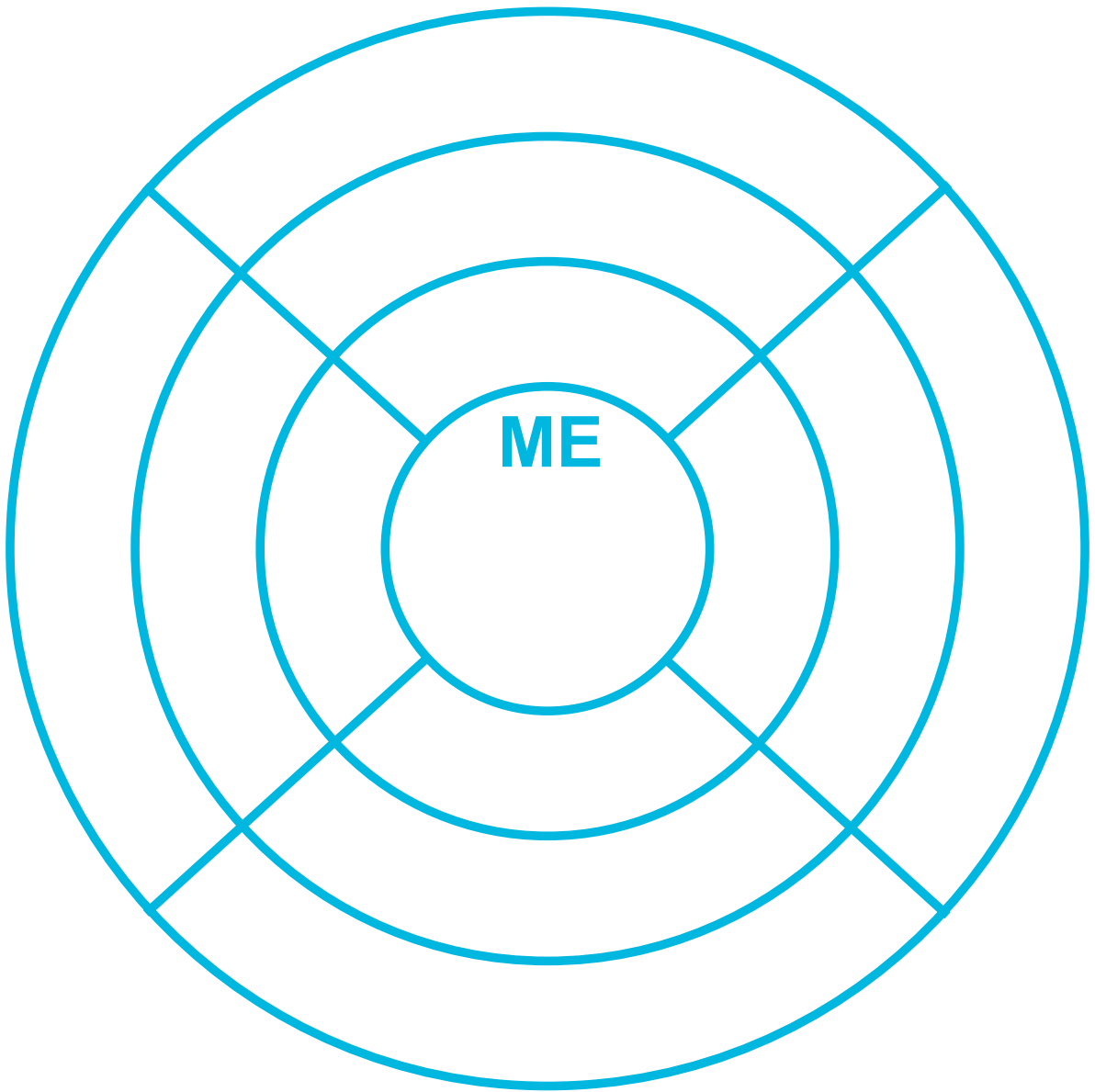


# My Identity

Who is important to me?

Home  
(including pets)

Other adults



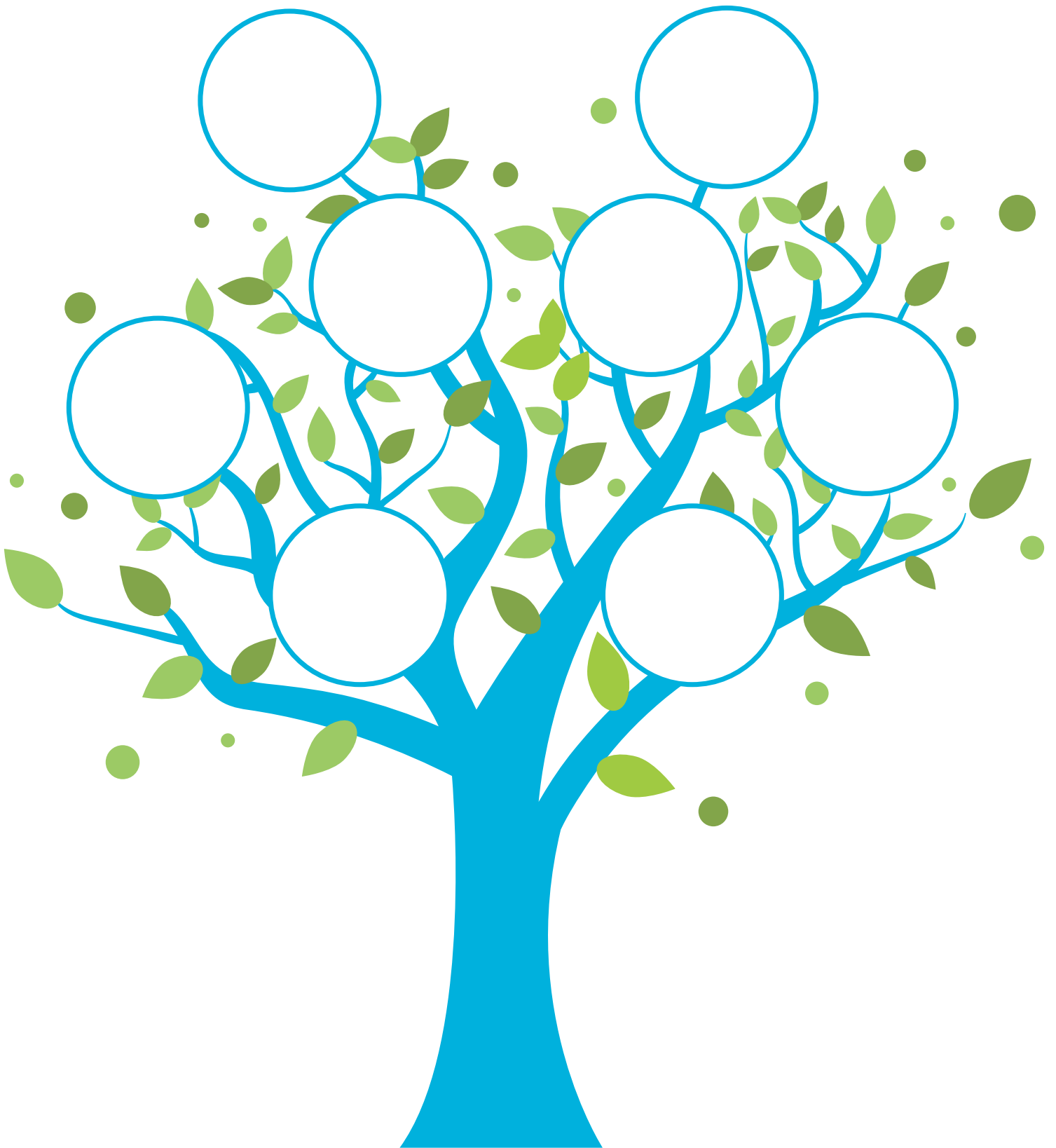
Other children and young people

School



# My Identity

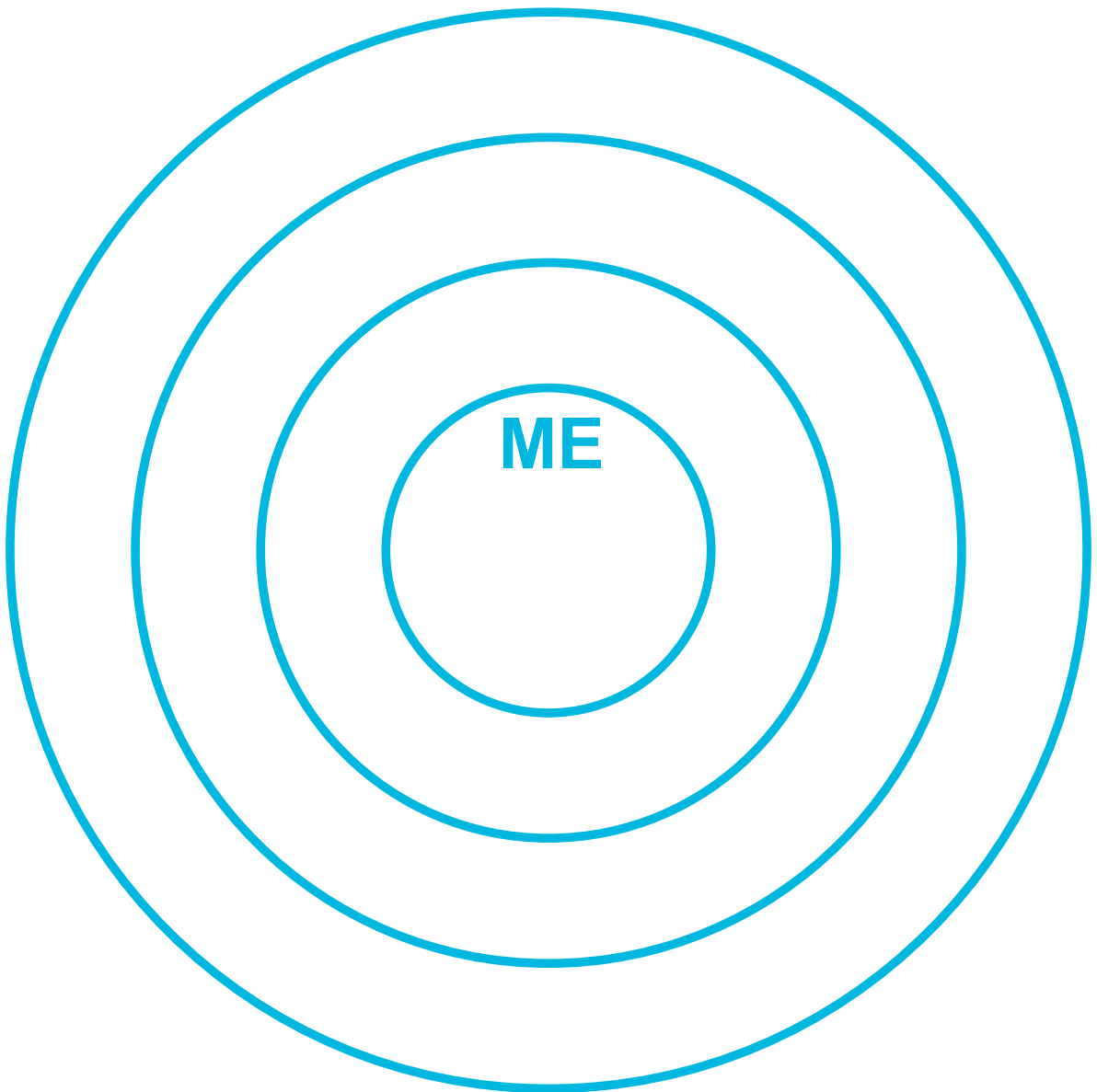
Who is important to me?





# My Identity

What is important to me?





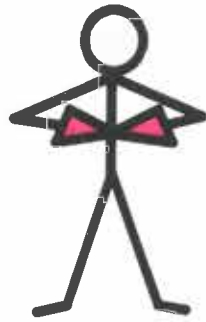




My Identity



Who is important to me?



ME

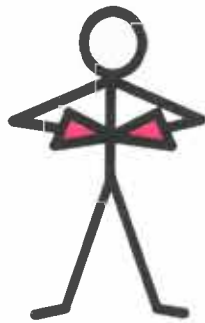




My Identity



What is important to me?



ME





My Identity

What is important to me?  
Helpsheet 1 - What I look like



Boy



Girl



Fat



Thin



Tall



Short



Healthy



Unhealthy



Long Hair



Short Hair



Blue Eyes



Brown Eyes



Green Eyes



Brown Hair



Blonde Hair



Red Hair



Black Hair





My Identity

What is important to me?

Helpsheet 2- Clothes



Trousers



Dress



T-Shirt



Skirt



Jumper



Shoes



Socks



Coat



Hat



Scarf



gloves







## My Identity

What is important to me?

### Helpsheet 3 - Ethnicity

White British

Black British

Asian British

White European

White Other

Black Caribbean

Black African

Black African

Dual (Parents with  
Different Ethnicities)

Indian

Pakistani

Bangladeshi

Chinese

Asian Other

Arab

Romany

Other Ethnicity





My Identity

What is important to me?

Helpsheet 4- Family



Mum



Dad



Sister



Brother



Aunt



Uncle



Grandma



Grandad

Cousin

Step mum

Step dad



Niece



Nephew



Foster Care





My Identity

What is important to me?

Helpsheet 5 - Food



Takeaway



Breakfast



Lunch



Big Meals



Small Meals



Dinner



Meat



No meat

Halal



Snacks



Food I eat at home

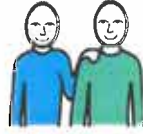




My Identity

Who is important to me?

Helpsheet 6- Friends



Boyfriend



Girlfriend



Friend



Family Friend



Best Friend



School Friend



Imaginary Friend



Internet Friend



New Friend



No Friends

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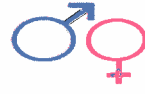




My Identity

What is important to me?

Helpsheet 7- Gender and Sexuality



Boy



Girl

Transgender



Gay

Bisexual



Lesbian

Transexual

Straight

Asexual





My Identity

What is important to me?  
Helpsheet 8 - Language



Makaton


British Sign Language

English

 Other Spoken Languages

  
Symbols

Sign Supported English

  
AAC device





# My Identity

What is important to me?

Helpsheet 9 - Things I like to do




Sports



Outdoor Activities



Arts and Crafts




Reading




Religious Groups



Doing things by myself



Doing things with friends




Consoles




Social media



Playing instruments



Board Games



Computer Based Hobbies



Swimming

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Blank box for activity

Blank box for activity

Blank box for activity










My Identity

What is important to me?  
Helpsheet 10- Where I live



   
Where I was born

    
Where I use to live

   
Where I live now

    
Where I want to live

     
People who live near me

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My Identity

What is important to me?  
Helpsheet 11 - Nationality



British



English



European



World



Pakistani



Indian



Caribbean



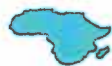
polish



Czech



Slovak



African



Jamaican



Nigerian



Ghanaian



Welsh



Scottish



Irish





My Identity

What is important to me?  
Helpsheet 12- Religion



Believer

Non Believer

Attending a place of worship

Do not follow a particular faith

More than one religion

Spiritual



Christian



Muslim



Hindu



Buddhist



Sikh



Jewish

Atheist

Multi faith follower

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My Identity

What is important to me?

Helpsheet 13- School and College

     
 I like going to school

     
 I dislike going to school

      
 I am doing good at school

     
 I am happy at school

     
 I am unhappy at school

    
 I find school hard

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# Health help sheet



Medication



Help to keep me well



Help to move



Help to communicate



Having a diagnosis



Having appointments with a different nurse



Special food



Others understand my health needs



The right equipment



Attending appointments



Having appointments with the same doctor



My hearing aids



My glasses



Having a changing place toilet



My wheelchair



My walking frame



Having a hoist



Respecting my privacy



Treating me with respect





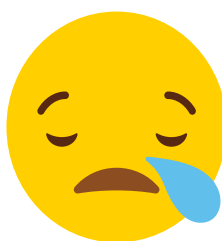


# How are you feeling today?

Happy



Sad



Excited



Sick



Tired



Bored



Confused



Angry



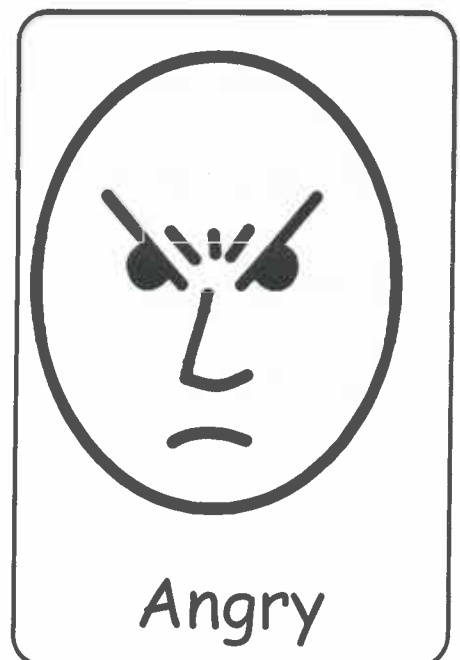
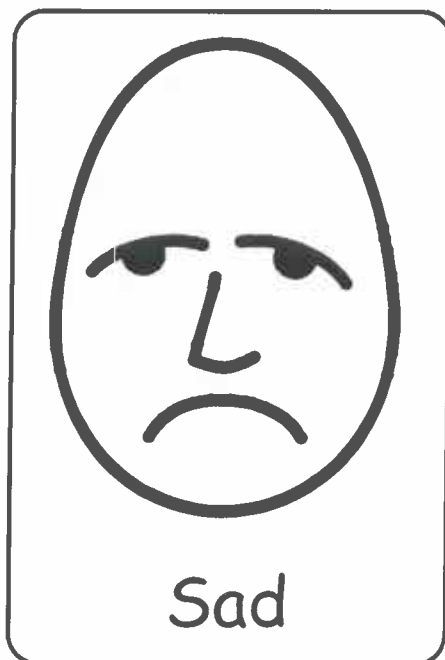
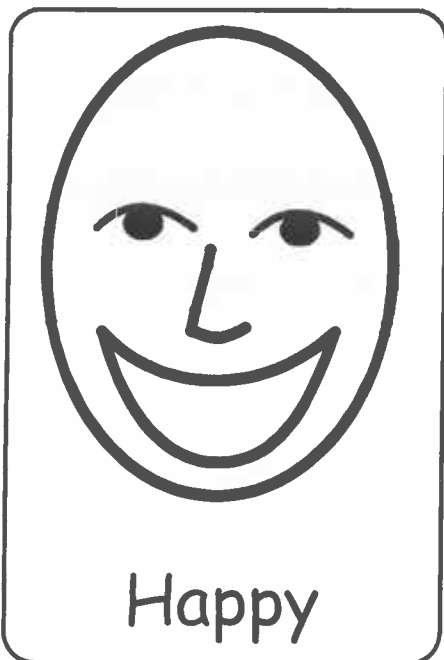
Frustrated





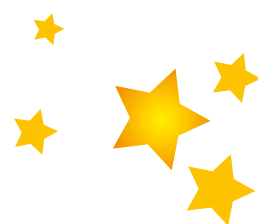
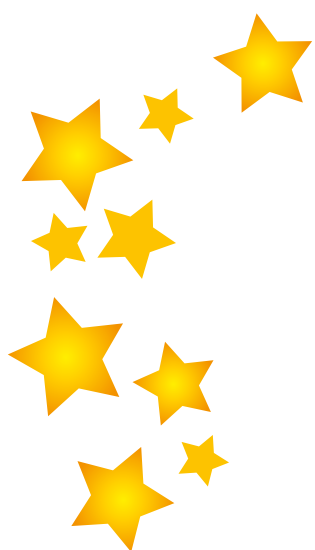
# How are you feeling today?

A large empty rounded rectangular box for writing an answer.





This is what I would  
change by waving my  
magic wand





# This is Me

I have lots of strengths and talents, including;

- |  |  |
|--|--|
| <input type="checkbox"/> Reading                                   | <input type="checkbox"/> Stories                 |
| <input type="checkbox"/> Spelling                                  | <input type="checkbox"/> Photography             |
| <input type="checkbox"/> Writing                                   | <input type="checkbox"/> Sports                  |
| <input type="checkbox"/> Drawing and art work                      | <input type="checkbox"/> Cooking                 |
| <input type="checkbox"/> Computers                                 | <input type="checkbox"/> Cleaning                |
| <input type="checkbox"/> Computer games                            | <input type="checkbox"/> Tidying up              |
| <input type="checkbox"/> Maths and numbers                         | <input type="checkbox"/> Putting things in order |
| <input type="checkbox"/> Remembering things                        | <input type="checkbox"/> Mechanical things       |
| <input type="checkbox"/> Music                                     | <input type="checkbox"/> Making things           |
| <input type="checkbox"/> Facts about my favourite thing, which is; | <input type="checkbox"/> What else?              |

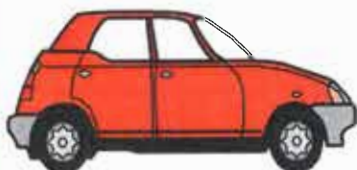
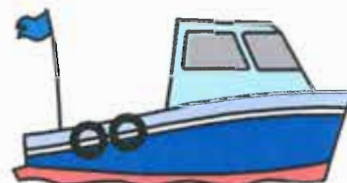
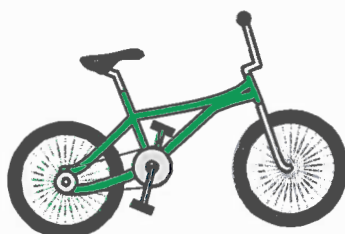
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I will tick the things that are true for me



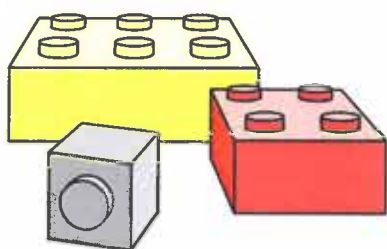
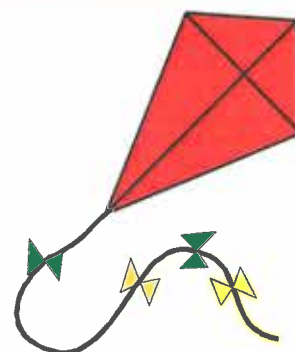
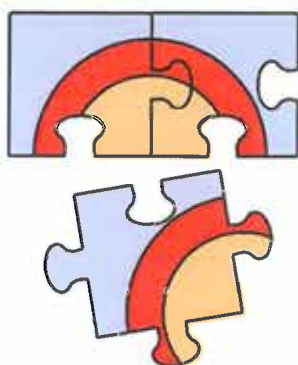
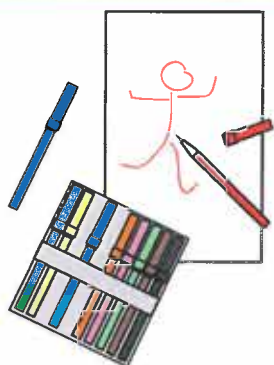
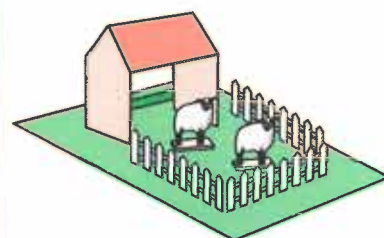
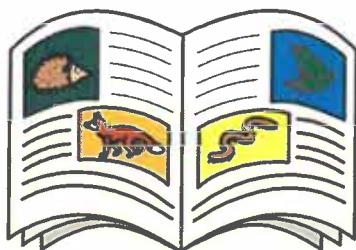


# Communicate in Print Images



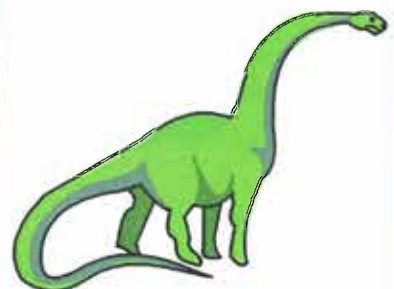
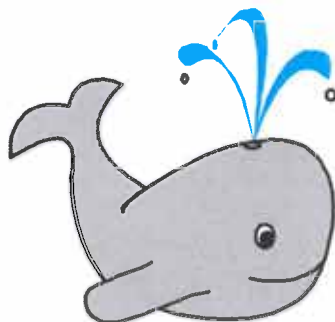
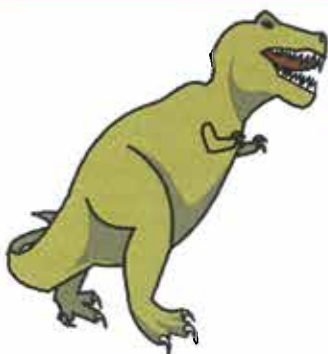
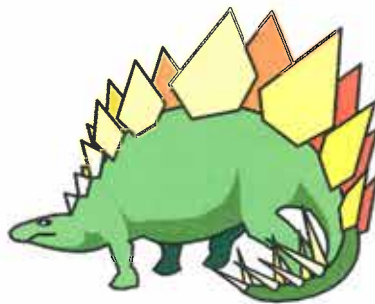
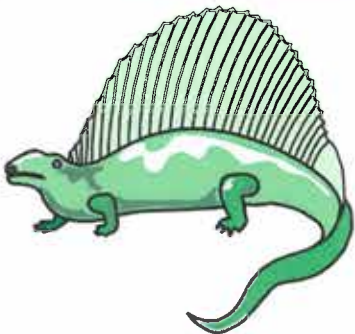
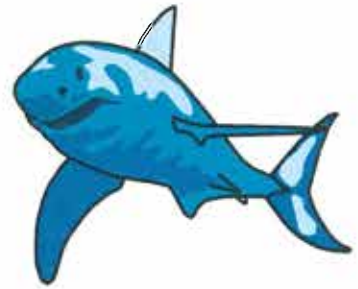
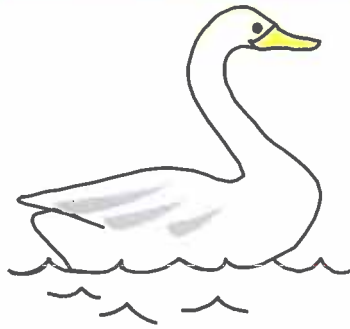
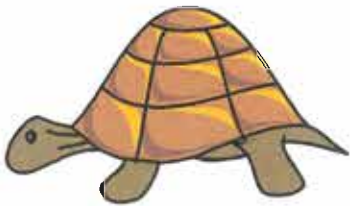
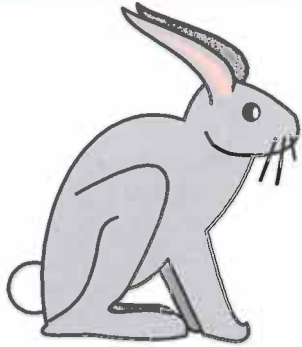


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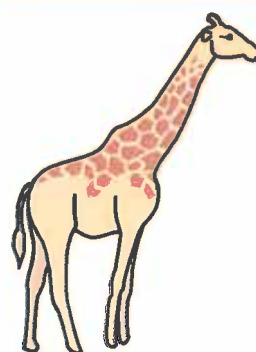
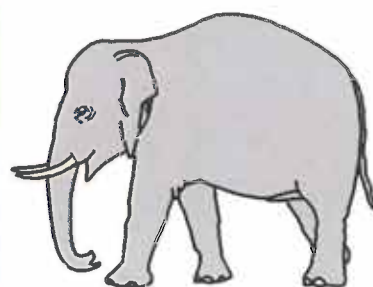
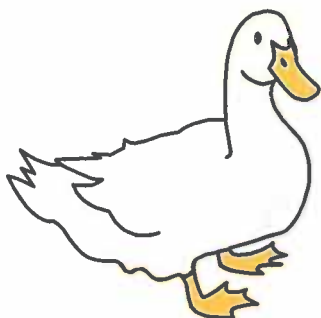
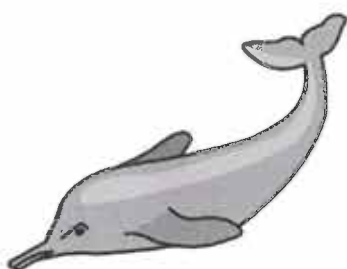
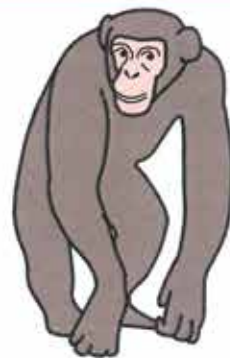
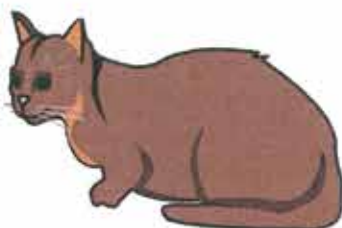
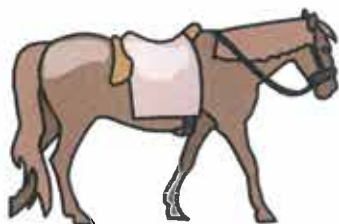
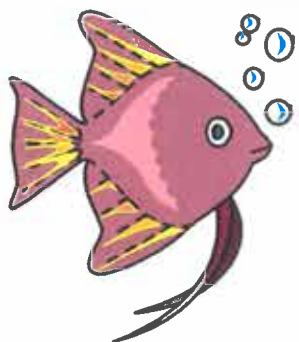


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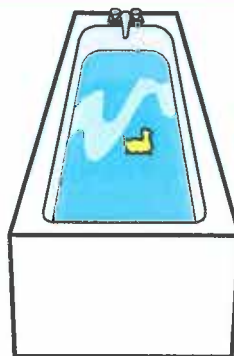
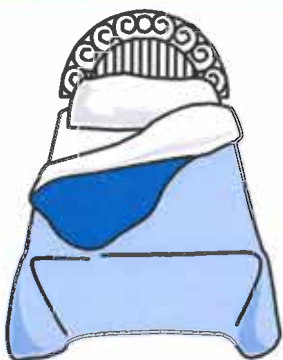
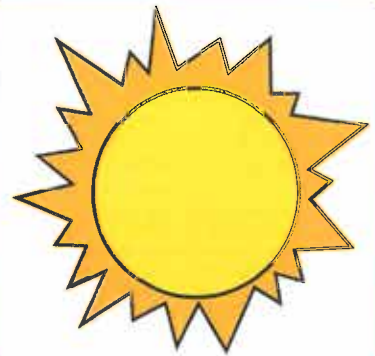
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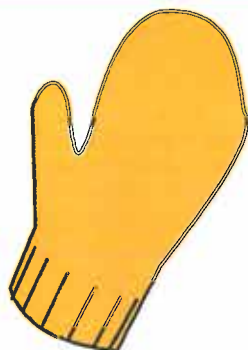
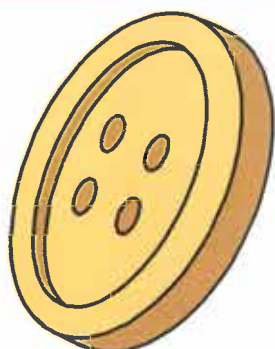


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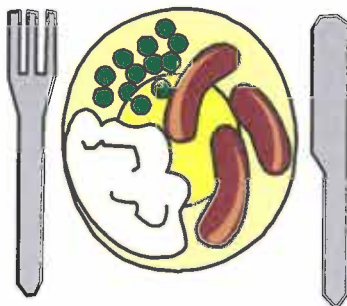
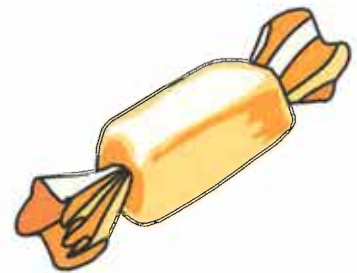
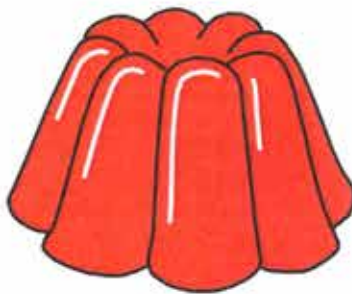
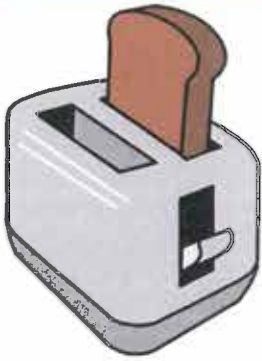
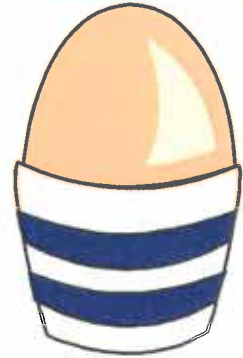
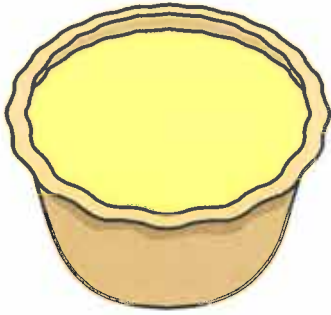


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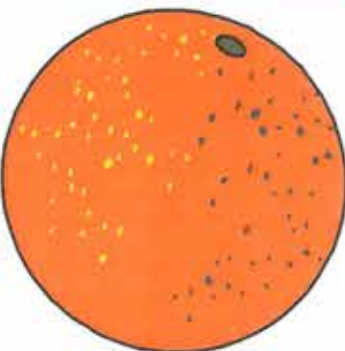
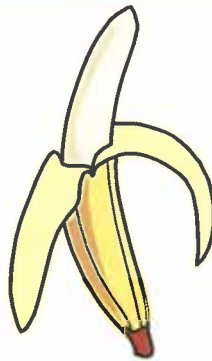


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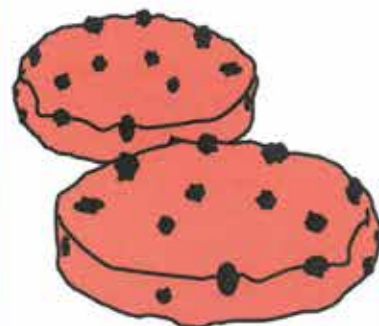
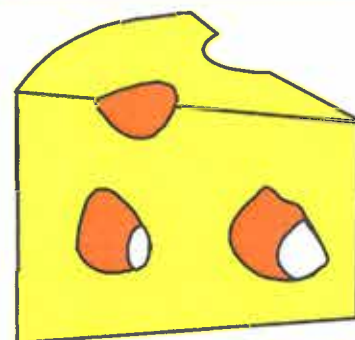
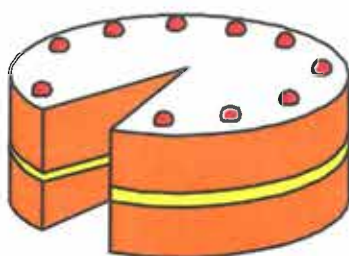
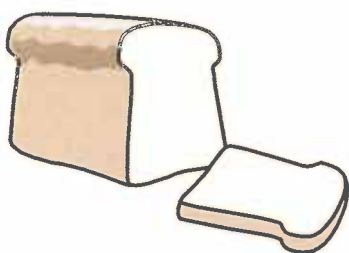
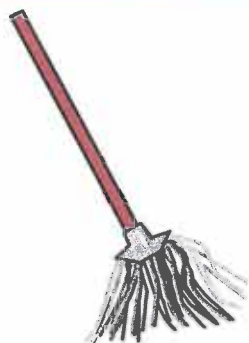
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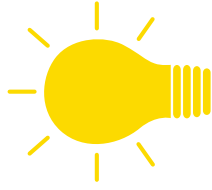


# Communicate in Print Images





# Action Plan

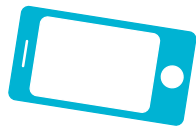


Name .....

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

