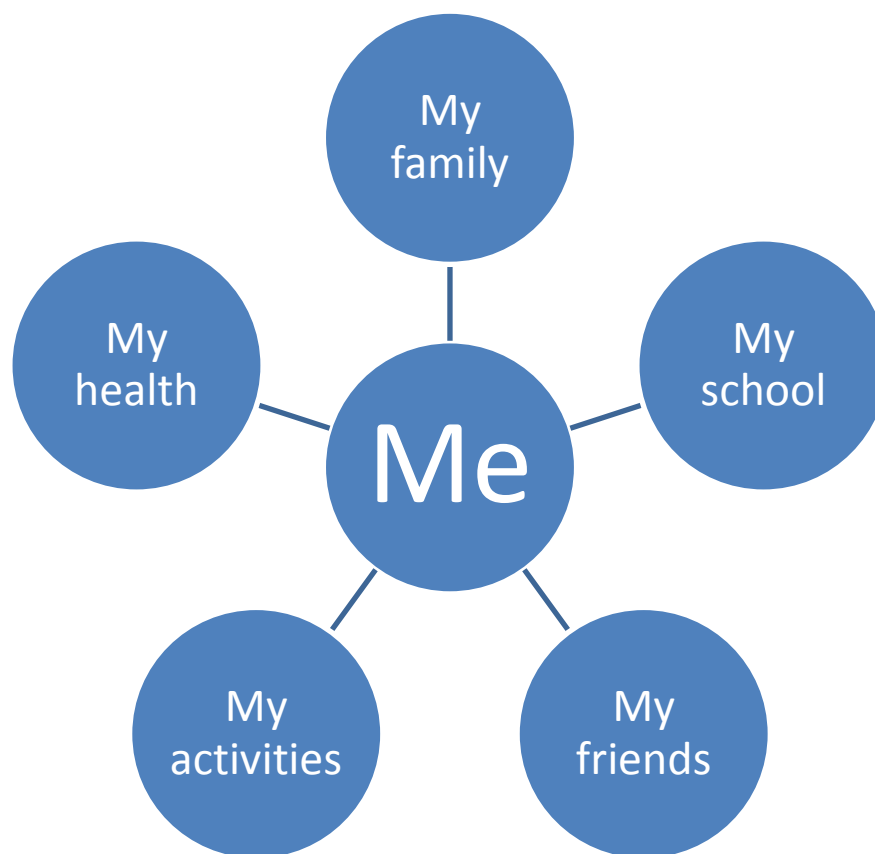


My Life Workbook – a place to tell us all about you!



ALL ABOUT ME

My name is:

I am years old.

I live in:

I live with:

My favourite colour is:

My favourite food is:

My favourite thing to do is:

The most important thing in the world to me is:
.....

If I am sad then..... makes me feel happy again.

This is a picture of me now

When I grow up I would like to be

.....because.....

.....

.....

This is a picture of me when I am a

MY FAMILY

There are people in my family.

Their names are:

1.
2.
3.
4.
5.
6.

This is me with my family

This is my.....who is called.....

A picture of

S/he likes:

S/he doesn't like:

When.....is happy s/he.....

When.....is sad s/he.....

Things I do with my family:

My favourite way to spend time with my family is:

.....

.....

.....

Every week we:

.....

.....

I am the best in my family at:

.....

My family's home is:

.....

Who gives the best hugs?



Who is the best at cooking?



Who makes you laugh the most?



When I can't.....I know thatwill help me.

When something good happens the first person I want to tell is:
.....

Some of my family come from a different country.

My mum/dad/grandparents/brothers and sisters used to live in

My family who live in are:

1.

2.

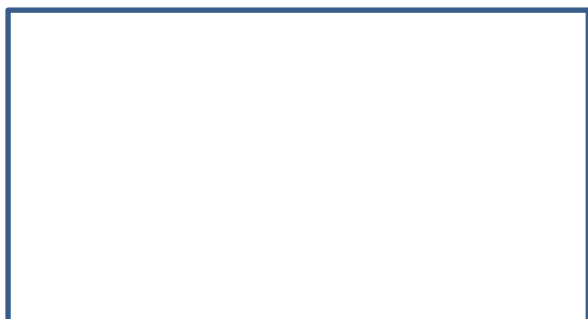
3.

4.

..... is in

In my family members speak a language
called.....

The flag of looks like this:



MY SCHOOL

My school is called:

My teacher is called:

My favourite lesson is:

My best friend is:

My favourite thing about school is:

School makes me feel: (draw a circle around the face which best shows how you feel about school)



Sometimes we all need a little extra help! Is there a teacher or someone at school who gives you extra help? Tell us about them.

My special helper at school is called:.....

I see him/her on: (draw a circle around the days of the week when you see your special helper)

Monday

Tuesday

Wednesday

Thursday

Friday

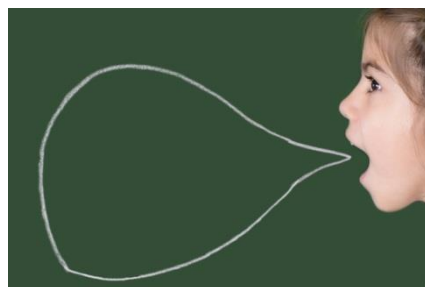
My special helper helps me with:



Reading



Maths



Speech and language

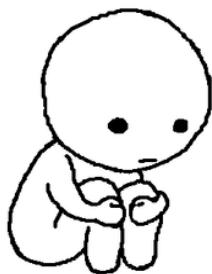


Feeling safe

Before my special helper started helping me I felt:



Worried



Sad



Confused



Lonely



Fine

How do you feel now?



Confident



Happy



Fine



Confused



Worried



Smart

This is a picture of my classroom:

(Draw a red arrow pointing to yourself)

These are my favourite activities at school:

This is a picture of:

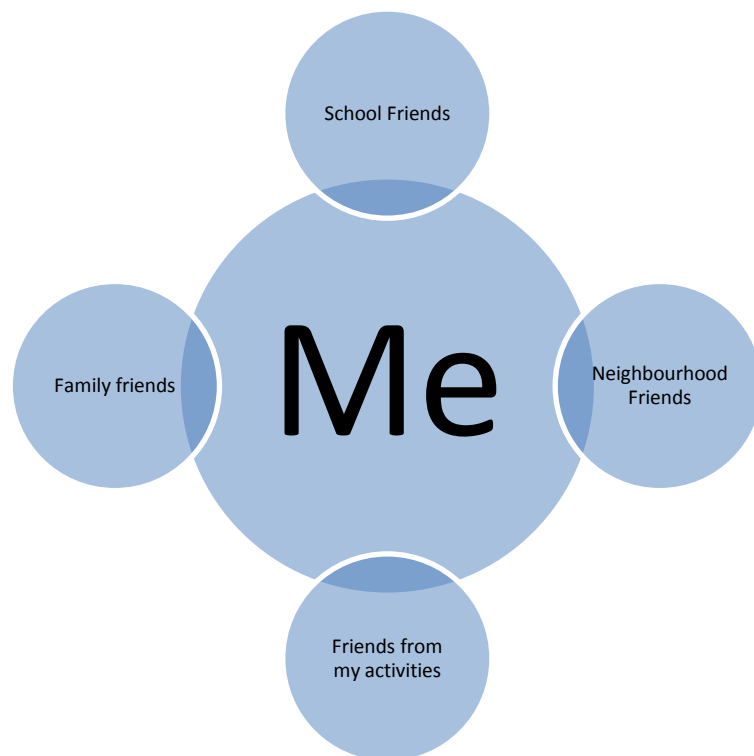
I like this because:

This is a picture of:

I like this because:

MY FRIENDS

I have made friends in lots of different places: (draw the names of friends around the circles)



My friends make me feel:



Friends from school:

My friends at school are:.....

.....

When I am with my friends from school we like to:.....

.....

Our favourite games are:.....

.....

I help my friends when I.....

.....

.....

My friends help me when they.....

.....

Neighbourhood friends:

My friends in my neighbourhood are:

.....

When I am with my friends from my neighbourhood we like to:

.....

.....

Our favourite games are:

.....

I like to have friends in my neighbourhood because:

.....

Family friends:

My friends I know through my family are:.....

.....

We know each other because.....

.....

We see each other every.....

When I am with my family friends we like to:.....

.....

Our favourite games are:.....

.....

I like my family friends because.....

.....

Friends from my activities:

My friends that I have met through my activities are:

.....

We see each other every.....

We are friends because.....

.....

When I am with my friends from my activities we like to:

.....

.....

I help my friends when I.....

.....

My friends help me when they.....

.....

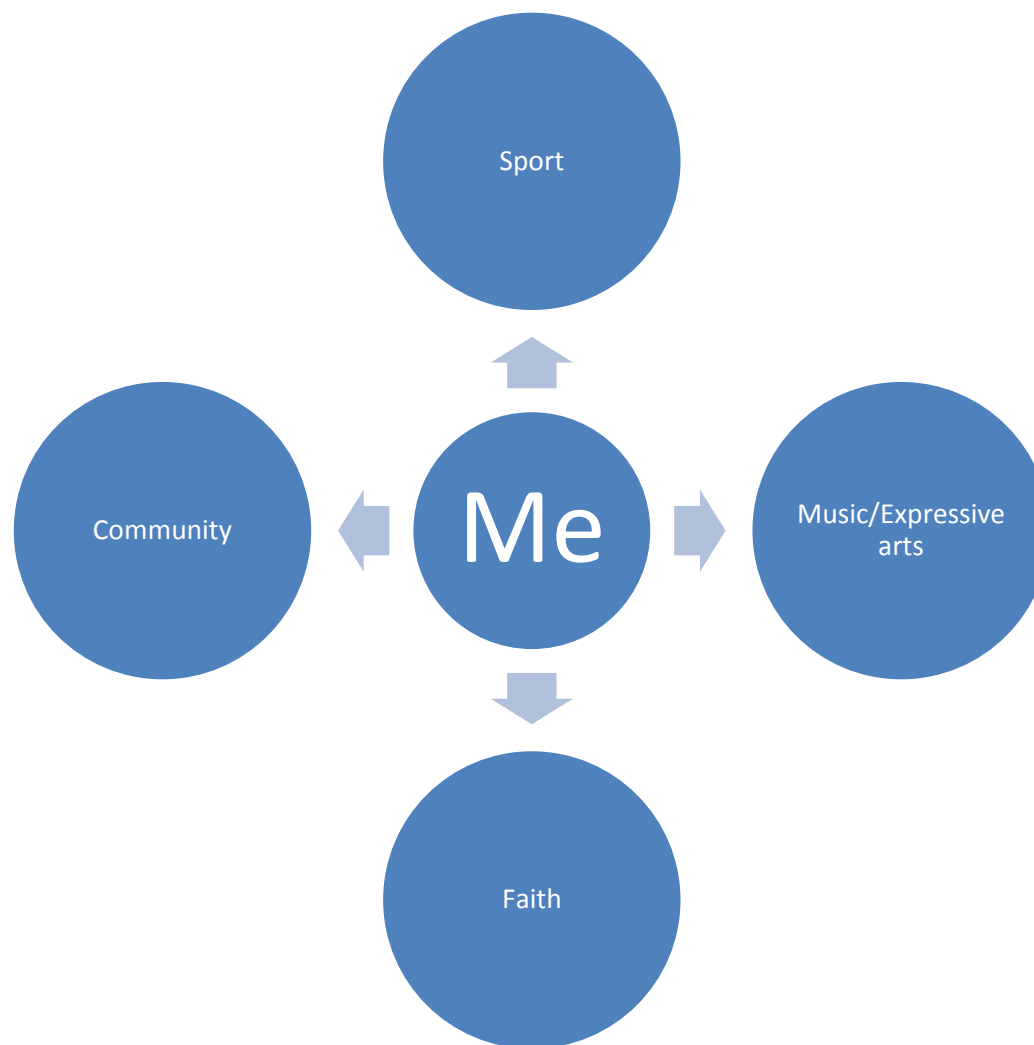
My friends are from lots of different places:



Colour in the flags to show the countries your friends come from.

Can you find them on the map?

MY ACTIVITIES



Sport:

My favourite sport is:

This is a picture of me playing my favourite sport

I am in ateam.

We practice every week on

My coach is

My role in the team is

The best thing about playing is

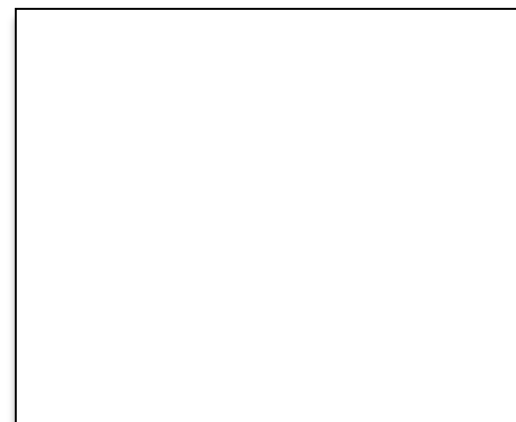
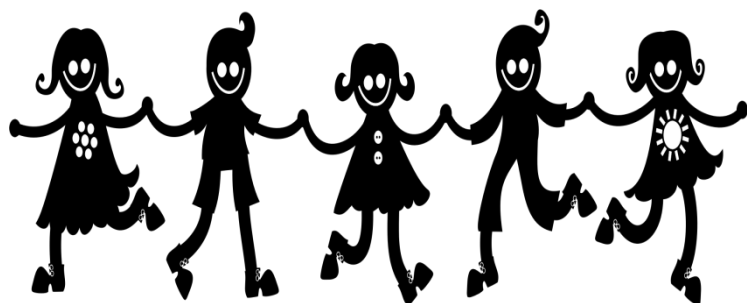
.....

.....

Playing.....helps me to.....

Music / arts / other hobbies:

I love to: (circle the picture that best shows your activity, or draw your own picture)



I go toevery.....

I practice.....every.....

My teacher is called

I enjoy..... because.....

.....

Have you passed an exam? Won a prize? Taken part in a show? Tell us about it!

.....

.....

.....

MY FAITH

My religion is:

My family also / do not follow this religion.

I attendevery.....

I enjoy going tobecause.....

.....

There are special activities for children at the.....

My favourite is.....

My religion is important to me because.....

.....

.....

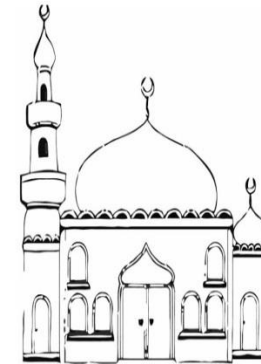
The most important time in the year for my religion is.....

..... because

MY COMMUNITY

The area we live in is called.....

In our area you can find: (draw a circle around facilities you can find in your local area)

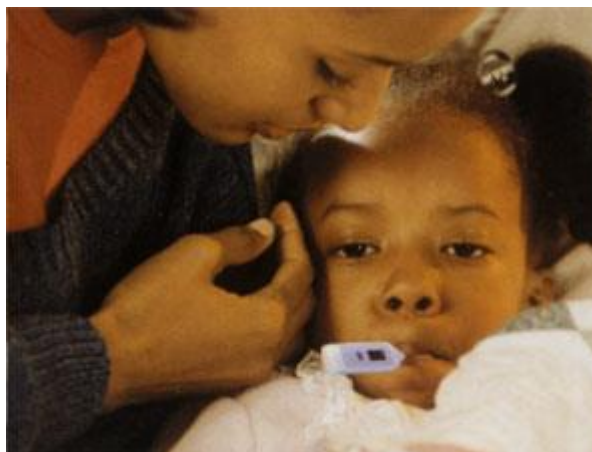


My favourite thing about where I live is:

Draw a picture of your favourite place, person, activity or anything else you would like us to know about the place where you live. If you would prefer to write about it or tell us a story, please do!

MY HEALTH

Sometimes I don't feel very well.



I have an illness called.....

When I am sick I feel:



When I get sick: (tick the boxes that are most true for you)



I take medicine

Sometimes ☐

Every time ☐

Never ☐



I go to the GP

Sometimes ☐

Every time ☐

Never ☐



I have to go to hospital

Sometimes ☐

Every time ☐

Never ☐

When I am sick I need: (circle the picture that is most true for you)



Treatment



Rest



Looking after



My family



Good food



To be warm and cosy