



Derby City Council

My Life, My Journey

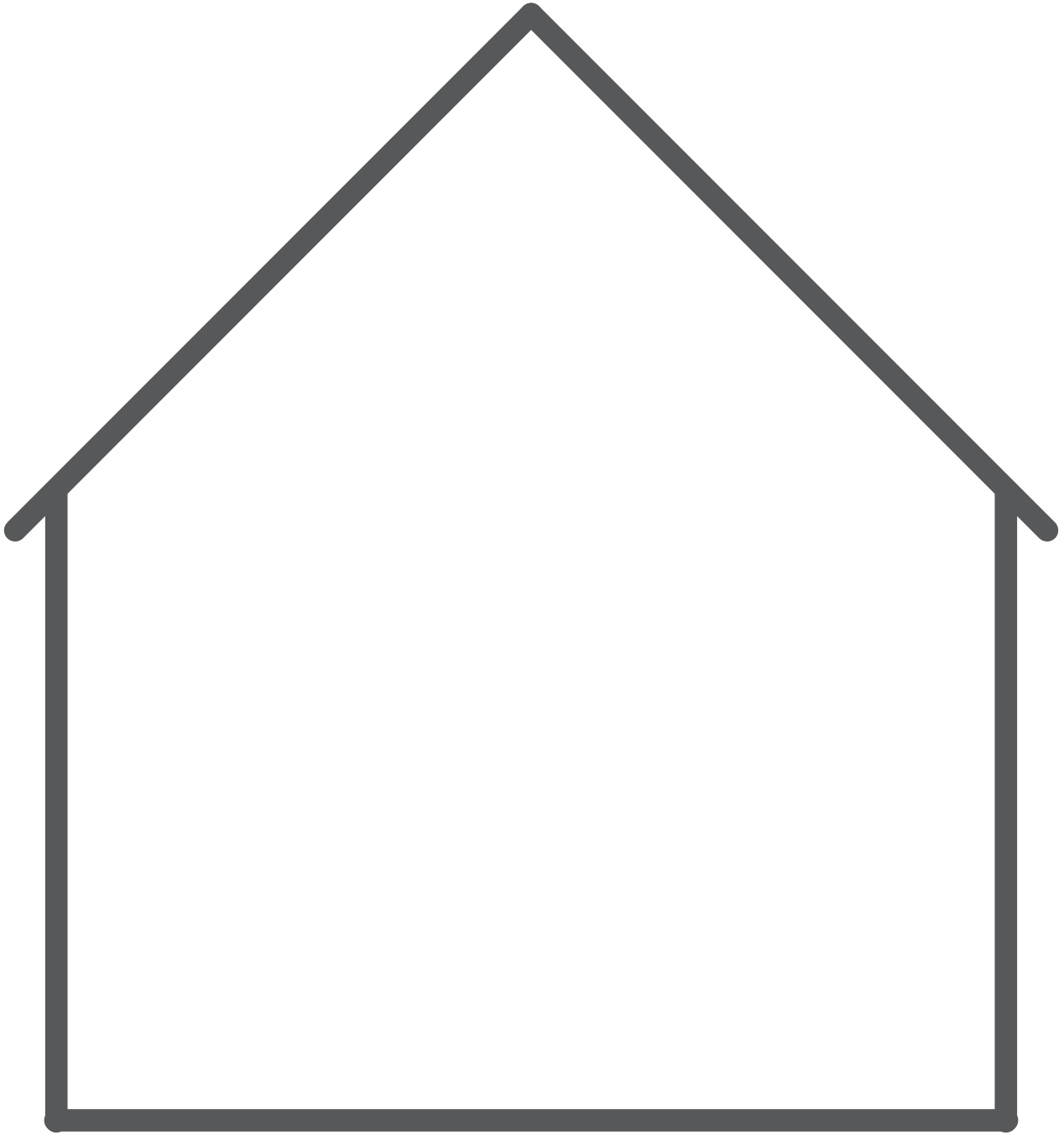
Name

Age

Today's Date

Languages

My Home Country



Name of town / village / area

.....

.....

My Family and Friends in my Home Country

Friends

Family



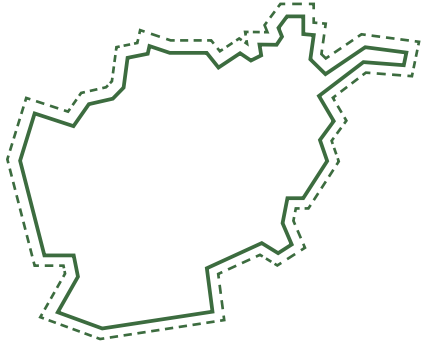
My Journey

Use Helpsheets 1-8 and cut out what you would like to use

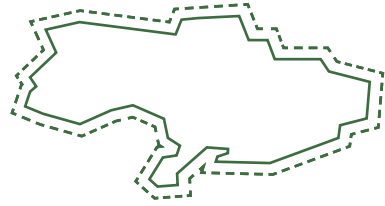


Countries

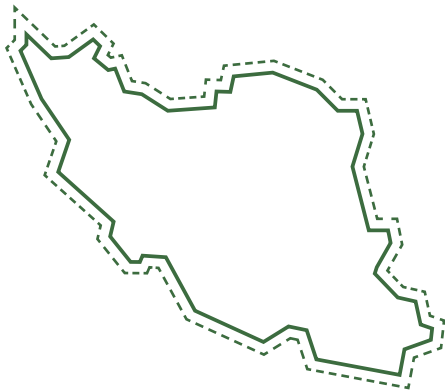
Helpsheet 1



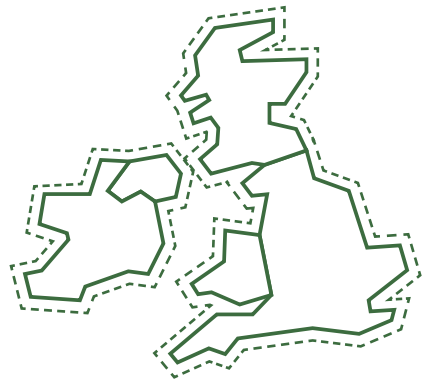
Afghanistan



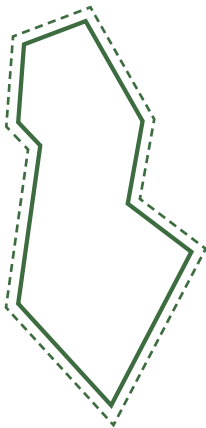
Ukraine



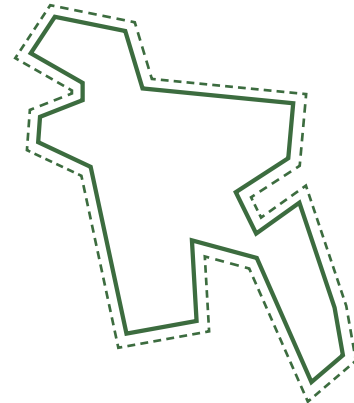
Iran



UK



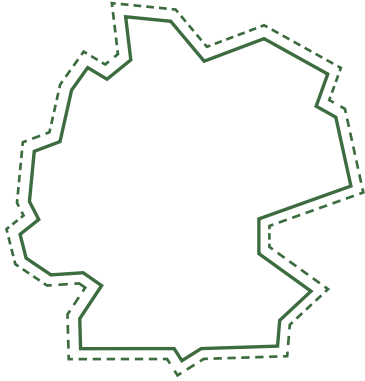
Albania



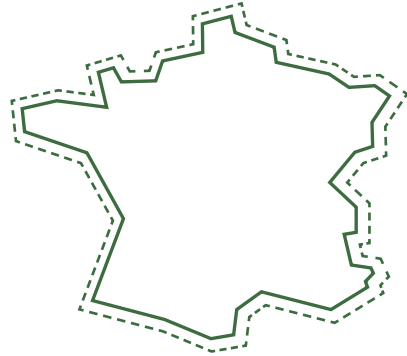
Bangladesh

Countries

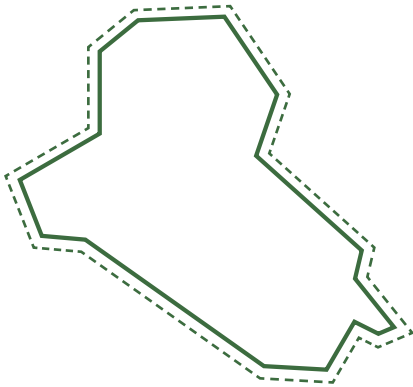
Helpsheet 2



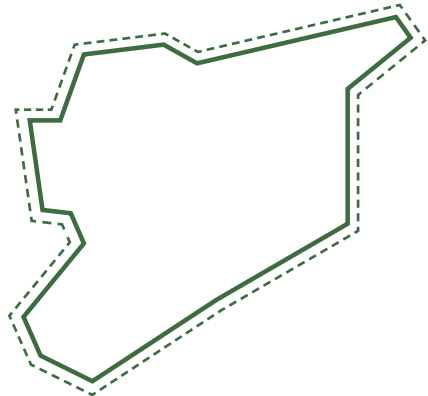
Germany



France



Iraq



Syria



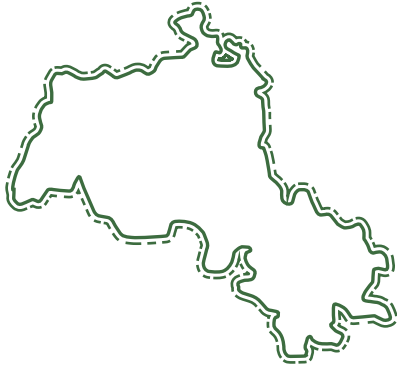
Africa



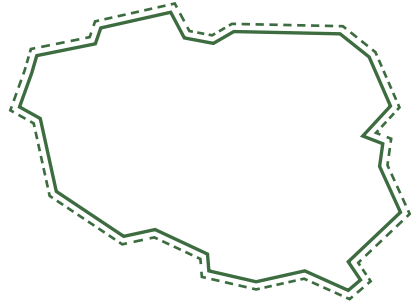
South America

Countries

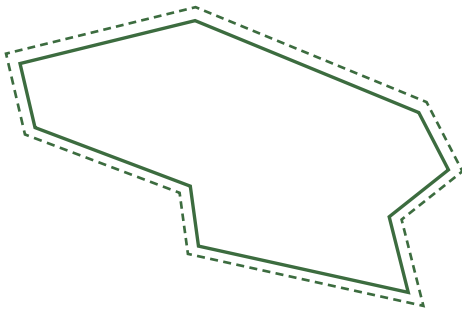
Helpsheet 3



Kurdistan



Poland



Belgium

Flags

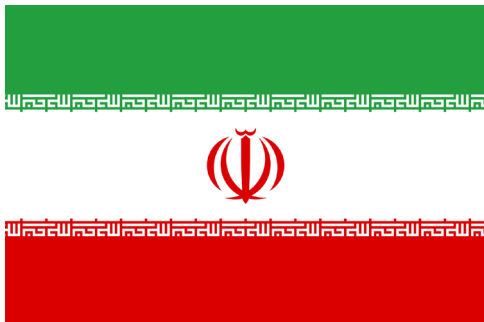
Helpsheet 4



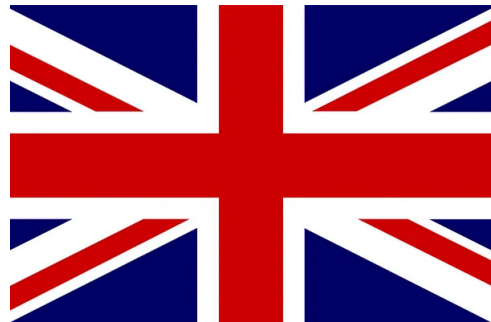
Afghanistan



Ukraine



Iran



UK



Albania



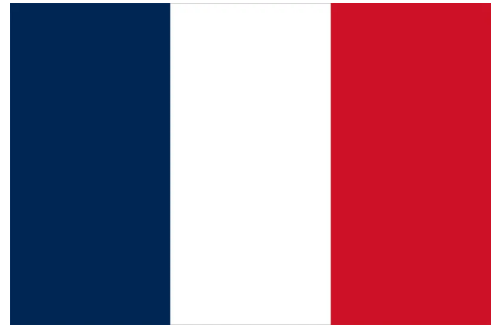
Bangladesh

Flags

Helpsheet 5



Germany



France



Iraq



Syria

Africa

South America

Flags

Helpsheet 6



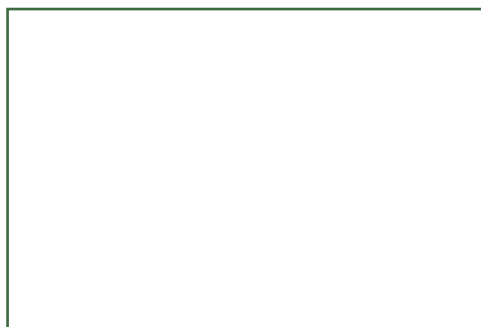
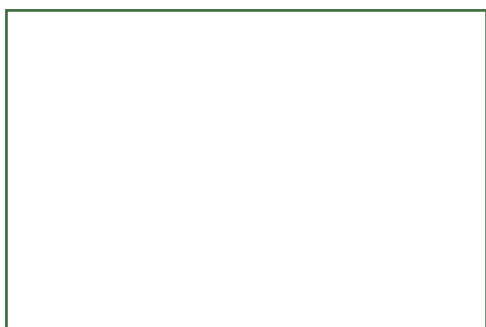
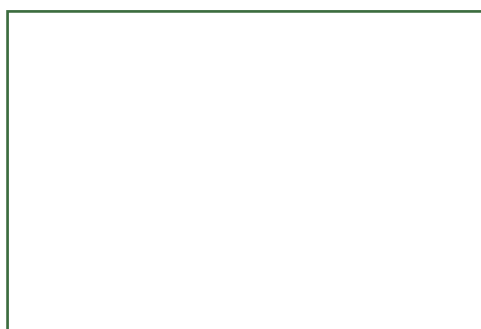
Kurdistan



Poland

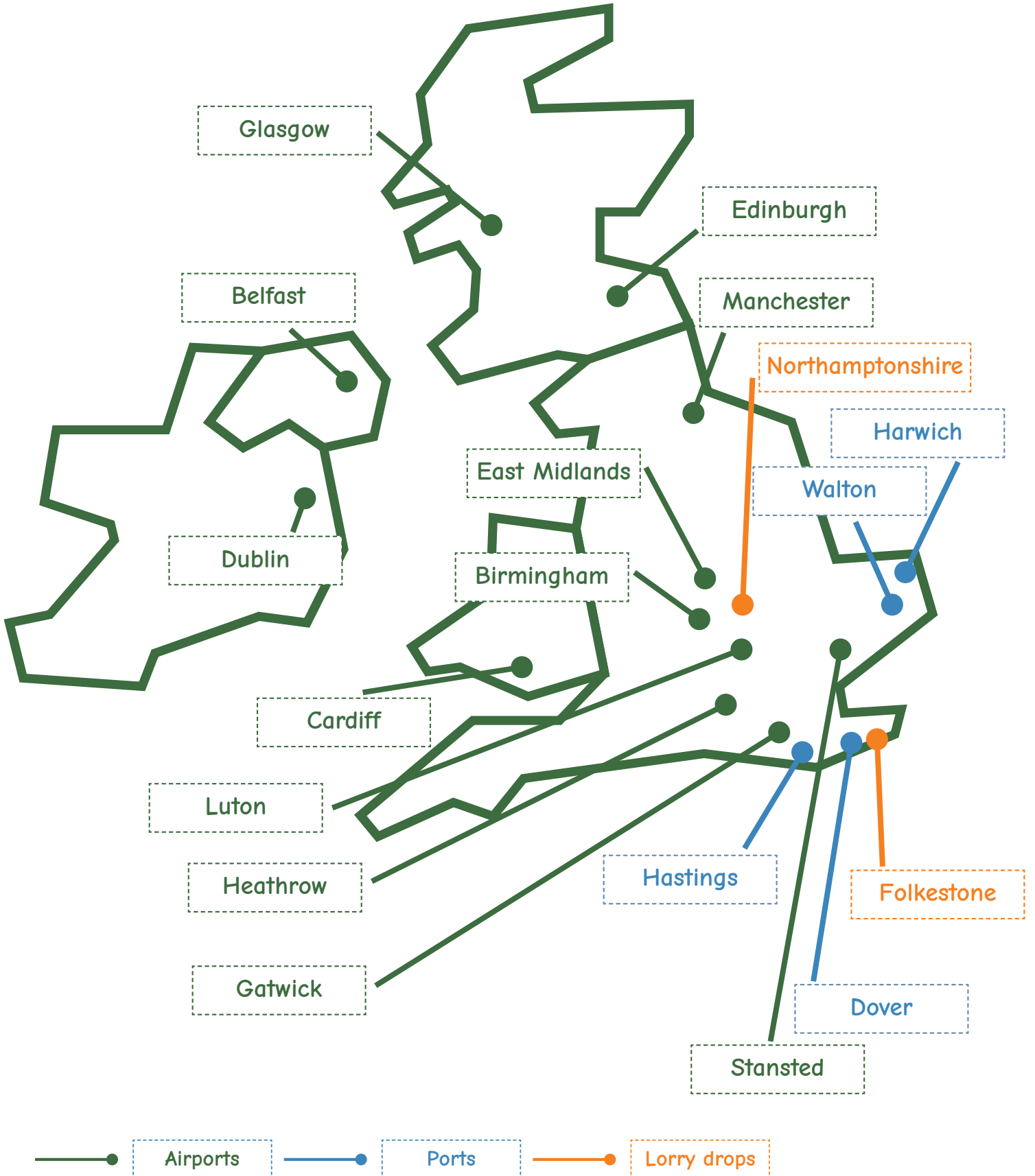


Belgium



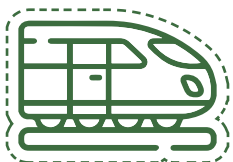
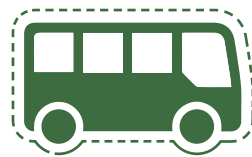
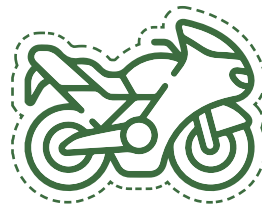
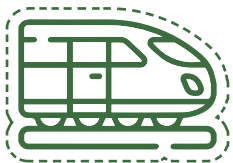
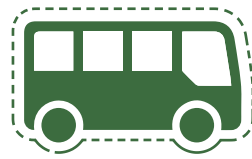
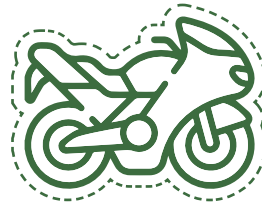
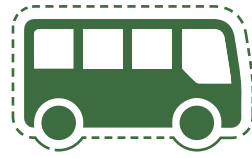
Entry points

Helpsheet 7



Travel

Helpsheet 8



My Journey

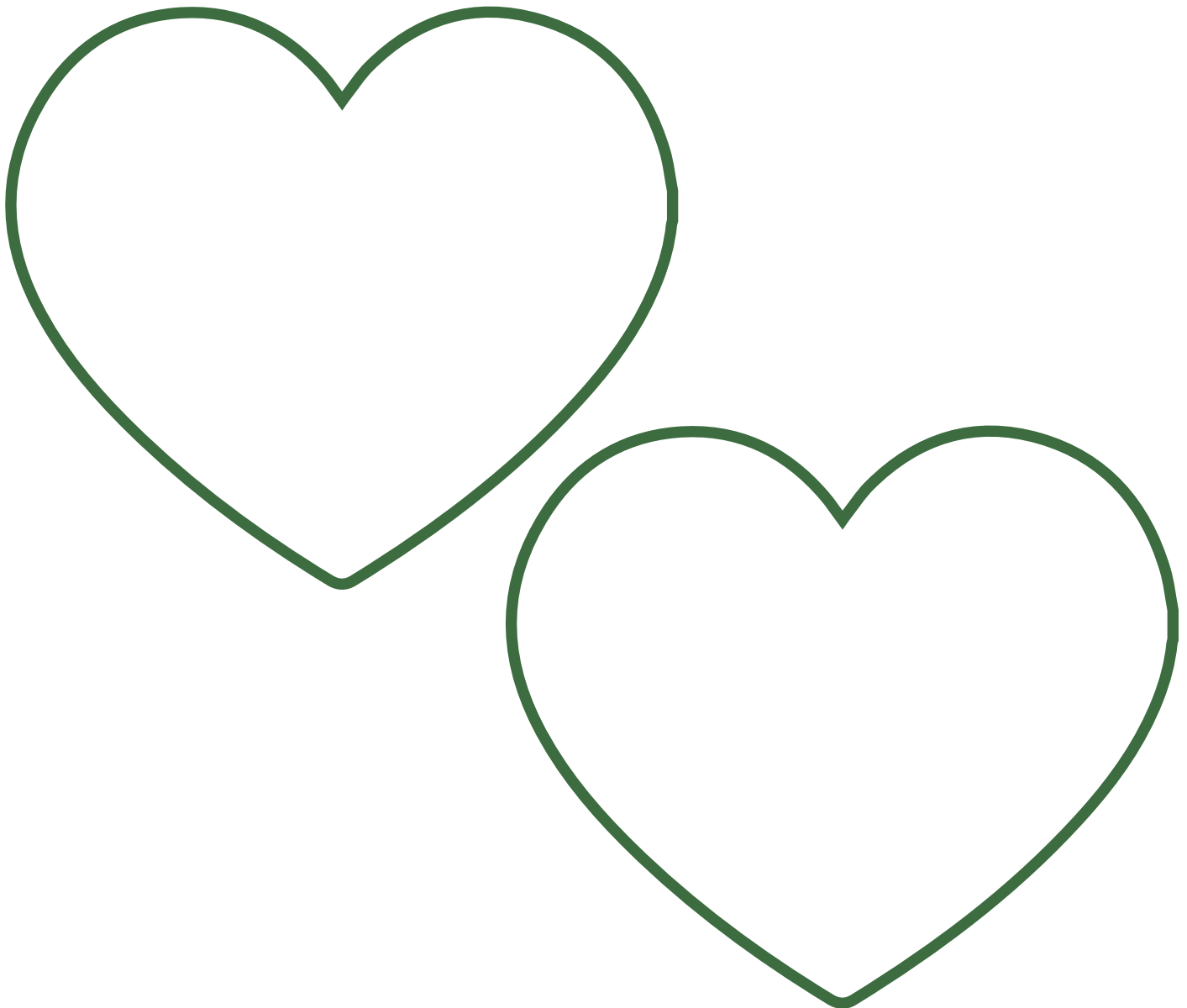
Use Helpsheets 9 and 10 and cut out what you would like to use

Thoughts and feelings about moving

.....

.....

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My Journey

Helpsheet 9



Excited



Happy



Worried



Scared



Shocked



Sad



Safe



Unsafe



Very Sad

My Journey

Helpsheet 10



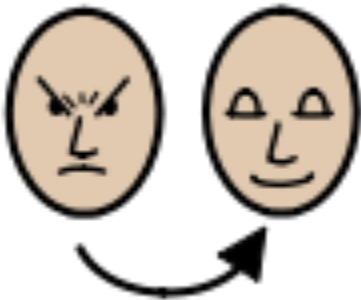
Miss



Angry



Calm



Relieved



Sick



Unwell



Confused

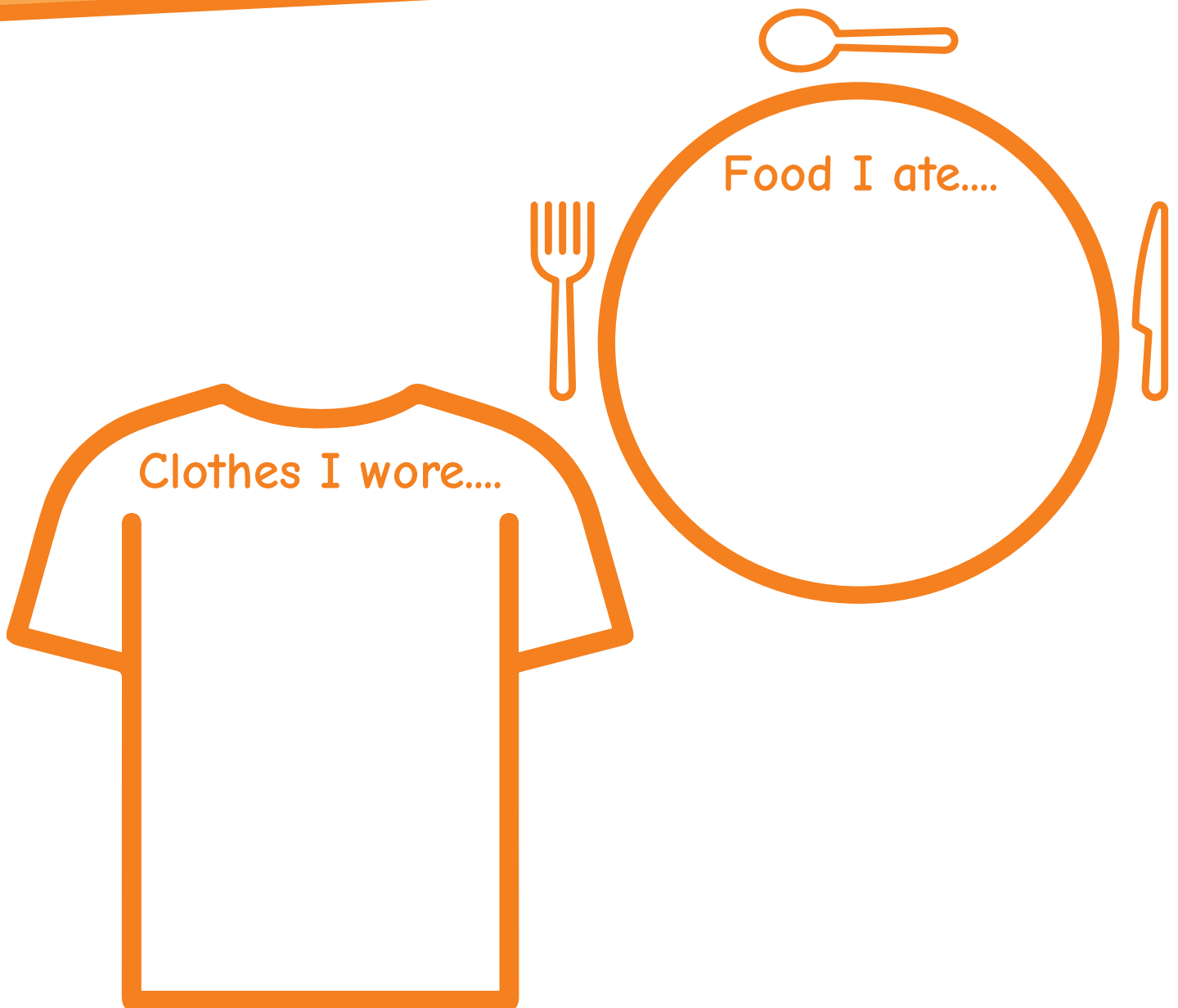


Hungry



Tired

Family traditions



Family traditions

Celebrations...



My language...



Do you need any support to continue these traditions?

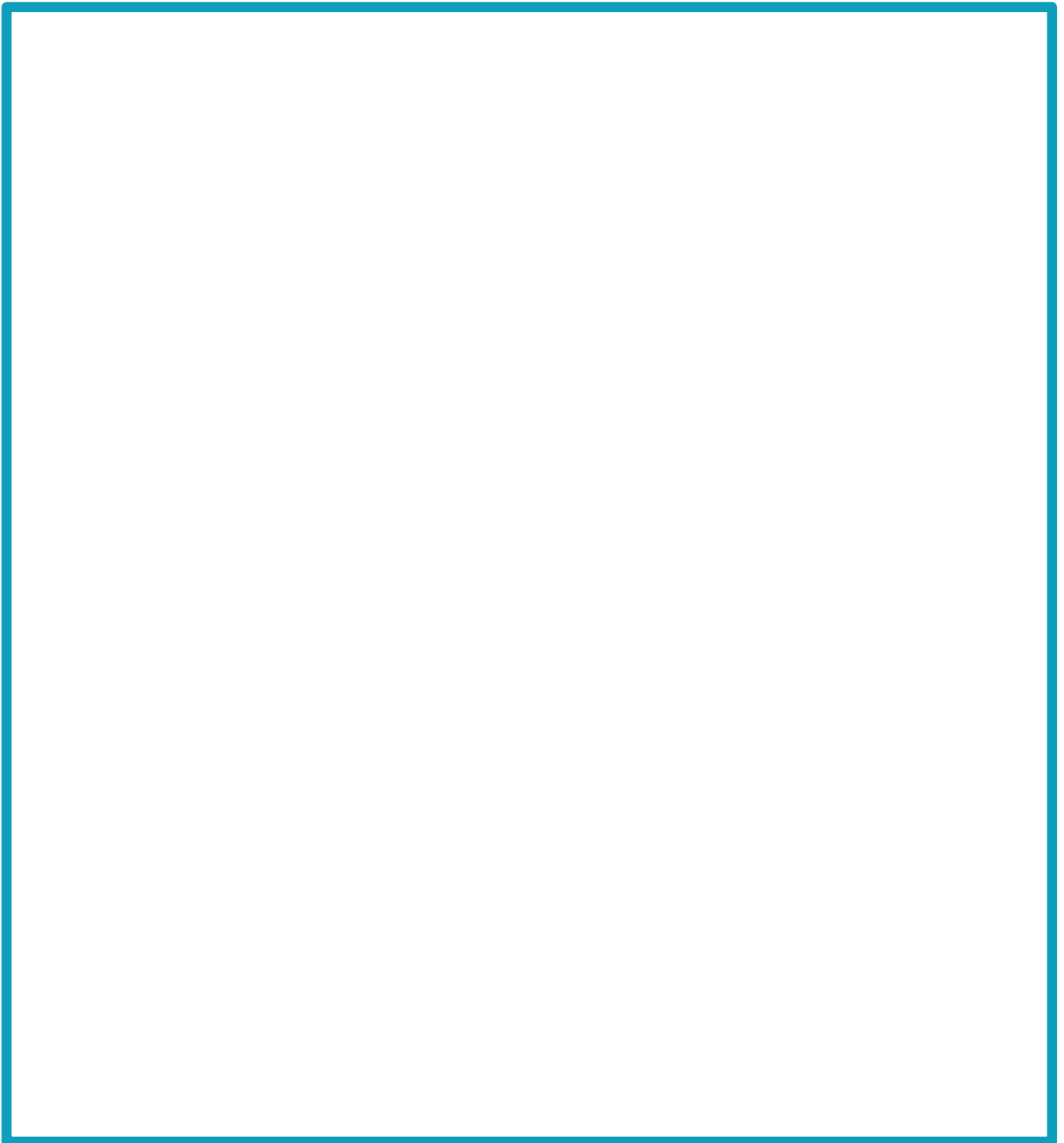
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Things I like to do in my Home Country

Use Helpsheet 11 and cut out what you would like to use



Things I like to do in my Home Country

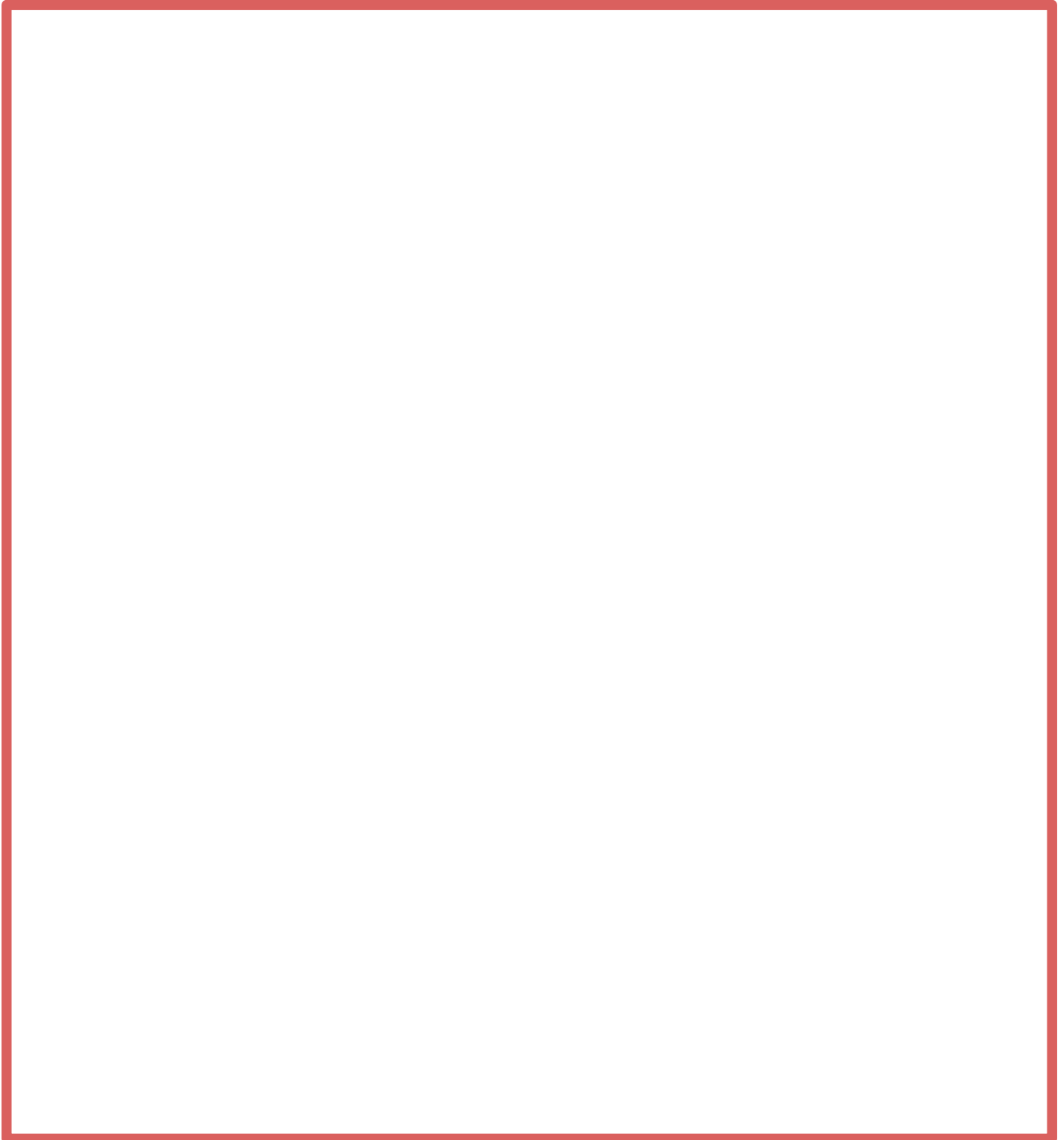
Helpsheet 11



Sports		Outdoor Activities	
Arts and Crafts		Reading	
Religious Groups		Doing things by myself	
Doing things with friends		Consoles	
Social Media		Playing Instruments	
Board Games		Football	
Cooking		Drawing	
Painting		Watching or listening to things online	
Watching T.V.		Listening to music	
Going to the park			

Things I would like to do now

Use Helpsheet 12 and cut out what you would like to use



Things I would like to do now

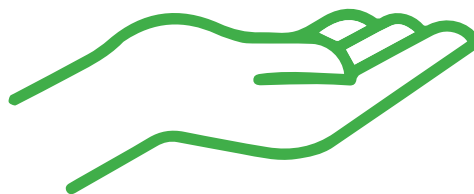
Helpsheet 12



Sports		Outdoor Activities	
Arts and Crafts		Reading	
Religious Groups		Doing things by myself	
Doing things with friends		Consoles	
Social Media		Playing Instruments	
Board Games		Football	
Cooking		Drawing	
Painting		Watching or listening to things online	
Watching T.V.		Listening to music	
Going to the park			

What makes you feel safe?

Use Helpsheet 13, 14 and 15 and cut out what you would like to use



What makes you feel unsafe?

Use Helpsheet 13, 14 and 15 and cut out what you would like to use



Support Worker...

When do/don't you feel safe?

Helpsheet 13



Home



Neighbourhood



Streets



Area where I live



Park



School



Teacher



Hungry

When do/don't you feel safe?

Helpsheet 14



Mum



Dad



Brother



Sister



Grandparents



Friends



Boyfriend



Girlfriend

When do/don't you feel safe?

Helpsheet 15



Knife Crime



Abuse



Gangs



Violence



Bullying



Drugs & Alcohol



Unwanted touching

My learning in my Home Country

What age did you start school?



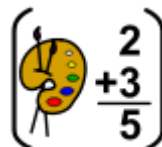
How long did you go for?



Favourite teacher



Favourite subject



My learning

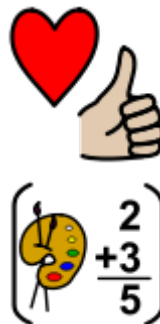
What school do you go to now?



Favourite teacher



Favourite subject

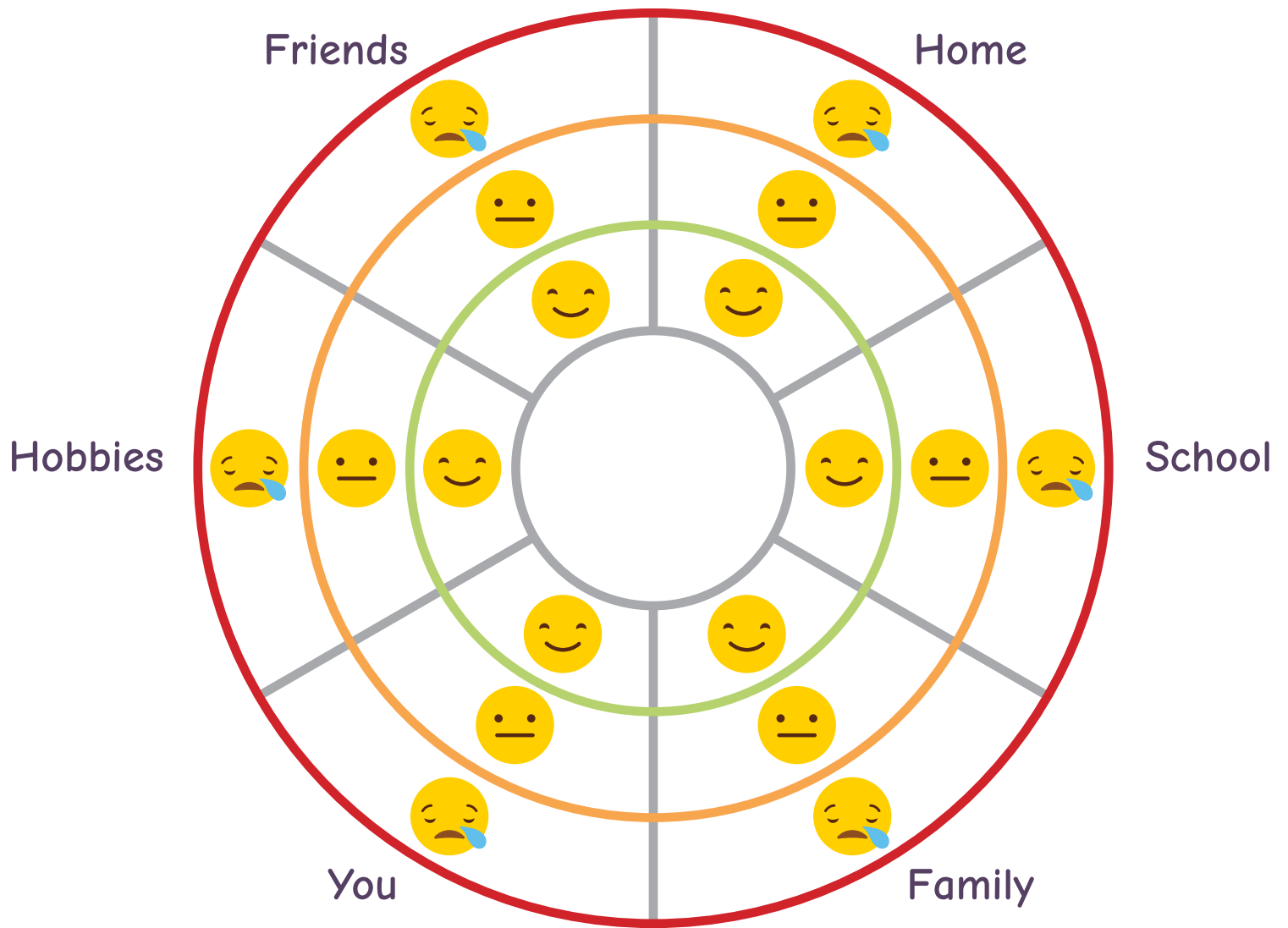


What support do you need in school?

What do you want to be when you grow up?



How I feel



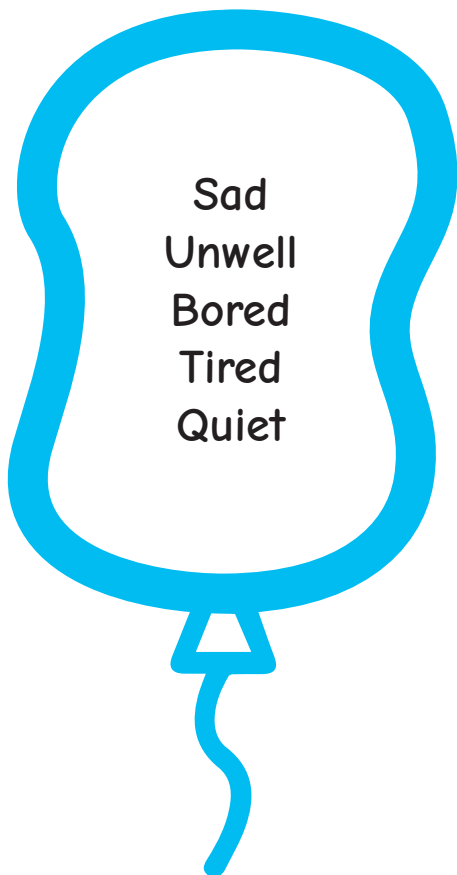
Support...

How I feel

	How am I feeling?	What does this mean?	What can I do to help?
Blue Area	Sad Withdrawn Bored Tired Unwell	It can be difficult to engage in any kind of activity when you are in this state. Meeting your needs may help to regulate your emotions.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Green Area	Happy Positive Focused Calm Proud	This is a good state of mind to be in for many situations, especially for learning at school.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Yellow Area	Worried Anxious Frustrated Excited Silly	Regulating your emotions might be useful here. Excitement or silliness can be OK in some situations but not in others, such as learning at school.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Red Area	Overexcited Panicked Angry Scared Out of control	This state is associated with an excess of energy and a loss of control, which can lead to issues in various situations.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

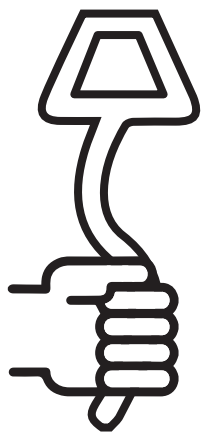
How I feel

Use Helpsheets 16 and 17 and cut out what you would like to use



How I feel

Draw your own balloon and choose any words from the balloons above or write your own words about how you feel?



Helpsheet 16



Sad



Safe



Worried



Angry



Unwell



Happy



Anxious



Unsafe



Bored

Helpsheet 17



Calm



Silly



Scared



Quiet



Friendly



Confused



Frustrated



Excited



Unfriendly



Need more time

My health

My Doctor



My medication



My vaccinations/immunisations



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My health

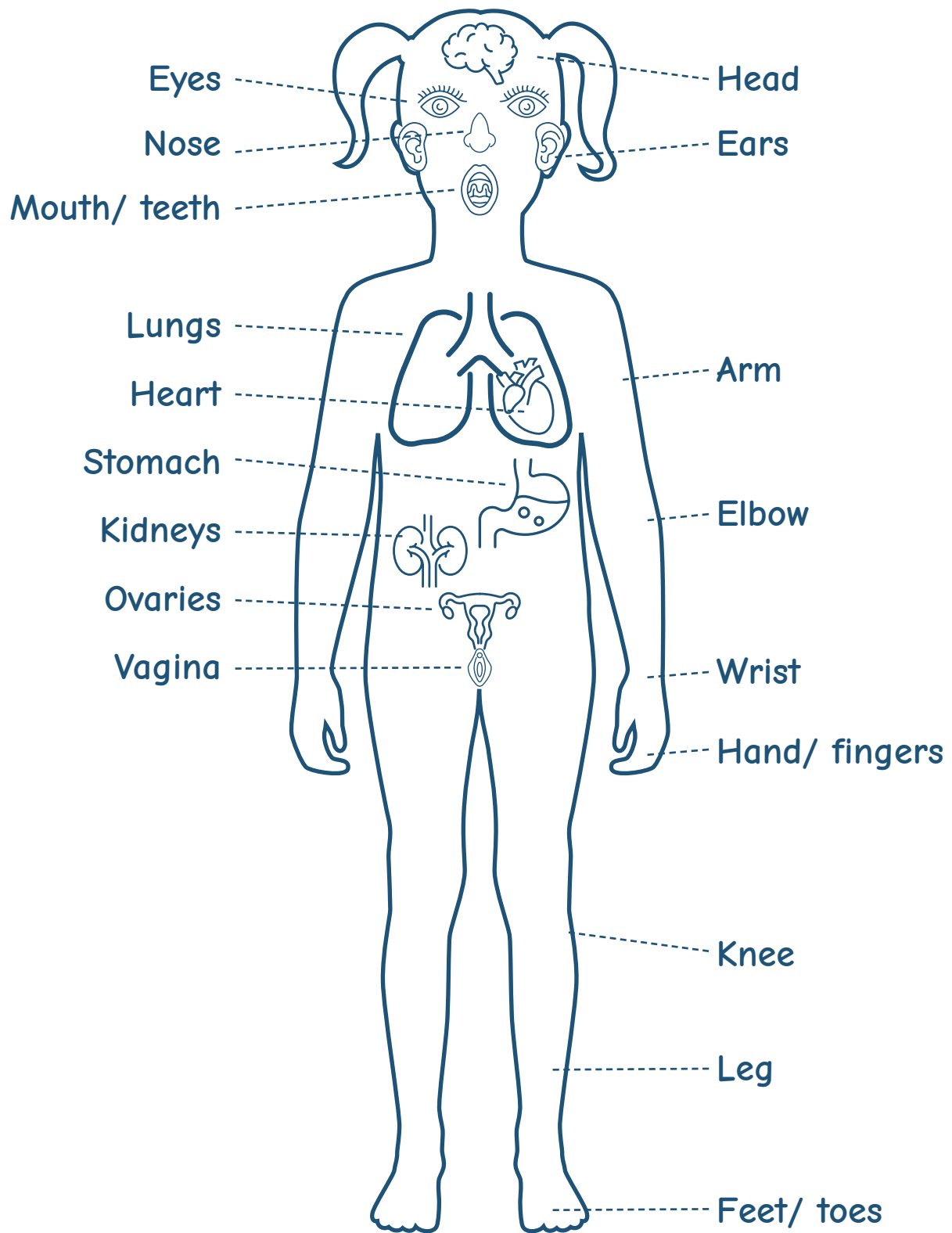
My Dentist



My Optician

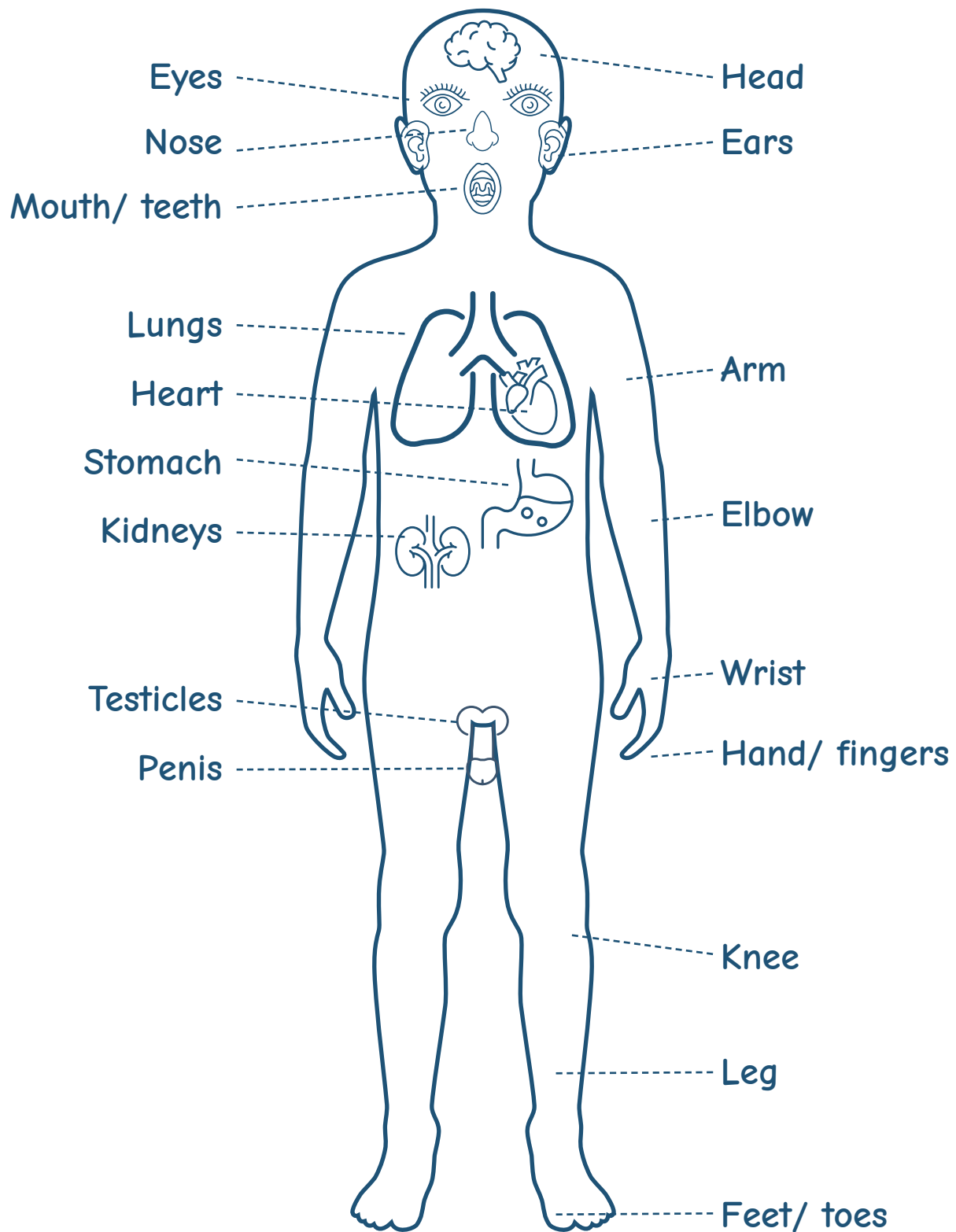


My health



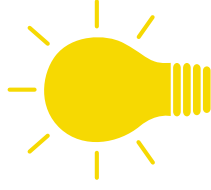
Female

My health



Male

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

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