

All about me!



Direct work sheets & activities

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What makes me feel...



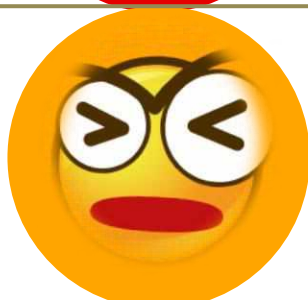
Feelings thermometer

How do you feel right now and why?

Furious, violent,
fuming



Angry, mad



Worried, scared,
anxious



Happy, calm,
positive, just right



Sad, sick, lonely,
tired, bored



My worries

Do you have any worries about...?

Your future

Where you live

Family

Something happening in your life

Friends

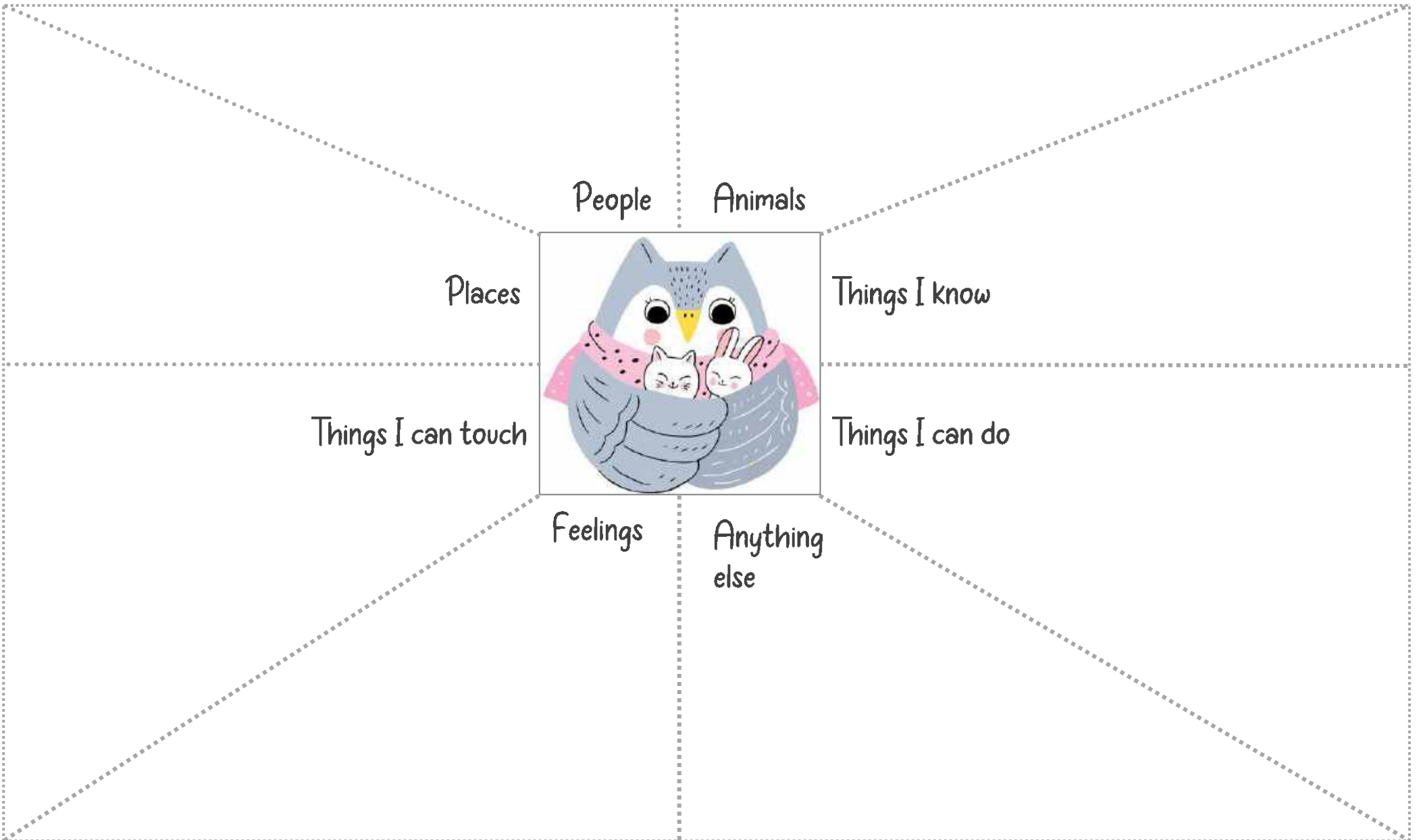


Anything else

School

Your body or thoughts

What makes me safe



Things I want to change

Would you like to make any changes about...? What are they?

Yourself

School

Family

Where you live

Friends

Anything else



My favourite...

Place

Book

Singer

Animal

Person

Teacher

Colour

TV show

Toy

Food

Song



















Class

Friend

Holiday

Sport

How happy I am...

	How happy are you about your...? (Circle)	What makes you feel this way?	Can it be made better; how?
Home	  		
School	  		
Family	  		
Friends	  		
Hobbies	  		
About you	  		

People & things I like

Can you draw or tell me about people and things you like



Things I don't like

Can you draw or tell me about things that you are not so keen on



The way I see myself

Circle the statements that describe you

I am often unhappy

I am moody a lot

I have many talents

I don't say how I feel

I like to fight

I do embarrassing things

I work hard

I am funny

I worry a lot

I am shy

I am good at sharing

I am boring

I have many friends

I am lazy

I talk too much

I like to help people

I care about the way I look

I do what others tell me

I am loud

I like to laugh a lot

I get angry easily

Nobody likes me

I'd rather be on my own

I follow rules

I like to be bossy

I am smart

I get others into trouble

I am mostly happy

Positive me

Things I am good at

Things I am proud of

Things I help others with

Things I like about my body

What my friends like about me

Nice things my family say about me

My memories

My special memories



Memories which upset me



Things that bother me

Below are some of the things which other children/young people said bother them. Circle those which are happening in your life.

- | | |
|---|---|
| <ul style="list-style-type: none">• I am bullied.• I am not happy about my face or body.• My family have lots of problems.• My drug use is affecting me.• There is a lot of fighting in my family.• I drink too much.• I don't have any friends.• Somebody from my family is taking drugs.• I am worried that somebody from my family will end up in prison.• My mum is getting hurt by my dad/her partner.• I want to kill myself.• I don't have enough money.• I can't ever please grown-ups in my life.• Some people say nasty things about me.• My parents' behaviour often changes – I am confused.• There is violence in my house.• There are often too many people in my house.• I worry a lot.• Somebody from my family is drinking alcohol too much.• I have to keep a lot of secrets.• My parent(s) have too high expectations of me.• I don't feel loved by my parent(s). | <ul style="list-style-type: none">• There is a lot of arguing in my house.• Somebody touched me in a sexual way when I didn't want it.• I get into trouble too much.• I have to do a lot around my house.• There is 'no talk rule' in my house.• I feel very stressed.• I don't feel safe.• Nobody helps me when I need it.• I don't fit in.• I self-harm.• I find my school/college too hard.• I have had unprotected sex.• I can't be myself when with my family.• I am often sad.• Nobody likes me.• There is little fun in my house.• I worry about my mum or dad.• Some grown-ups are not treating me nicely.• My parent(s) have too strict rules for me.• My friends don't respect me.• Some people force me to do things which I don't want to do. |
|---|---|

My life journey

Important things that happened in my life



My future



My dreams

My fears

My plans

How I feel about my future (circle)

Worried

OK

Excited

Confused

Sad

Angry

Not sure

Bored

Lonely

Pressured

Uncomfortable

Happy

My needs

What needs to stay the same? What needs to change?

My health



My education (school)



My activities & hobbies



My behaviour



My happiness



The way I look after myself



My safety



Where I live & my house



My family



My friends




About my friend(s)



MY FRIEND'S NAME:
.....

My friend's age:
I see this friend at:
I like this friend because:



MY FRIEND'S NAME:
.....

My friend's age:
I see this friend at:
I like this friend because:



MY FRIEND'S NAME:
.....

My friend's age:
I see this friend at:
I like this friend because:

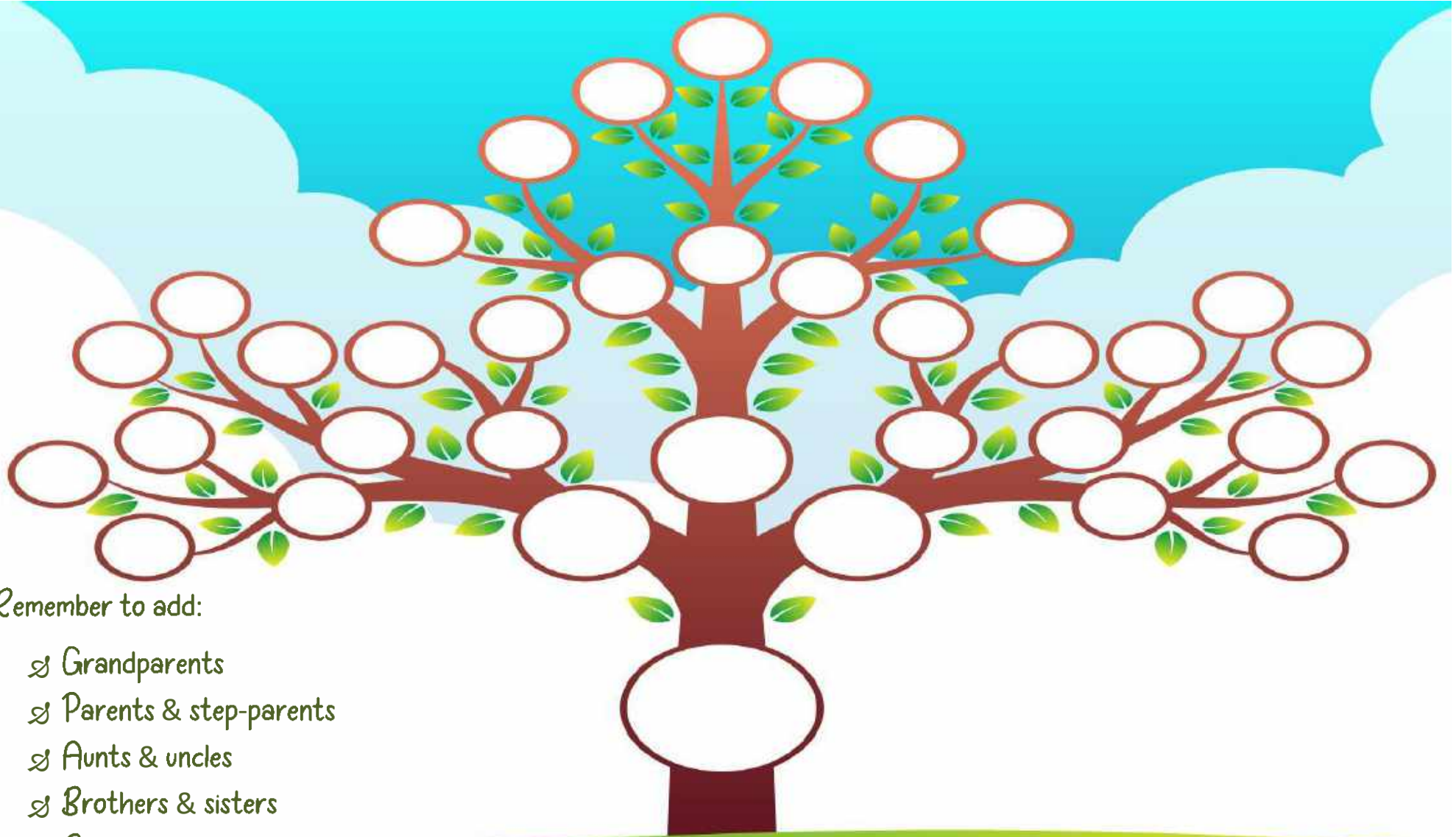
People who help me & my family

Draw or write the names of people who help you and your family below.



Family tree

Who is in your family? Add more circles if there aren't enough.



Remember to add:

- ☞ Grandparents
- ☞ Parents & step-parents
- ☞ Aunts & uncles
- ☞ Brothers & sisters
- ☞ Cousins

My mum

Tell me about your mum. What is she like? What does she do all day? What do you like about her?
Is there anything you would like to change about her – what is it?



My dad

Tell me about your dad. What is he like? What does he do all day? What do you like about him?

Is there anything you would like to change about him – what is it?



My

Tell me about What is (s) he like? What does (s) he do all day? What do you like about her/him? Is there anything you would like to change about her/him – what is it?



About my dad

Put a circle around the words which best describe your dad

Cool Best Annoying
Loving Busy Special
Caring Moody Sad Protective
Hardworking Scary Selfish Supportive
Stressed Hero Funny Angry Strong
Strict Protective Clever Unhappy
Aggressive Embarrassing
Abusive Kind Childish
Cruel

About my mum

Put a circle around the words which best describe your mum

Best Annoying
Cool Busy Loving Lazy Sad Special
Caring Moody Protective
Hardworking Scary Selfish Angry Supportive
Stressed Hero Funny Strong
Strict Protective Clever Unhappy
Aggressive Kind Embarrassing Childish
Abusive Cruel

About

Put a circle around the words which best describe

Cool Best Annoying
Loving Busy Special
Caring Moody Lazy Sad Protective
Hardworking Scary Selfish Angry Supportive
Stressed Hero Funny Strong
Strict Protective Clever Unhappy
Aggressive Kind Embarrassing Childish
Abusive Cruel

People who

Help me most

Make me laugh

Hurt me

Make me feel safe

Love me most

I don't feel safe with

Help my family a lot

Make me angry

Are my best friends

Make me feel better when
I need it

Make me feel bad about myself

Help me when I feel scared

My house

Who lives in your house?

Who often comes to your house?



Is there anybody who doesn't come to your house but you would like them to?

Is there anybody who comes to your house but you don't want them to?

What do you like about your house?

Is there anything you don't like about your house – what is it?

Good times & bad times in my house

Can you tell me or draw about one time you felt happy or had a lot of fun in your house. Can you also tell me or draw about one time when you felt hurt, angry or scared in your house.



A happy and fun time

A large empty rectangular box for drawing or writing about a happy time.

A hurt, angry or scary time

A large empty rectangular box for drawing or writing about a hurt, angry, or scary time.

Family rules



Are there any rules in your house – what are they?

What happens when you break them?

Should the rules change; how? Should new rules be added; which ones?

Daily routine — school day

What do you usually do in the...?

Morning



Afternoon



Evening/night



Daily routine – weekend, holiday

What do you usually do in the...?

Morning



Afternoon



Evening/night



My daily routine activity

Instructions:

Cut out all the slips on the following page. Read out with the child each slip one by one and ask them to place it on the 'every day', 'sometimes' or 'never' column, depending on how often they engage in that particular activity. As they put the slip down, ask the child various questions to find out more about that activity and how they experience it.

EVERY DAY

SOMETIMES

NEVER

Brush my teeth	Get into a fight	Sing
Go to school	See a friend	Dance
Have breakfast	Get a hug	Take medicine
Have lunch	Get a kiss	Have fun
Have dinner	Laugh	Do something silly
Watch TV	Cry	Do homework
Have fruit or vegetables	Get shouted at	Hide
Eat something nice	Get bullied	Play with toys
Get pocket money	Feel happy	Have a bath or shower
Stay at home alone	Feel sad	Dress up as a gorilla
Do household chores	Feel scared	Eat chocolate with ketchup
Play inside	Get angry	Stroke a spider
Play outside	Get praised	Wear all my clothes at once
Read	Put my hands over my ears	Smell my feet
Do sports	Ride a cow	Have a piggy back ride
Feel special	Get bored	Do a handstand

My week

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

My health

When was the last time you saw.... What happened?

Family doctor / GP -

Dentist -

Optician -

Any other doctor -



Have you ever been to.... What happened?

Hospital -

Ambulance -



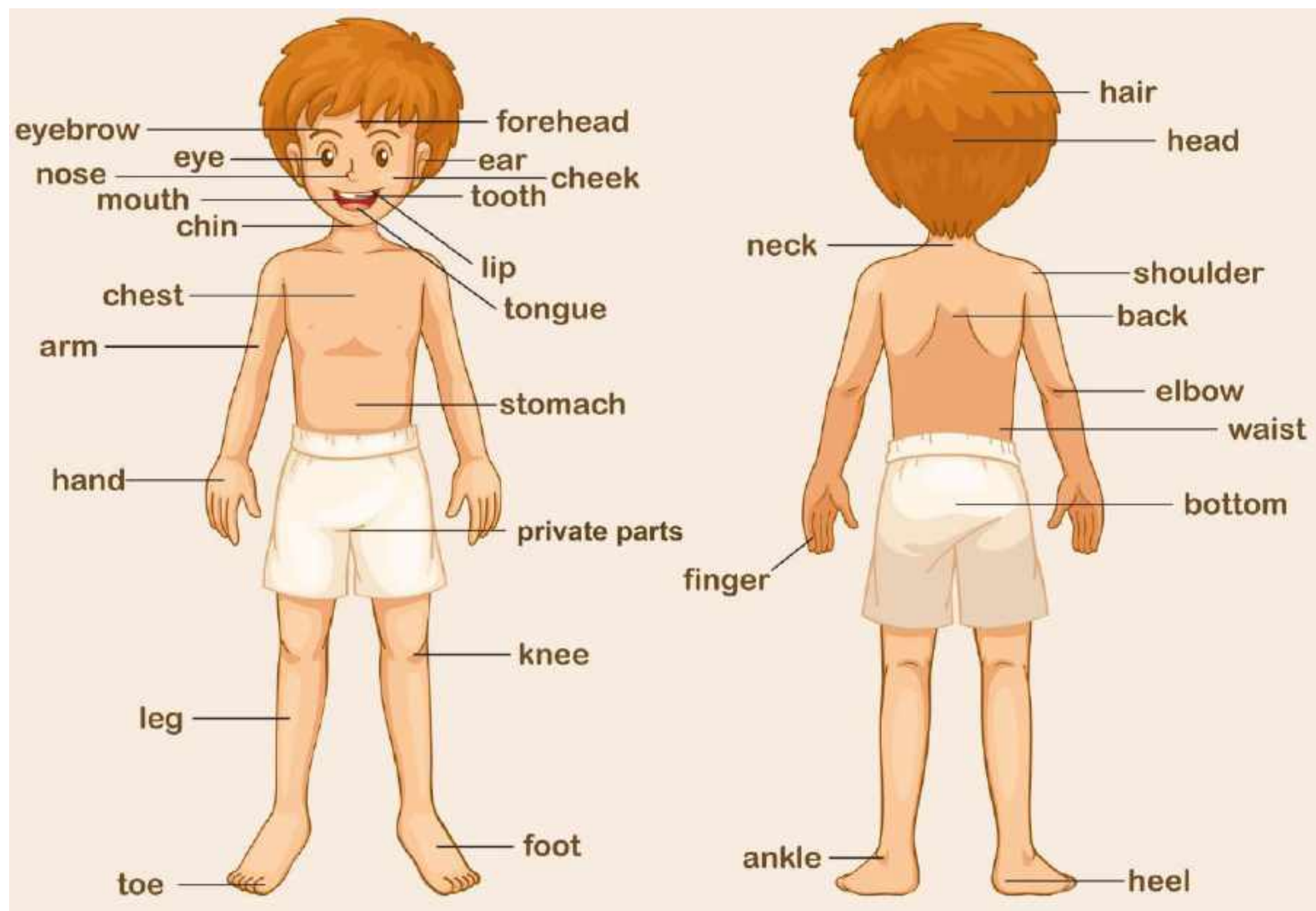
Do you take any regular medicine? Which one?



Injuries & pain (boys)

Have you ever had any bad injury or pain concerning the following parts of the body? Circle those.

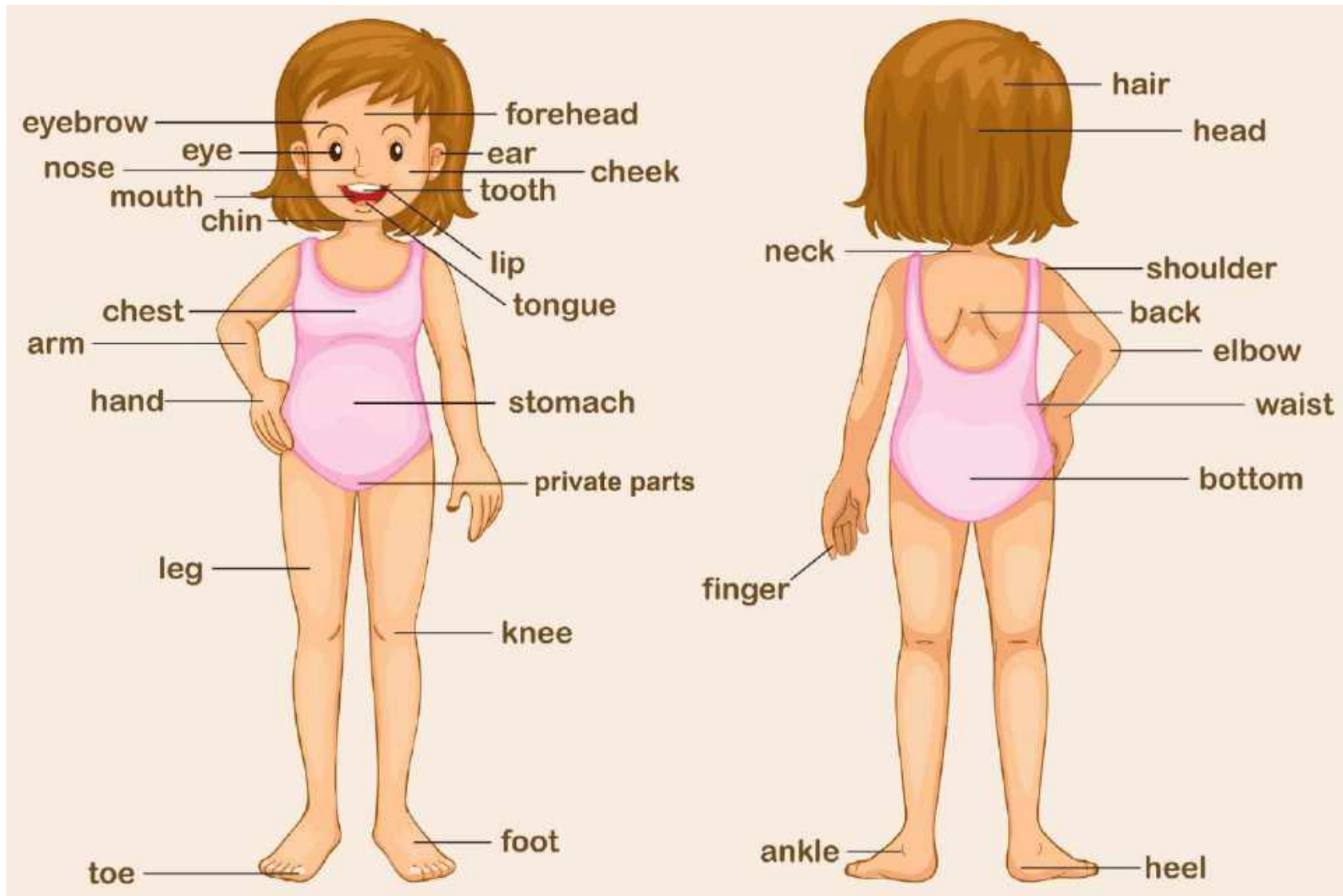
What happened? Did you get help?



Injuries & pain (girls)

Have you ever had any bad injury or pain concerning the following parts of the body? Circle those.

What happened? Did you get help?



What I eat

What do you usually eat, if anything, in the:

Morning

Noon/middle of the day

Afternoon

Evening/night



Preparing for a meeting

Where and when it will be held?

Who will be attending?

Why is the meeting happening?

What will happen there?

People I want to support me at the meeting:

Things I am happy about:

Things I want to ask:

Things I am not happy about or want to change:

What I want to talk about:

Things that I/people I live with need help with:

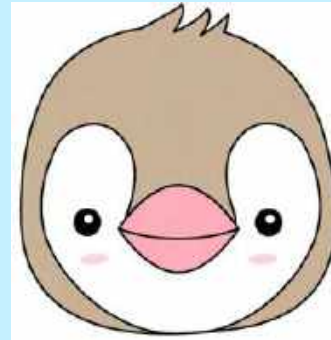
Since last time I met you

Cut out the cards and put them on a pile. Ask a child or a group of siblings to take turns in drawing the cards and answering them – you can choose to join in or not. The answers should be relating to time since last time you met the child/young person.

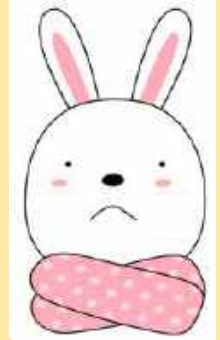
Friends I
have seen



New things
I have done



Trouble I
got myself
into



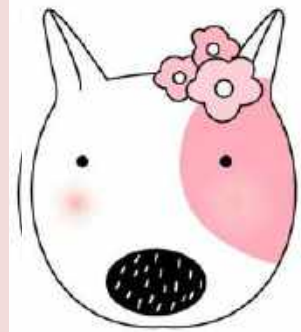
Things
that didn't
go that well



Things I am
proud of



People I
have helped



Dream I
have had



Something
that made
me laugh



Places I
have been
to



Best meal
I've had



Something
that made
me sad



Something
that
scared me



Something
that made
me look silly



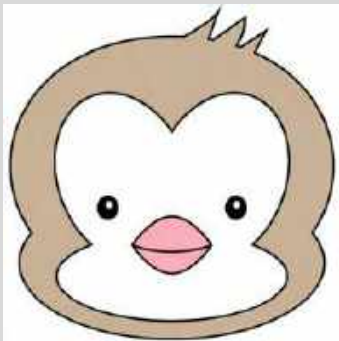
Something
nice that
people said
about me



Time I
was bored



Fun things
I have done



Something
I forgot
to do



Something
I didn't
understand



Something
that upset
me



Something
I saw and
really wanted



Something
I want to
change



Something
I'm not
proud of



Something
that made
me angry



Would you rather – icebreaker

Instructions:

Put a line in the middle of the room. Read out the statements below or any statements you prepared; point to the right when you read out the first option and to the left when you read out the second option of the 'would you rather' statement – ask the child to jump to the right or left, depending on their answers.

Alternatively, you can just read out the statements and the child can answer them without any physical activity involved.

Would you rather...?

- | | |
|--|--|
| <ul style="list-style-type: none">• have a pool or trampoline• have a pig nose or monkey face• be at school or stay at home• have pizza or chips• live in town or the countryside• be able to fly or be invisible• have one good friend or have many OK friends• sing well or dance well• have four arms or four legs• have a new toy or go out with your family• be really fast or really strong• stay at home or go out with a friend• have 10 puppies or 10 kittens | <ul style="list-style-type: none">• be lazy or work a lot• eat a worm or spider• be a teacher or a police officer• go shopping or have a trip to the zoo• have 5 brothers or 5 sisters• have pink or orange hair• have a magic wand or be a superhero• go to school in your pyjamas or swimming costume/trunks• the weather to be always hot or cold• be very short or extremely tall• have no child or have 10 children |
|--|--|

Scaling tool

Print and cut out (1) the strip with numbers at the bottom of this page and also (2) the picture of the kitten. Then cut slits along the two dotted lines on the kitten and weave the number strip through the slits as shown in the picture below.



EXAMPLES OF USING THE STRIP:

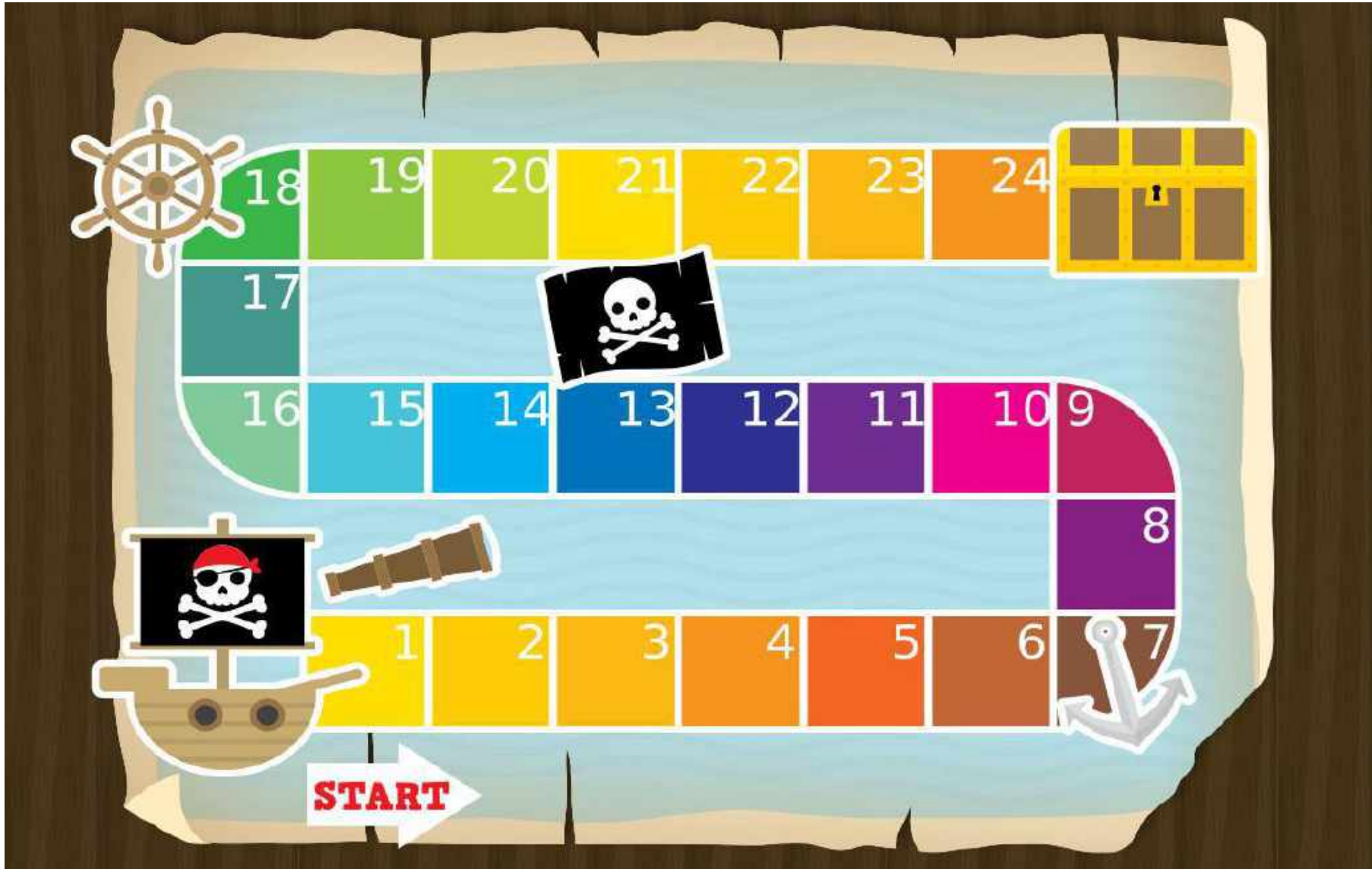
Ask the child/adult to answer your scaling questions using the slip by sliding the number of their choice (ie. answer) into the 'kitten' s belly'. Example of questions:

- "How much do you like your school; 0 = I hate it, 10 = I love it...
What would need to happen to make it 10?"
- "How much do you worry about your mum's drinking?
0 = It does not worry me at all. 10 = I worry a lot. I worry that she would die."
- "How much do you enjoy seeing your dad at the weekends?
0 = I hate it, 10 = It's the best part of my week"



Board games

Instructions for workers: Write a list with numbers. Next to each number, write a question which needs to be answered when a player lands on it. The game can be played by the child itself, with a worker or a sibling/family group.





7

8

9

10

11

6

24

25

12

5

23

26

13

4

22

27

14

3

21

29

28

15

2

20

16

1

19

18

17

Blank templates



