



Derby City Council

My Life, My Journey

Getting to know me

My Life My Journey

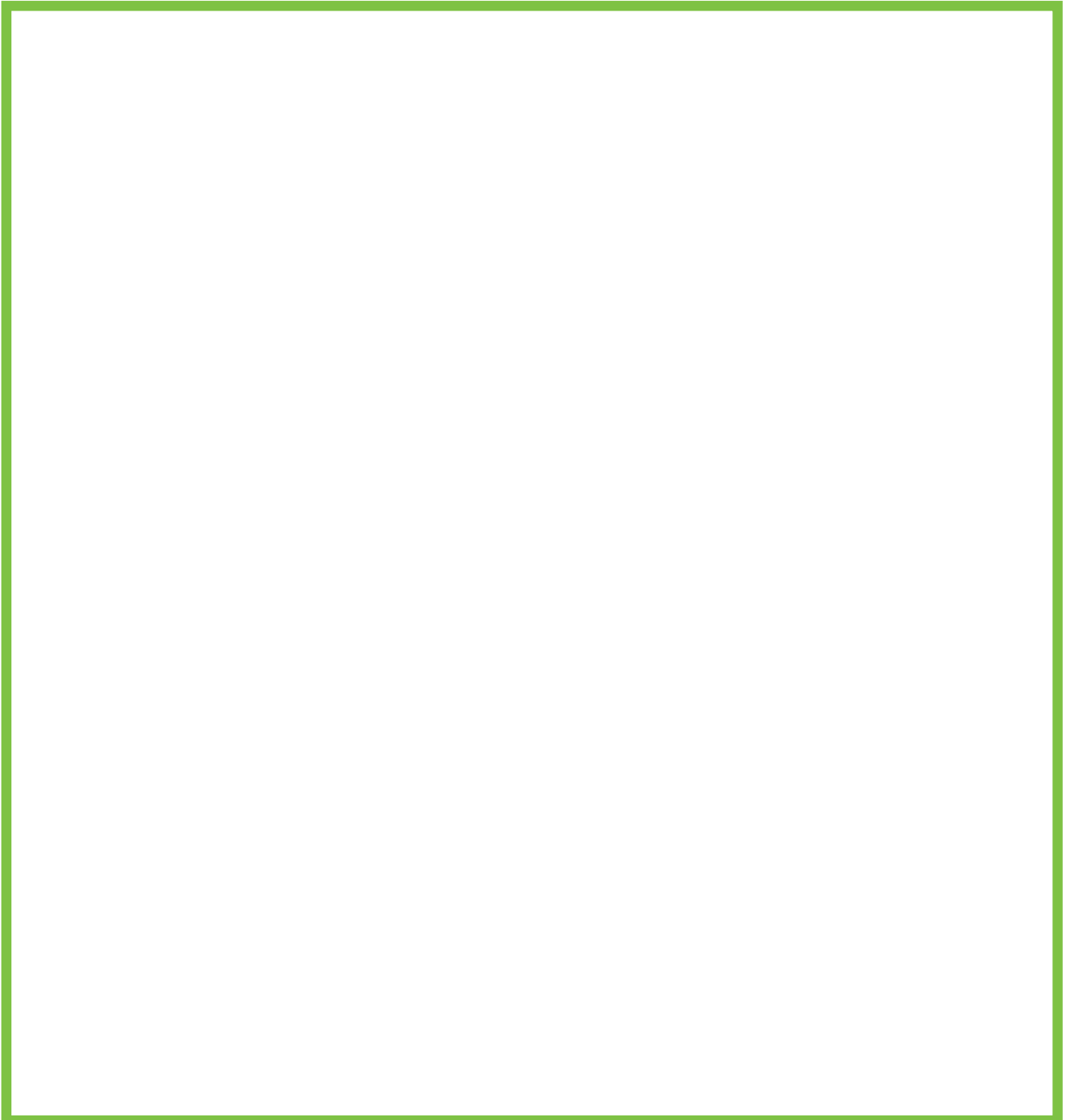
Name

Age

Today's Date

How are you feeling today?

Use Helpsheets 1 and 2 and cut out what you would like to use



Helpsheet 1



Excited



Happy



Worried



Scared



Shocked



Sad



Safe



Unsafe



Very Sad

Helpsheet 2



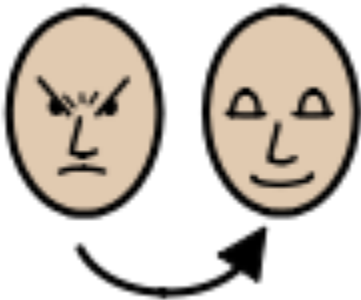
Miss



Angry



Calm



Relieved



Sick



Unwell



Confused



Hungry



Tired

Things I like

Use Helpsheets 3-5 and cut out what you would like to use



Things I do not like

Use Helpsheets 3-5 and cut out what you would like to use



Helpsheet 3



Kind		Loving	
Unkind		Caring	
Helpful		Arguing	
Unhelpful		Strict	
Safe		Fun	
Unsafe		Scared	
Happy		Difficult	
Sad		Frustrated	
Worried		Shouting	
Busy		Bullying	
Lonely		Hungry	

Helpsheet 4



Miss		School	
Playing		Teacher	
Snacks		Park	
Caring for brothers or sisters		Home	
Computer games		Unwanted touching	
Swimming		Hitting	
Pets		Pinching	
Riding my bike		Horrible words	
Listening to music		Mum	
Dancing		Dad	
Dressing Up		Brother	

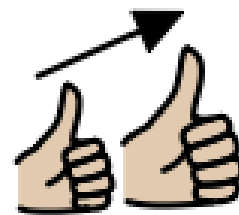
Things I do well

Use Helpsheet 6 and cut out what you would like to use



Things I can do better

Use Helpsheet 6 and cut out what you would like to use



Helpsheet 6



Drawing		Tidy	
Maths		Sharing	
Reading		I don't listen	
Writing		Riding my bike	
Dress myself		Brush my teeth	
Wash myself		Walk the dog	
Behave		Certificate	

Things that make me feel

Use Helpsheet 7 and cut out what you would like to use



Happy



Sad

















Worried



Angry

Helpsheet 7

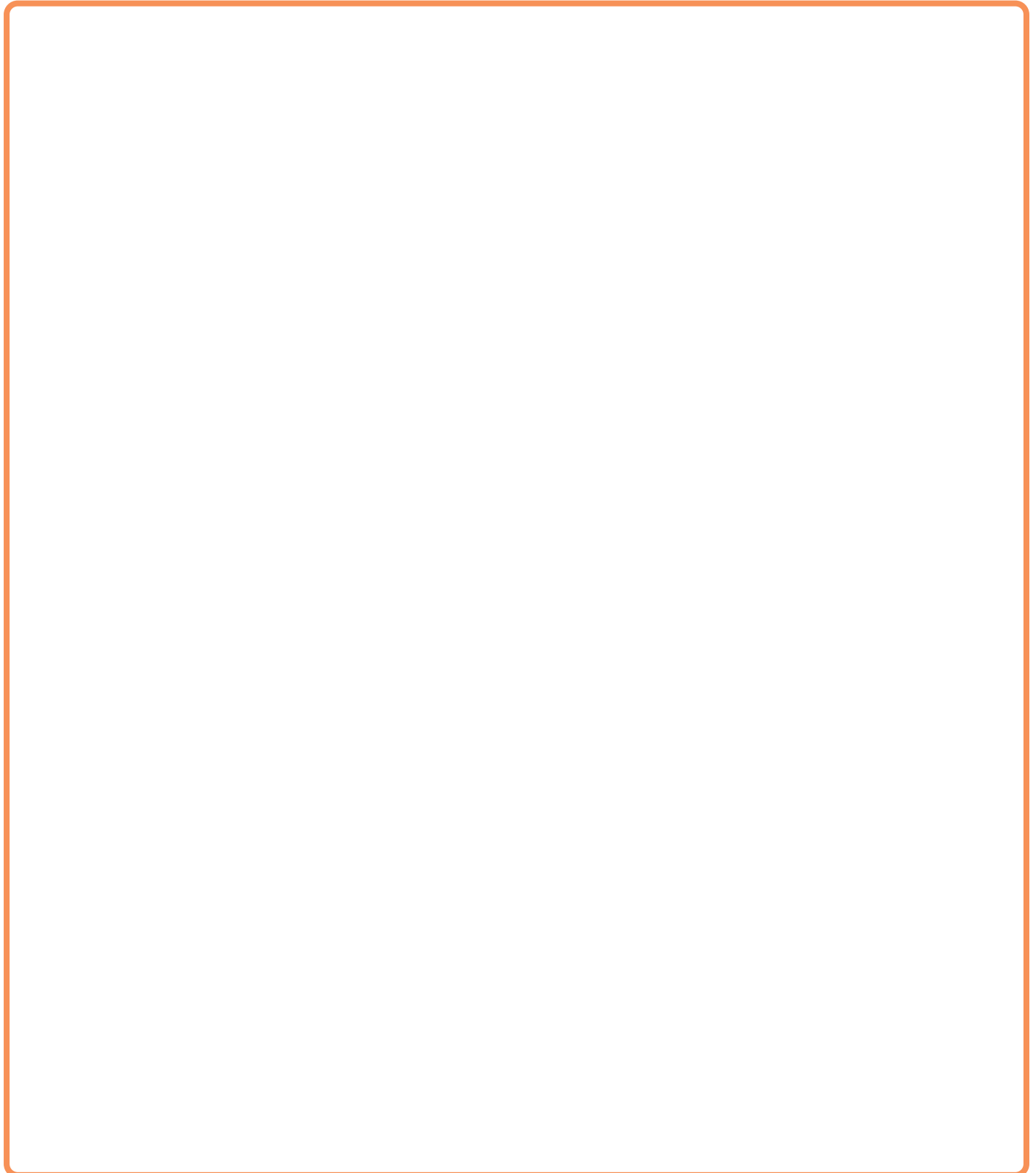


Family		Dying / Death	
Not being listened to		Certificate	
Being listened to		Snacks	
Pets		Food	
Music		Dancing	
Friends		School	
Money		Health	

Getting To Know Me

Things I need help with

Use Helpsheets 8 and 9 and cut out what you would like to use



Helpsheet 8



Listening

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Talking to Others

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Feelings

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Making friends

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Playing

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Helpsheet 9



Doing things by myself

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Doing things for myself

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Family

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Home

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Learning

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If you were to wish
upon a star what would
you wish for?



