



Derby City Cou

My Life, My Journey

My Identity

Who is important to me?

and

What is important to 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



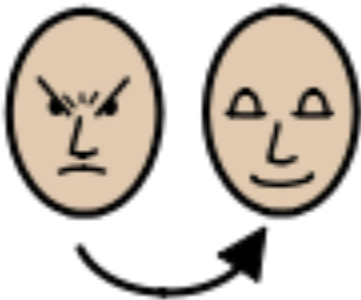
Miss



Angry



Calm



Relieved



Sick



Unwell



Confused



Hungry



Tired

Family, friends and other important people

Use Helpsheets 3-6 and cut out what you would like to use



Helpsheet 3



Mum



Dad



Step mum



Step dad



Sister



Brother



Grandma

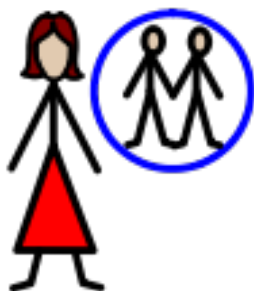


Grandad

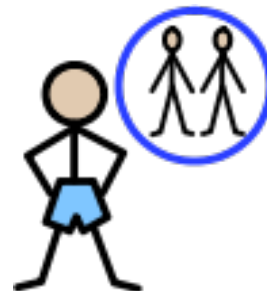


Uncle

Helpsheet 4



Aunt



Cousin



Friends



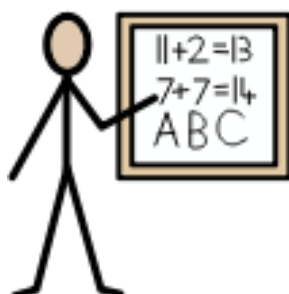
Key Worker



Social Worker



Child minder



Teacher



Carer

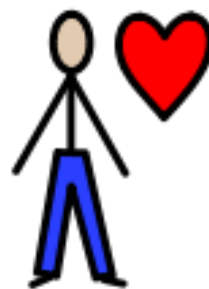
Helpsheet 5



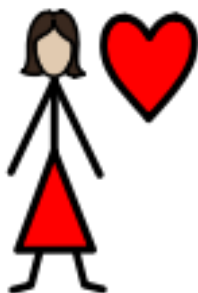
Adoptive Parent



Neighbour



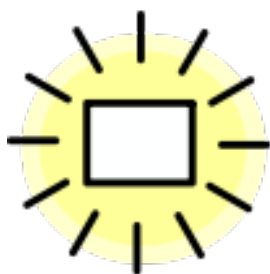
Boyfriend



Girlfriend



Best Friend



New Friend



Old Friend



Helpsheet 6



Internet Friend

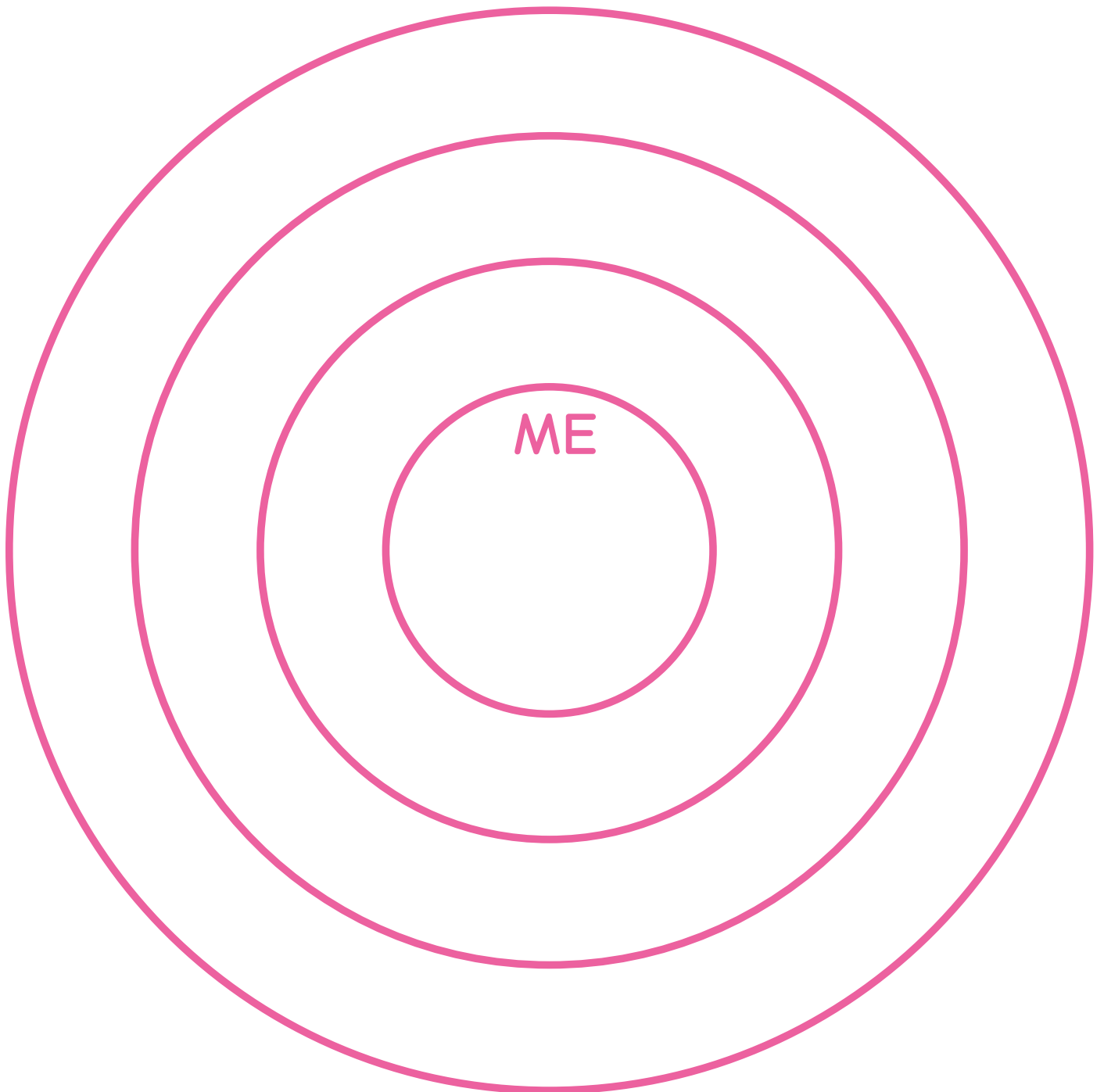


Imaginary Friend

What is important to me?

Use Helpsheets 7-21 and cut out what you would like to use

The closer to the middle of the circle, the more important they are to you

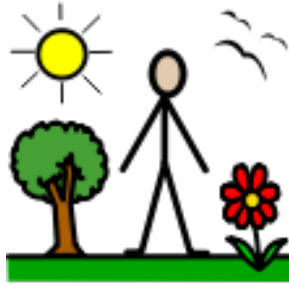


Things I like to do

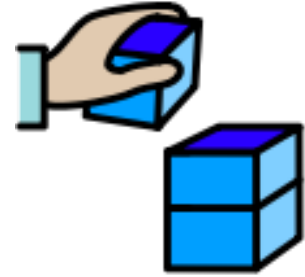
Helpsheet 7



Messy Play



Outside Play



Building



Sensory Play



Imaginative Play



Indoor Play



Electronic/
technology toys



Singing



Dancing

Things I like to do

Helpsheet 8



Dressing Up



Painting
and Drawing



Board games



Computer games



Sport



Group Activities with
other children

Sensory

Helpsheet 9



Bubble wrap



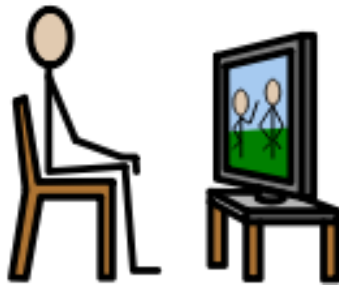
Music



Ear defenders



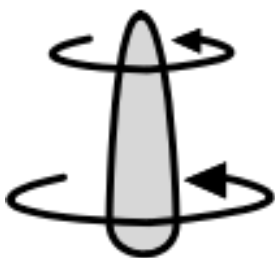
Direction cards



Watching favourite programme or clip



Smells



Fidget toys



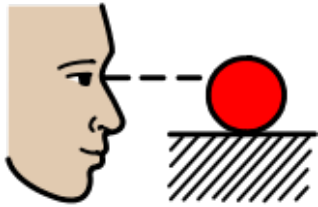
Lights



Sound

Sensory

Helpsheet 10



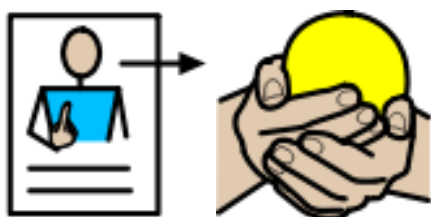
Visual Stimulation



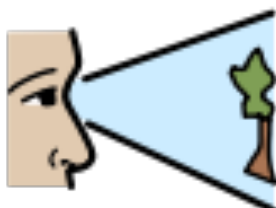
Clothes

Communication

Helpsheet 11



Objects of Reference



Visuals



Photos



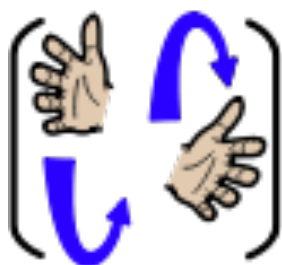
Toy



Picture Exchange Communication System (PECS)



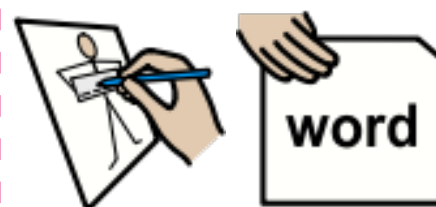
Smiling



British Sign Language



Makaton



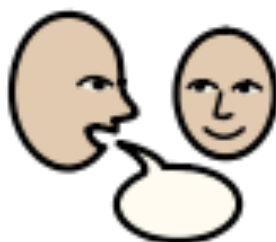
Pictures and words

Communication

Helpsheet 12



Drawing



Talking



Speaking in
own language



Speaking English



Verbal stimming/
echolalia

Where I like to spend my time

Helpsheet 13



Outside



Friends



Religious group



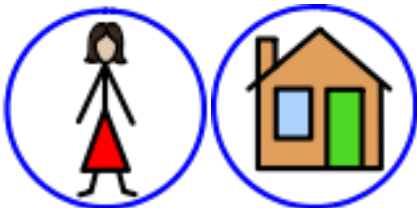
School



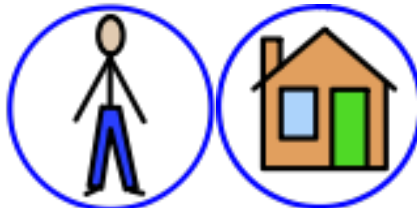
Pre school



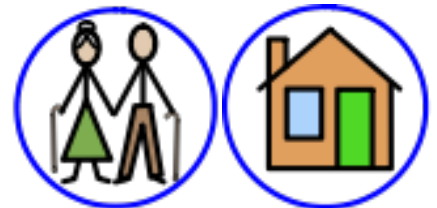
Home



Mummy's Home



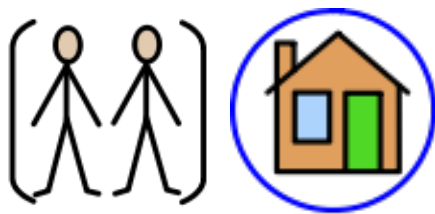
Daddy's Home



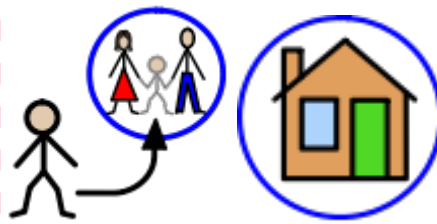
Grandparents Home

Where I like to spend my time

Helpsheet 14



Carers Home



Adoptive Parents Home



Child Minder



Soft Play



Sensory room



Park



After school club

Gender and Sexuality

Helpsheet 15



Pansexual



Male



Female



Transgender



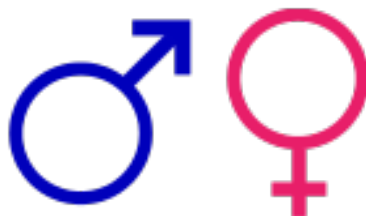
Gay



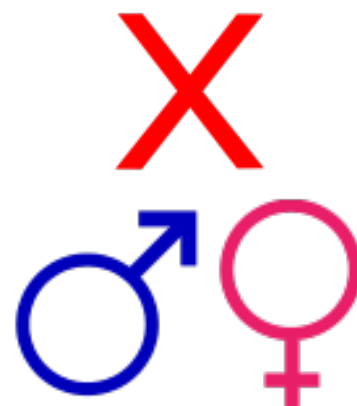
Lesbian



Transsexual



Straight



Asexual

What can I do for myself

Helpsheet 16



Toileting



Washing hands



Dressing



Undressing



Walking



Eating



Drinking



Playing



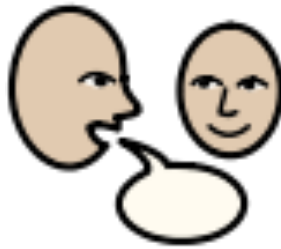
Sharing

What can I do for myself

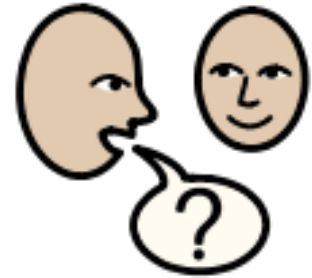
Helpsheet 17



Keeping safe



Talking



Ask questions



Understand what
others are asking me

Ethnicity

Helpsheet 18



White British



Black British



Asian British



European



White Other



Black Caribbean



Black African



Black Other



Dual (Parents with Different Ethnicities)

Ethnicity

Helpsheet 19



Indian



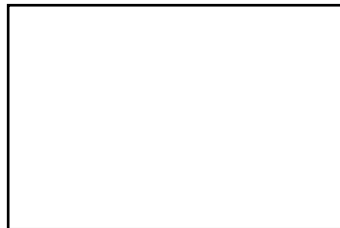
Pakistani



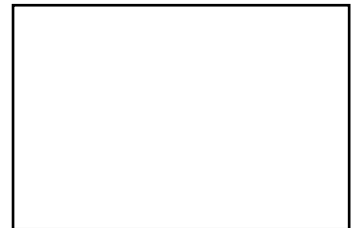
Bangladeshi



Chinese



Asian Other



Arab



Romany



Other Ethnicity

Religion

Helpsheet 20



Christian



Muslim



Hindu



Buddhist



Sikh



Jewish



Believer



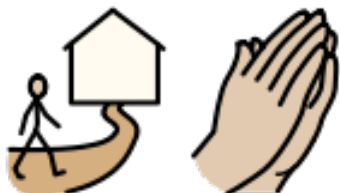
Non believer



Multi-faith follower

Religion

Helpsheet 21



Attend a place
of worship



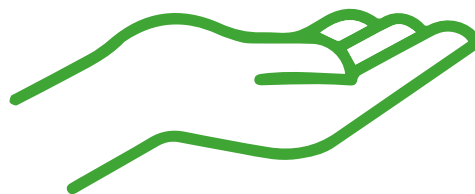
Atheist



Agnostic

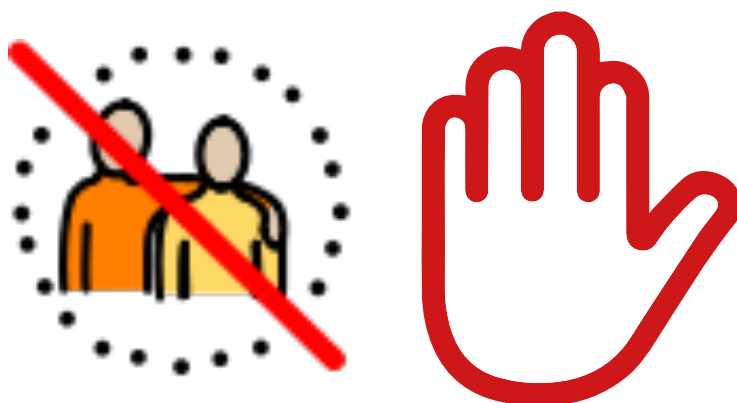
What makes you feel safe?

Use Helpsheets 22-26 and cut out what you would like to use



What makes you feel unsafe?

Use Helpsheets 22-26 and cut out what you would like to use



When do/don't you feel safe?

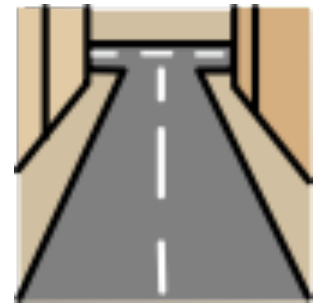
Helpsheet 22



Home



Neighbourhood



Streets



Area where I live



Park



School



Teacher



Hungry



Prison

When do/don't you feel safe?

Helpsheet 23



Mum



Dad



Brother



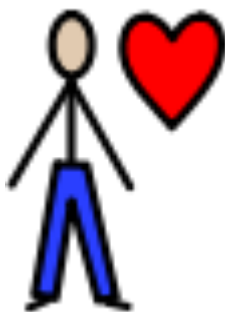
Sister



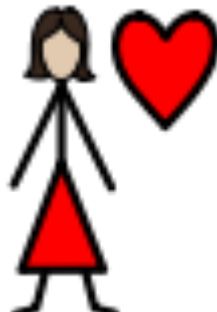
Grandparents



Best friend



Boyfriend



Girlfriend



Separation/Divorce

When do/don't you feel safe?

Helpsheet 24



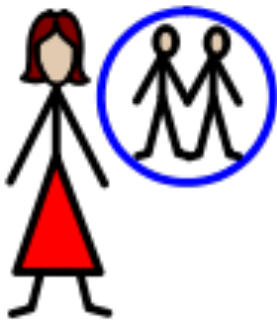
Step mum



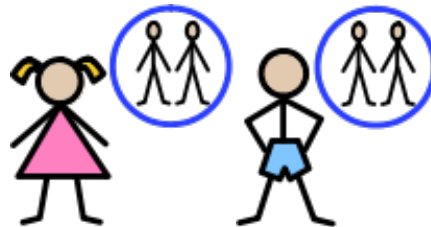
Step dad



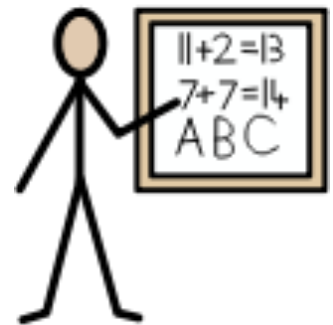
Uncle



Aunt



Cousin



Teacher



Friends



Key Worker



Social Worker

When do/don't you feel safe?

Helpsheet 25



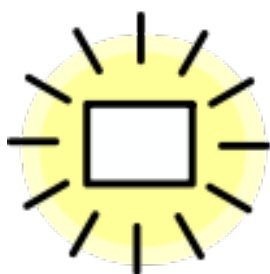
Child minder



Adoptive Parent



Carer



New Friend



Old Friend



Internet Friend



Imaginary Friend

When do/don't you feel safe?

Helpsheet 26



Knife Crime



Abuse



Gangs



Violence



Bullying



Drugs & Alcohol



Unwanted touching



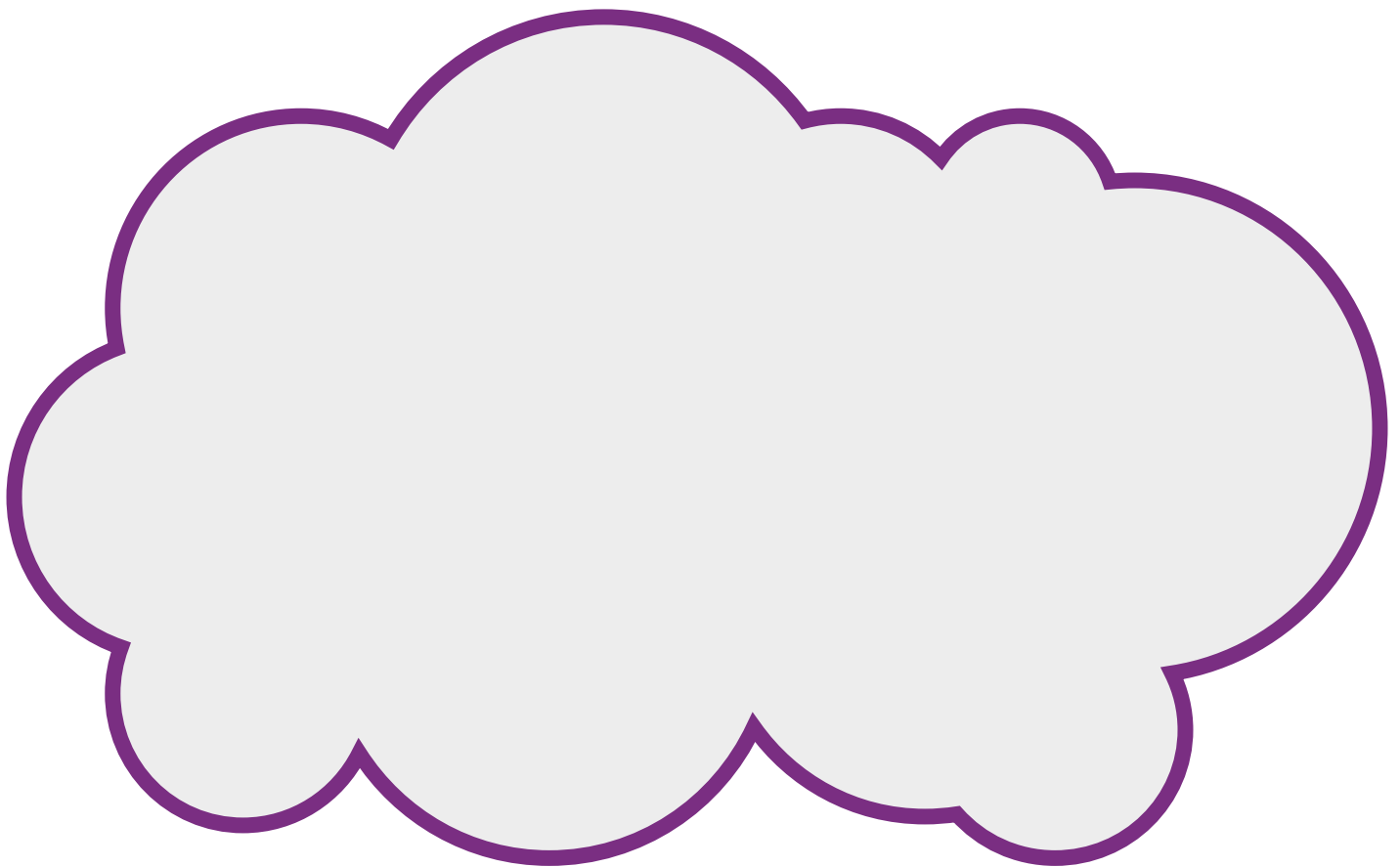
Domestic abuse



Neglect

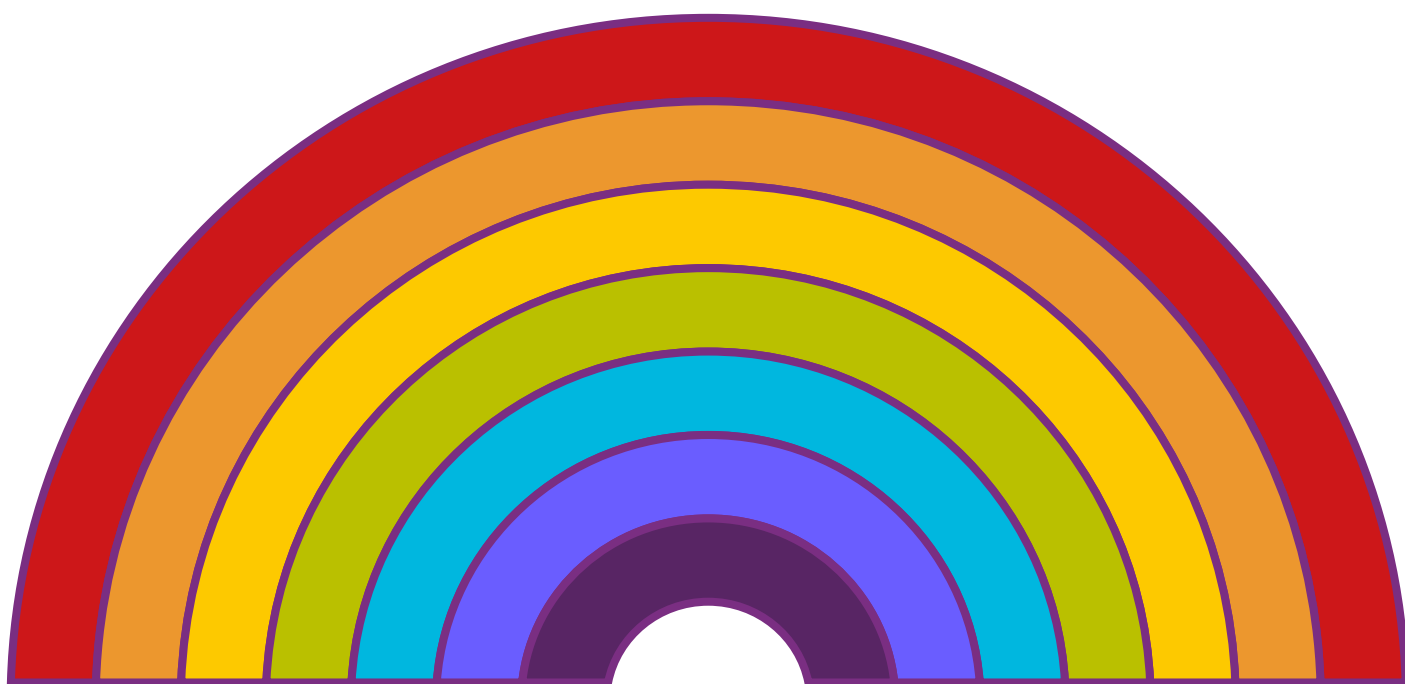
What would you change?

Concerns, Worries or Upset



What would you change?

Any changes to be made



What would you change?

Would like to happen
or do more of

