

Written by Sarah Ryan
Life Journey social worker

This book is for you to fill in lots of details about yourself, your life, your friends, your school and things that you like. The idea is for you to do one book every 6 months or once a year with your foster carer, carer or worker. This will then give you a snap shot of your life and something you can read again when you're older or even show it to your own children.



Write down all the things you can remember about your life this year. Funny stories, things that have happened in school or home. Important stuff to you.

Look in the mirror to help you draw a picture of yourself here.



Me

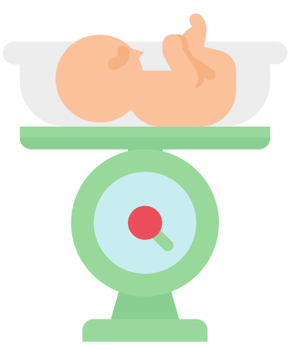
My name is

My birthday



Where was I born?

What did I weigh when
I was born?



The colour of my eyes are

The colour of my hair is

What age I am now?

What height I am now?

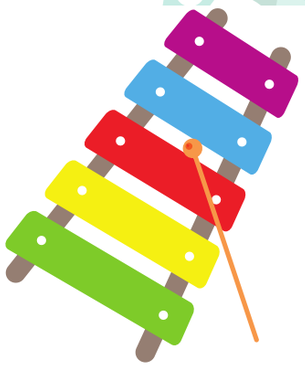


What is my shoe size?

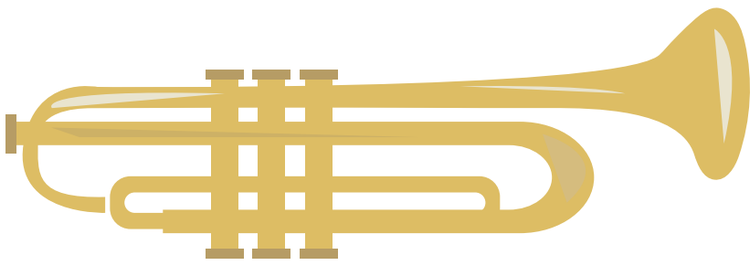


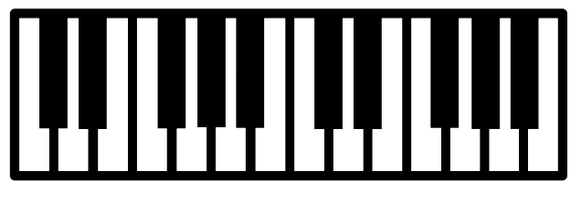
This is a photograph of me

What musical instrument am I learning or what instrument would I like to learn?



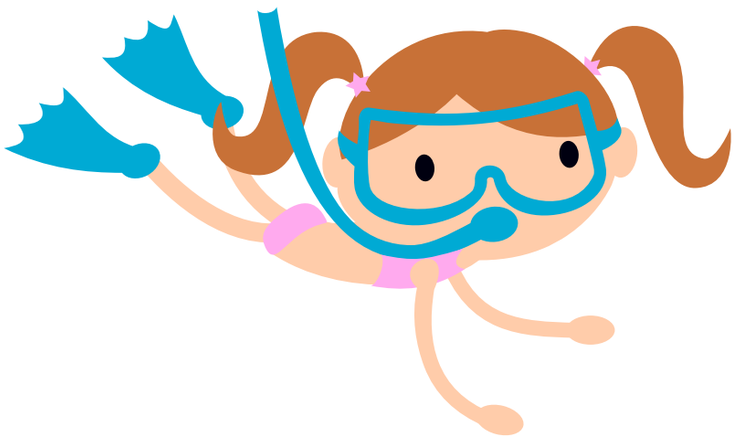






What activities do I like to do after school or at the weekend?

How many metres can I swim?

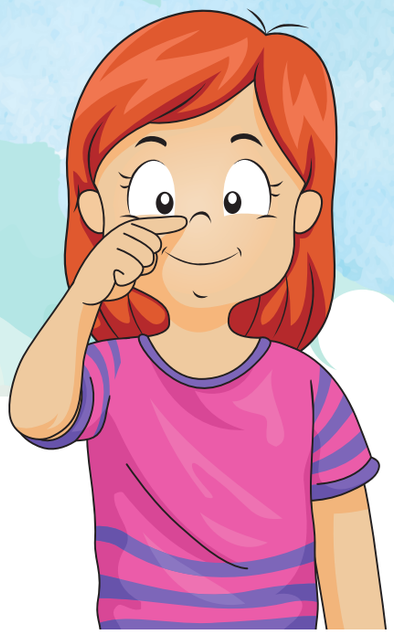


I can ride a bike or scooter?

Or both?



What's my worst habit?
Is it nose picking? Or being late?



What is my best habit?



Eating vegetables? Being on time?

Write or draw what makes me happy?



Write or draw what makes me sad?



Write or draw what makes me angry?

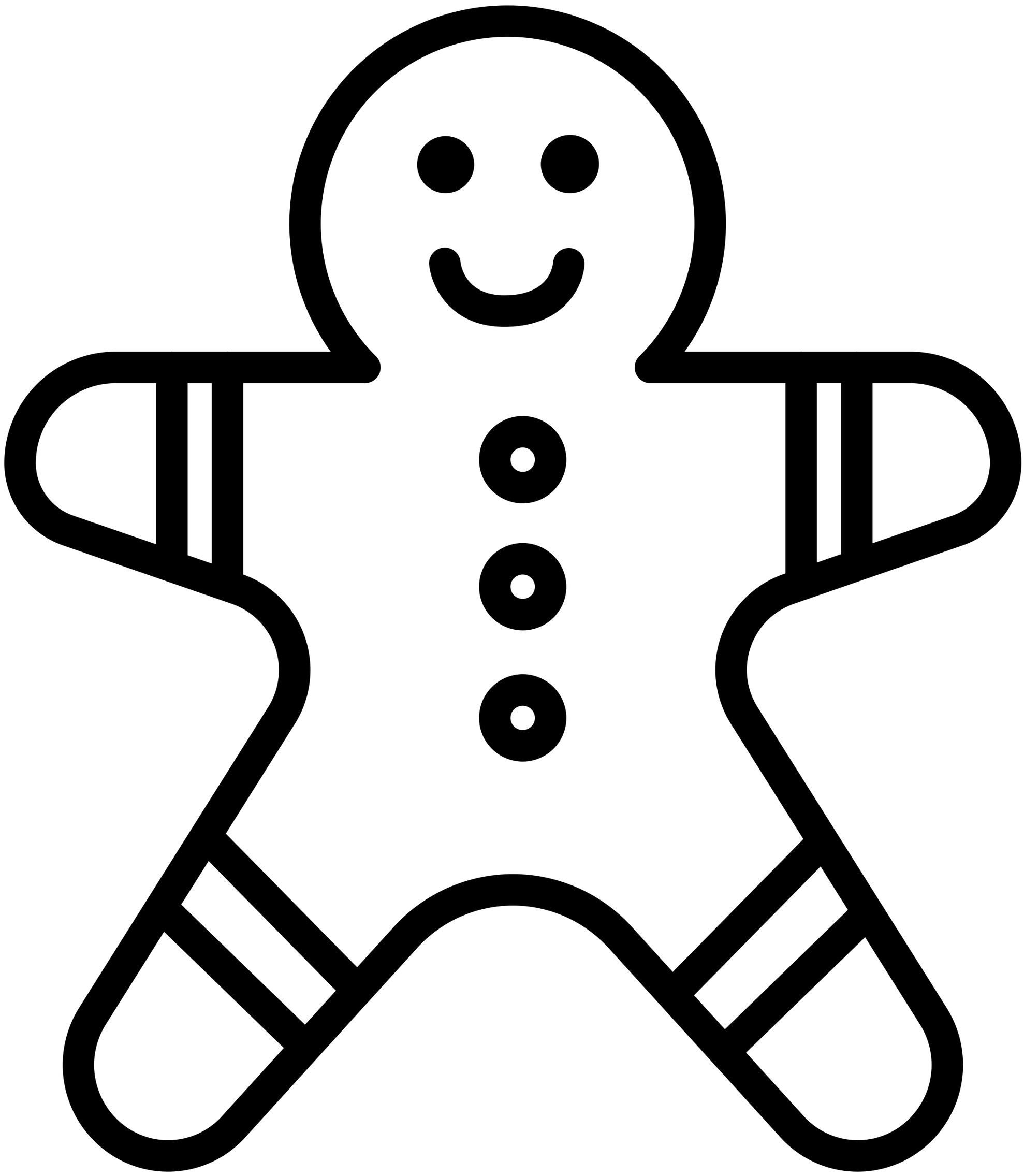


Write or draw what makes me scared?



Where do I feel happy/sad/angry/scared in my body?

Give the feeling a colour and draw where you feel that feeling in your body. What other feelings can you think of?



What am I really good at?

1.

2.

3.

4.

5.

What would I like to get better at?

1.

2.

3.

My mother's name is

Her birthday is

This is a photo of my mother or a picture I have drawn of her.

My father's name is

His birthday is

This is a photo of my father or a picture I have drawn of him..

If you don't know who your father is you could maybe write or draw someone who is important to you and why? Or write and draw how you feel about this question?

If you have any brothers or sister what are their names and how old are they?

What do you like doing with them?

I live



I live with

I live with my foster carers or carers because

These are the things that I like about where I live.

These are the things I don't like about where I live.

Do you have a pet? What do you love about your pet? If you don't have a pet what pet would you like and why?

What is the name of my school?



What is my teacher's name?

What do I love about school?



What do I not like about school?



Who are my friends?



What is my favourite memory of spending time with my friends?

What do I love to do with my friends?

When is it hard being a friend?

What is my favourite colour?

What is my favourite book or author?

What is my favourite tv programme?

What is my least favourite tv programme?

What is my favourite sport or hobby?

What is my favourite film?

What is my favourite song/singer and/or band?

Silly questions!



If you were a cereal what type of cereal would you be?

Describe your perfect day?

If you could time travel, where would you go? What would you change?

If you could give everybody in the world one piece of advice what would you say?

And finally what are my hopes and wishes for this year or next 6 months?



See you next year or in 6 months!