



Derby City Council

My Life, My Journey

Getting to know me

Three Things About Me

Name

Age

Today's Date

Getting To Know Me

Three Things Family

3 things I like

- 1.
- 2.
- 3.

3 things I don't like

- 1.
- 2.
- 3.

3 things I'd like to change

- 1.
- 2.
- 3.

3 things I'd like to stay the same

- 1.
- 2.
- 3.

Getting To Know Me

Three Things Friends

3 things I like

- 1.
- 2.
- 3.

3 things I don't like

- 1.
- 2.
- 3.

3 things I'd like to change

- 1.
- 2.
- 3.

3 things I'd like to stay the same

- 1.
- 2.
- 3.

Getting To Know Me

Three Things Feelings

3 things that make me
HAPPY

- 1.
- 2.
- 3.

3 things that make me SAD

- 1.
- 2.
- 3.

3 things that make me
WORRIED

- 1.
- 2.
- 3.

3 things that make me...
(choose another feeling)

- 1.
- 2.
- 3.

Getting To Know Me

Three Things Me at My Best

3 things I like to do

-
-
-

3 things I can do well

-
-
-

3 things I don't like to do

-
-
-

3 things I can get better at

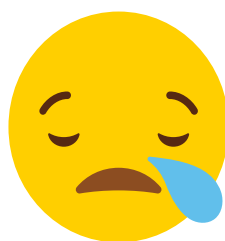
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How are you feeling today?

Happy



Sad



Excited



Sick



Tired



Bored



Confused



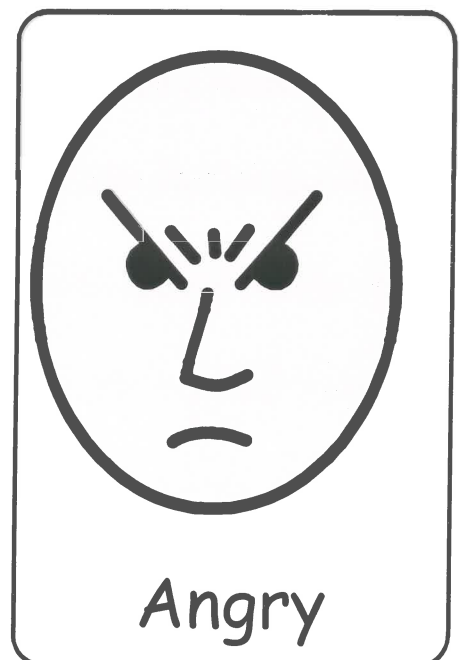
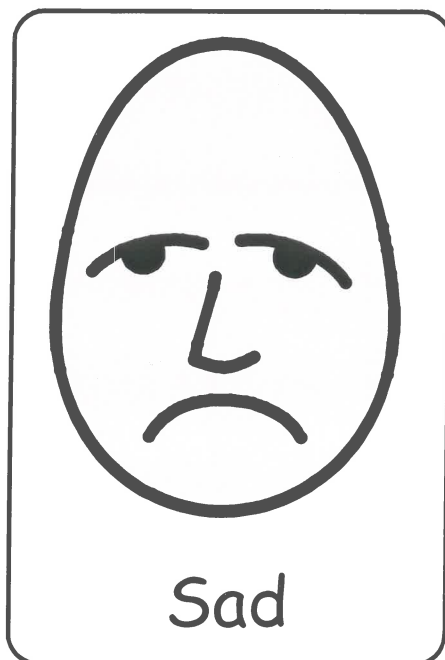
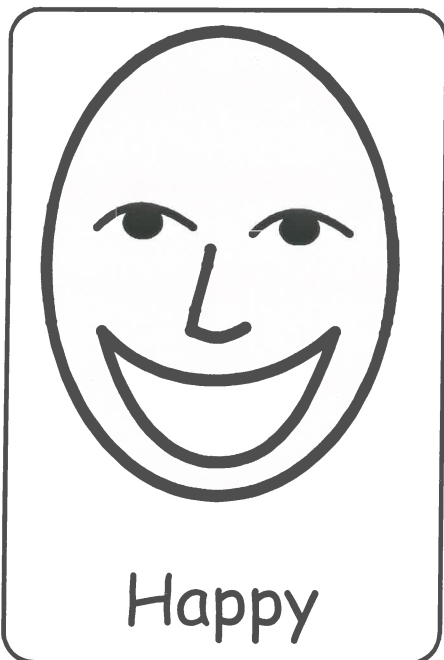
Angry



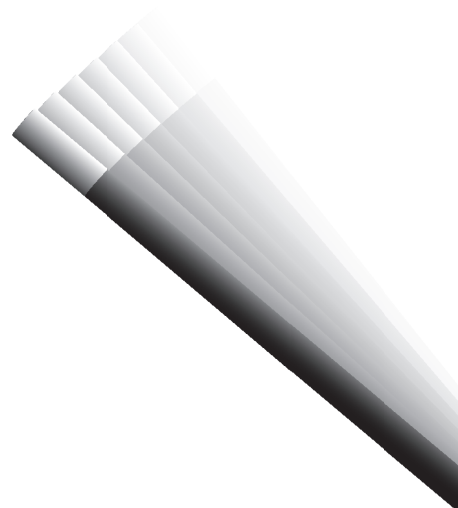
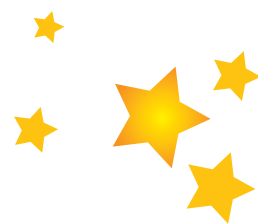
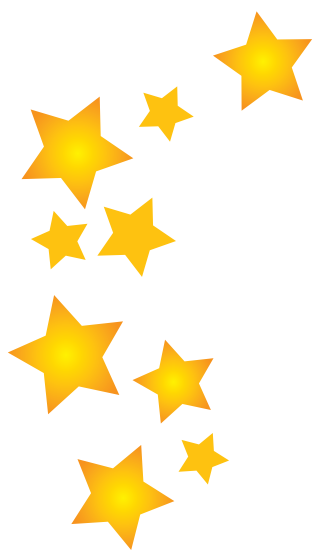
Frustrated



How are you feeling today?



This is what I would
change by waving my
magic wand



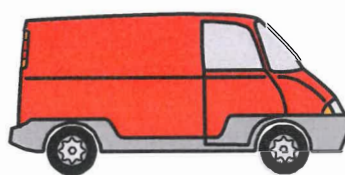
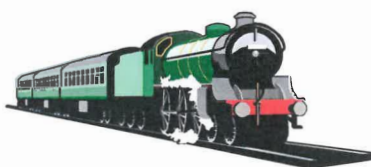
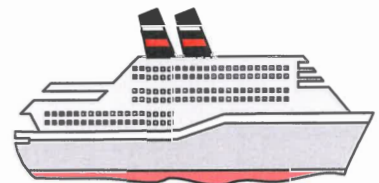
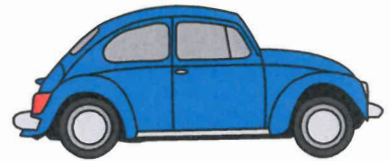
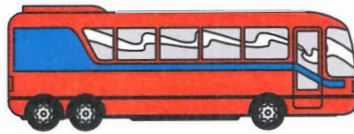
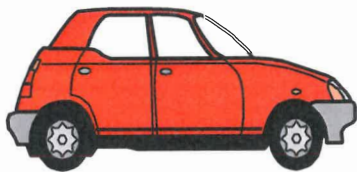
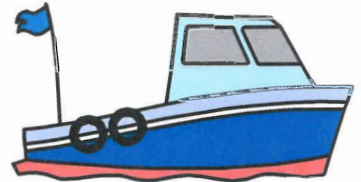
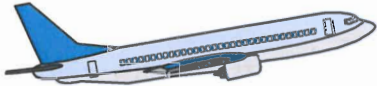
This is Me

I have lots of strengths and talents, including;

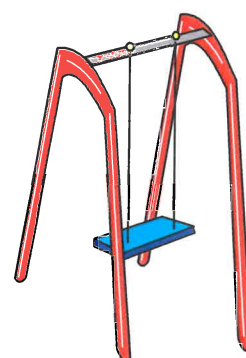
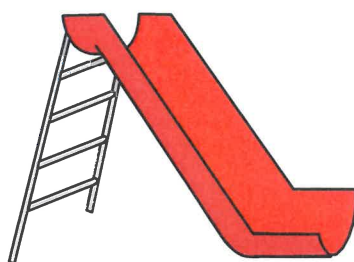
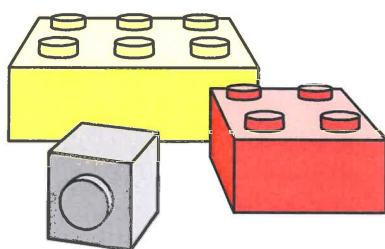
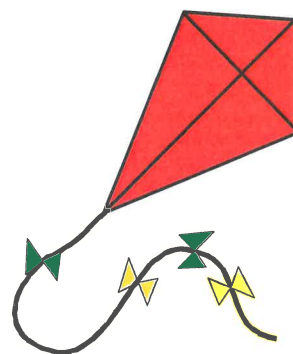
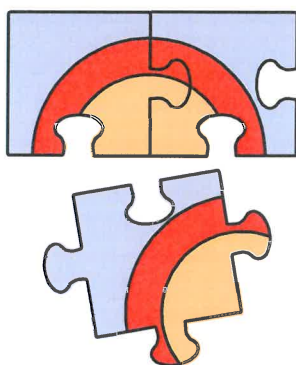
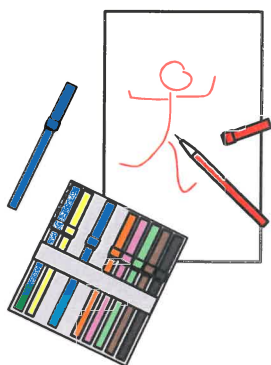
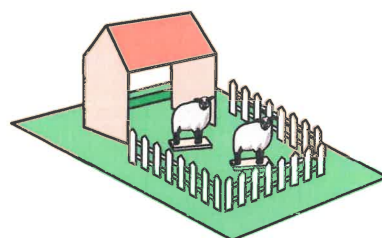
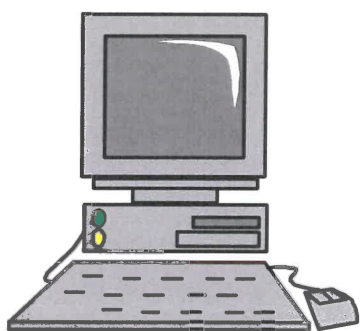
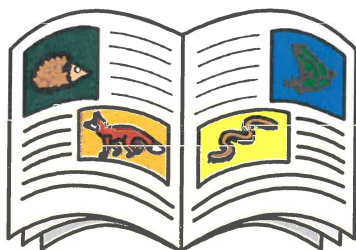
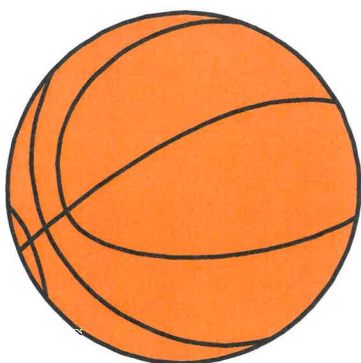
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| <input type="checkbox"/> Spelling | <input type="checkbox"/> Photography |
| <input type="checkbox"/> Writing | <input type="checkbox"/> Sports |
| <input type="checkbox"/> Drawing and art work | <input type="checkbox"/> Cooking |
| <input type="checkbox"/> 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? |

I will tick the things that are true for me

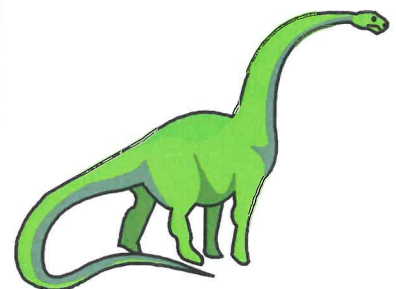
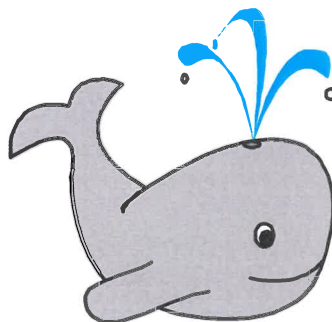
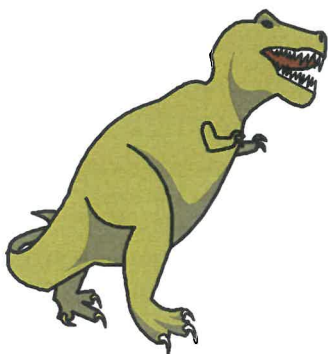
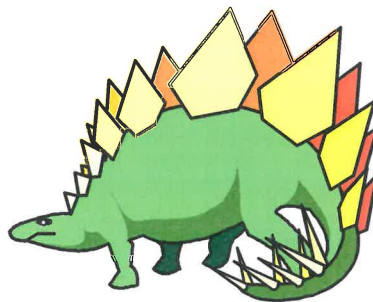
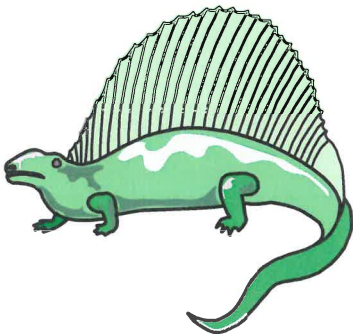
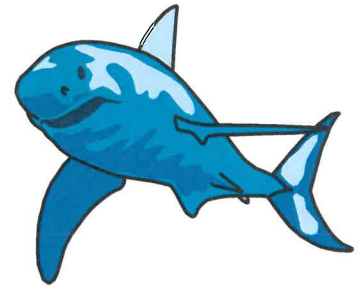
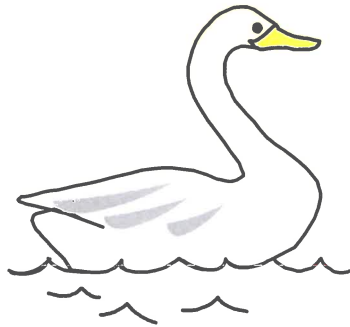
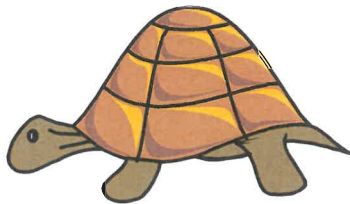
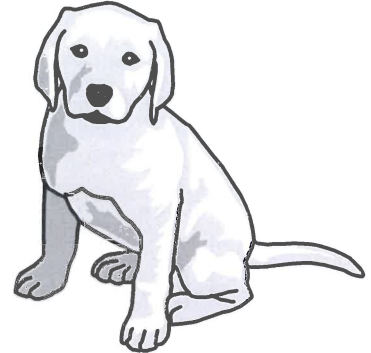
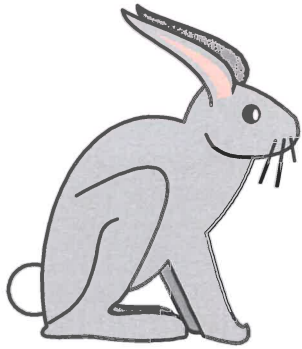
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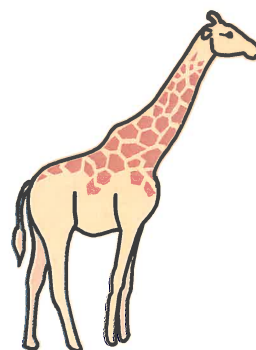
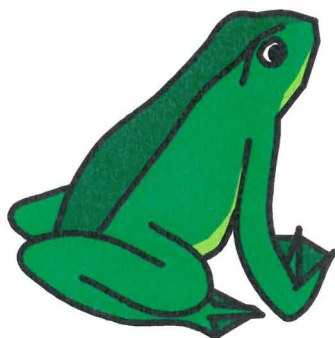
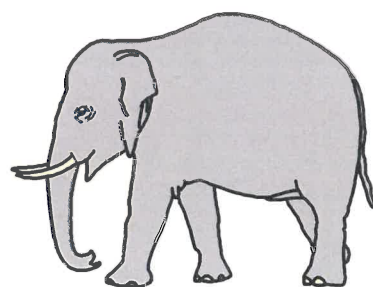
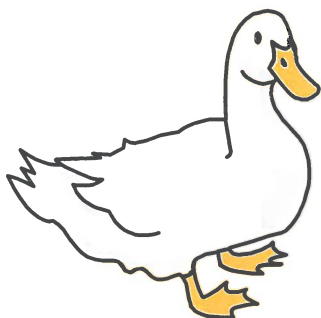
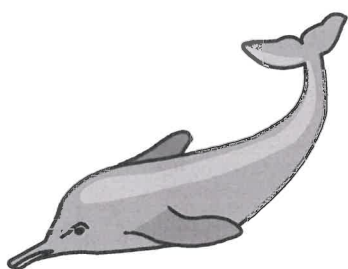
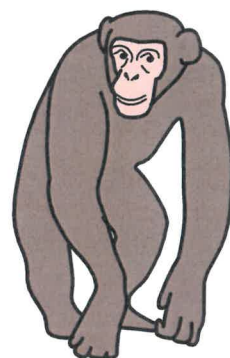
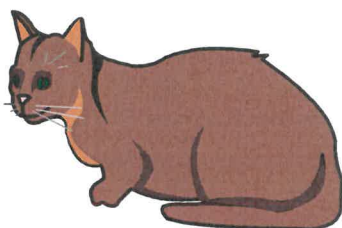
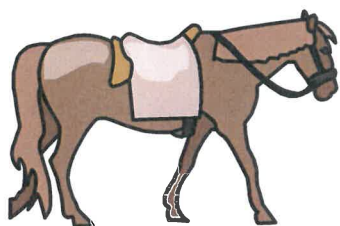
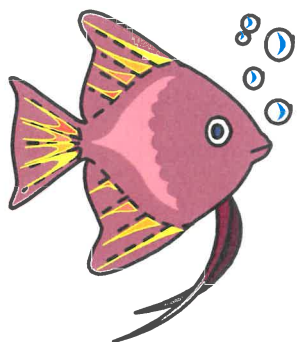
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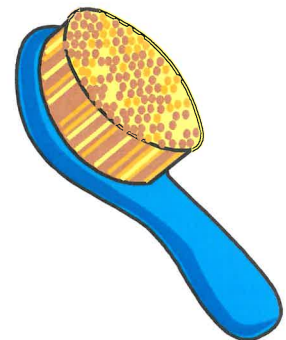
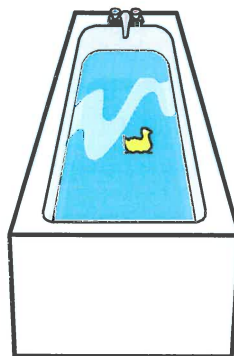
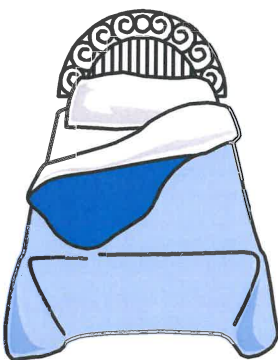
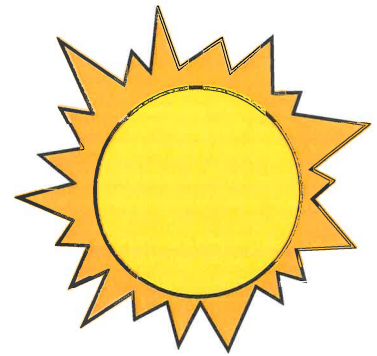
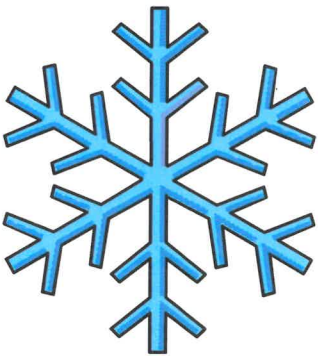
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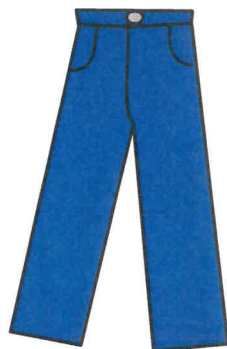
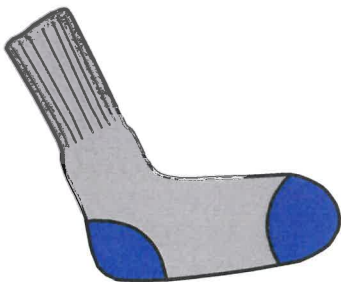
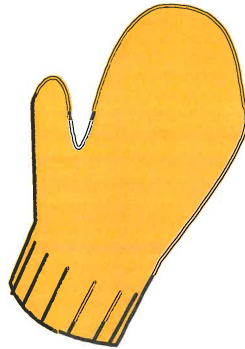
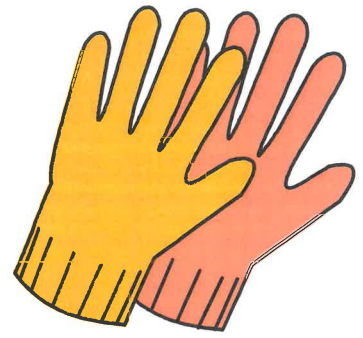
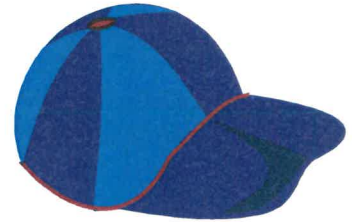
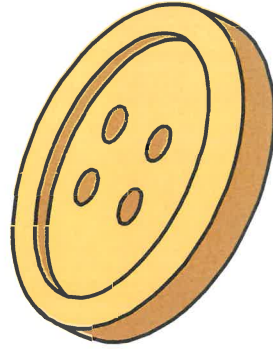
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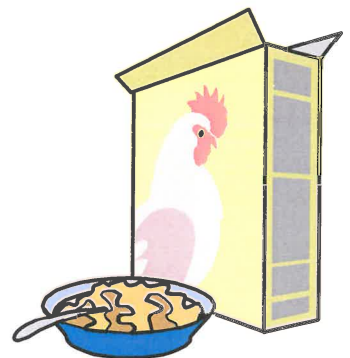
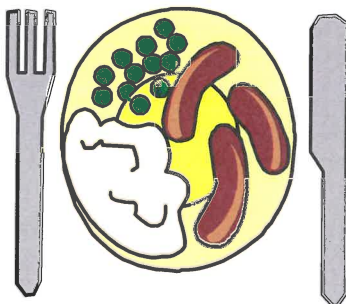
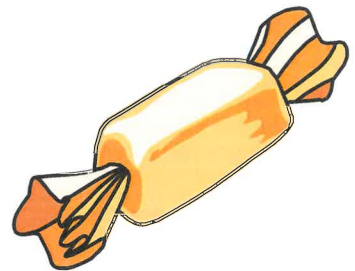
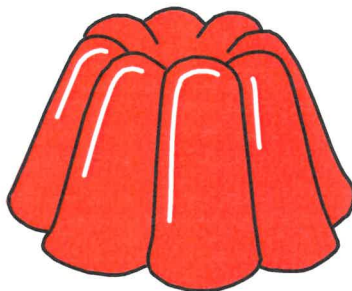
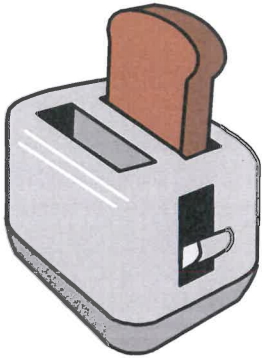
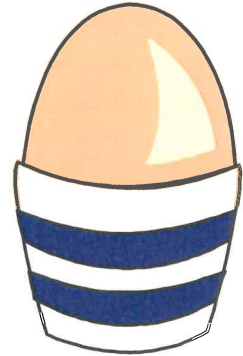
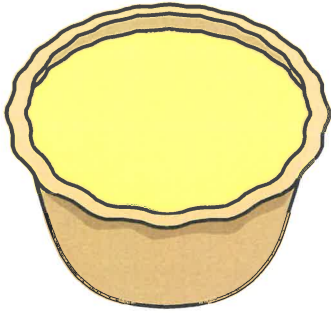
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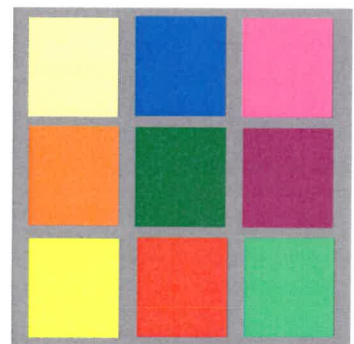
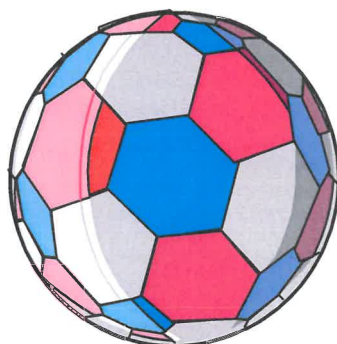
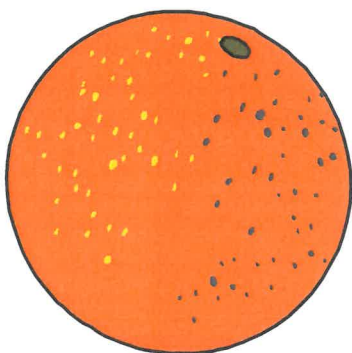
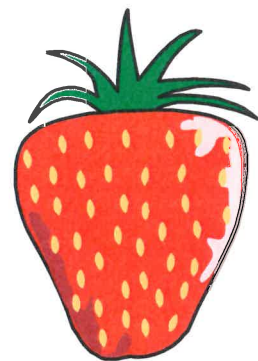
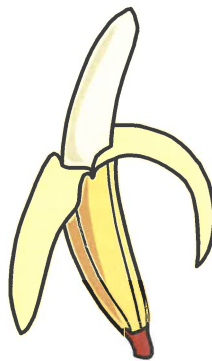
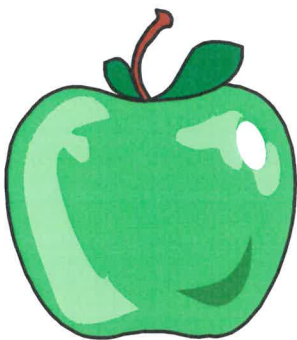
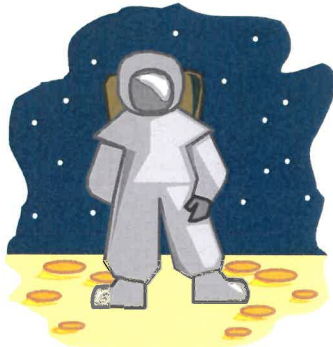
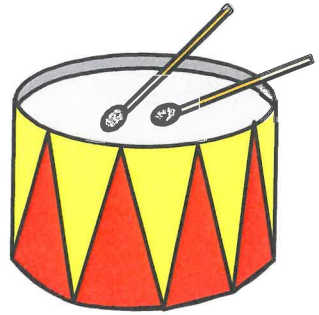
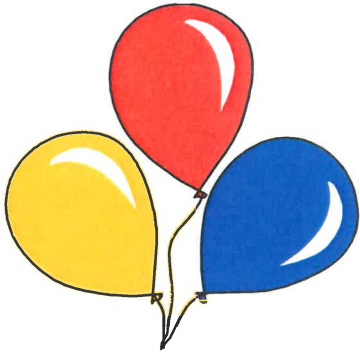
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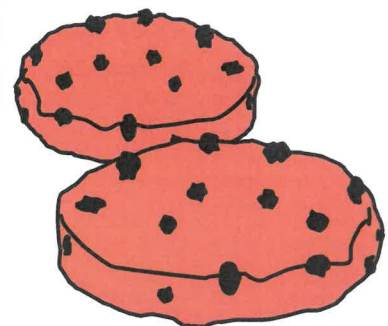
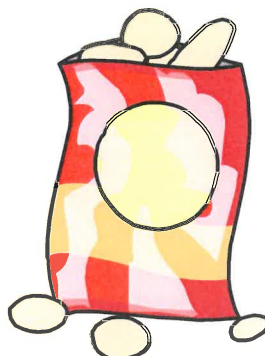
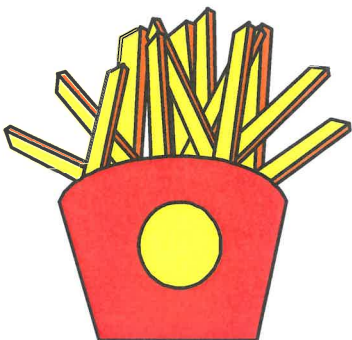
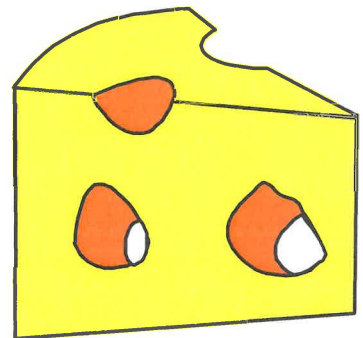
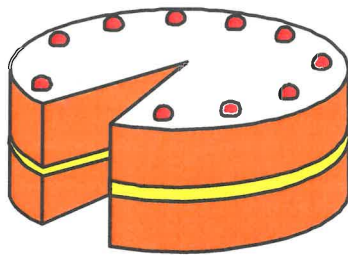
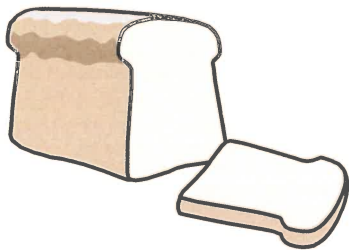
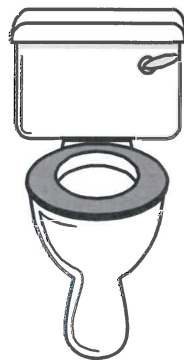
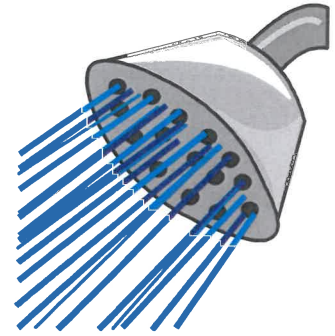
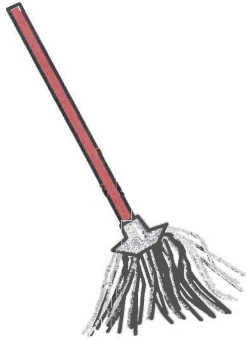
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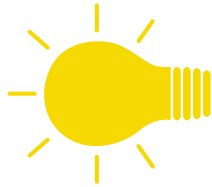
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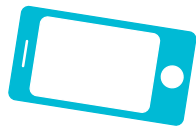
Action Plan



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

