**Let me tell you a bit about me…..**

**All about me!**

**My name is: I like to be called:** *(Ideas = this might be a nickname)*

**And here are some other things that I would like you to know….**

*(Ideas = you can write or draw anything in this box!)*

**These are the things that I like to do….**

*(Ideas = hobbies, activities)*

**These are the people who are important to me….**

*(Ideas = people in your family, your friends, people who help you)*

**These are the things that I like best about myself….**

*(Ideas = your personality (e.g. being kind), your body (e.g. having lovely hair), your skills (e.g. drawing))*

**I am \_\_\_\_\_ years old**

**Let me tell you a bit about how I feel and what I need help with…..**

**At home, this is how I usually feel….**

*(Look at the faces and choose a number. You could colour the number in or put a circle around it)*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

1

2

3

4

5

**These are the things that I need help with at home….**

**These are the things that make me feel sad, angry or worried at home….**

**These are the things that make me feel good at home….**

6

7

8

9

10

**At school this is how I usually feel….**

*(Look at the faces and choose a number. You could colour the number in or put a circle around it)*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

 4

5

6

7

**These are the things that make me feel sad, angry or worried at school....**

**These are the things that I need help with at school….**

**These are the things that make me feel good at school....**

8

9

10

**Here are some things that my parent/carer thinks that you should know about me....**