



Name:

Date:

Age:



City and County of Swansea
Dinas a Sir Abertawe



Who am I?

Name

When was I born?

D.O.B:.....

Where do I live?

Address:.....

.....

.....

What is my favourite?

Colour:.....

Band:.....

Sport:.....

Film:.....

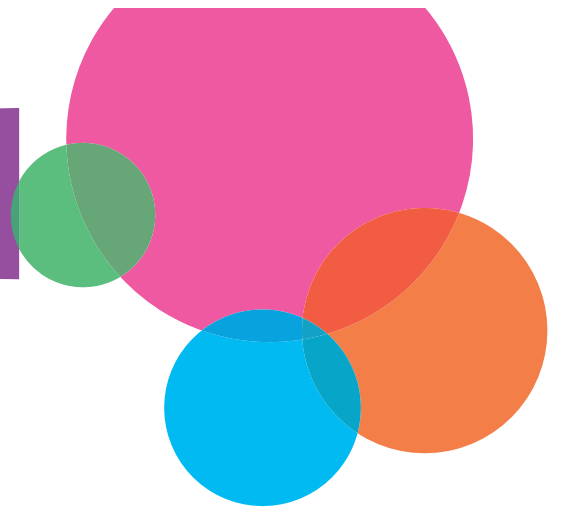
Food:.....

My Autobiography

Design the cover of your autobiography
in the frame below....

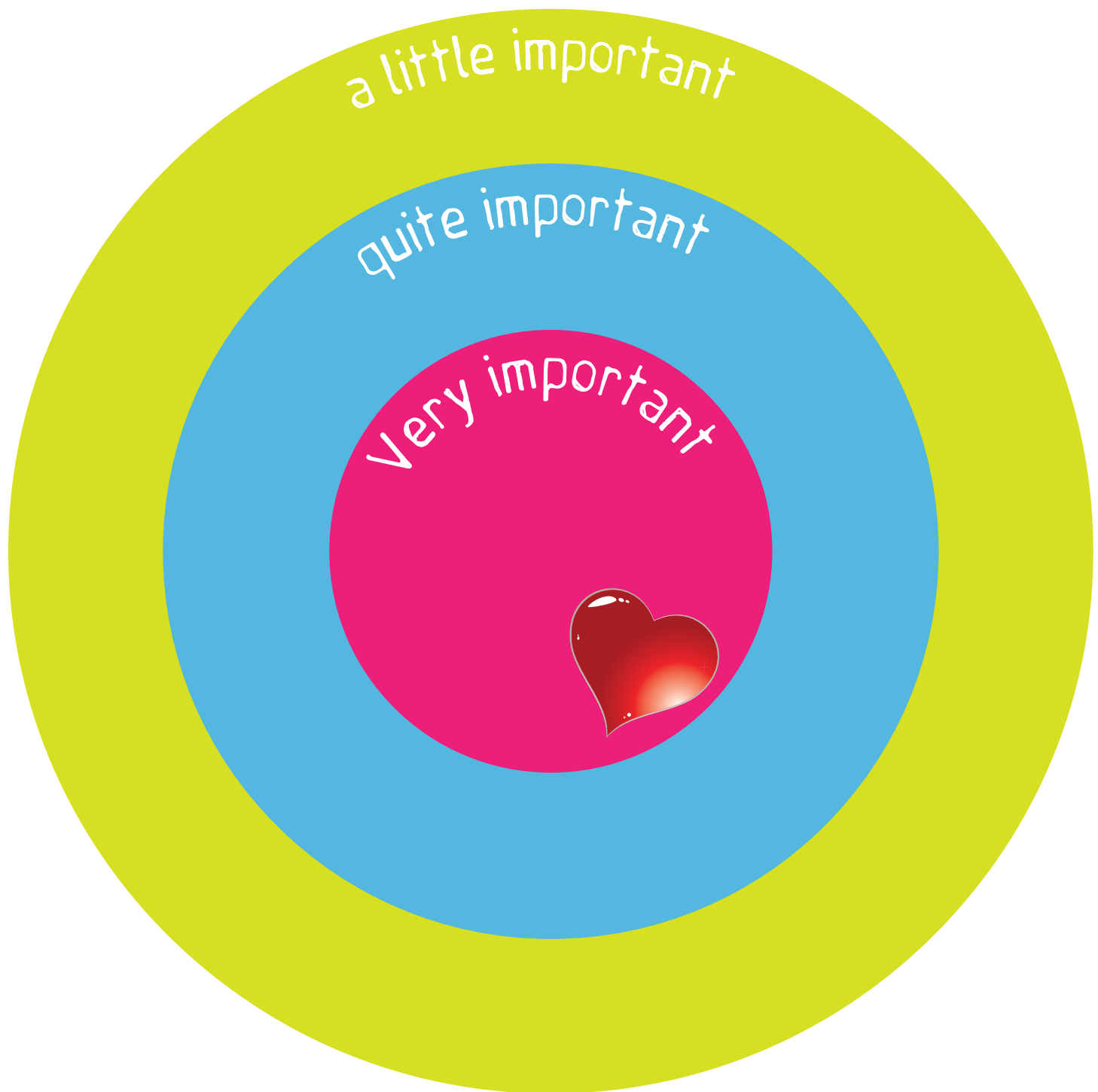


Who do I live with?



Me, Myself and I

Important People...



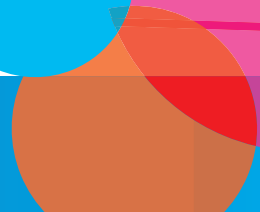
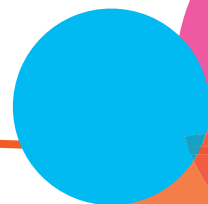
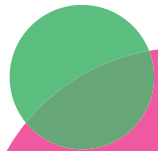
Me, Myself and I

People who care about me

LOVE ME



LIKE ME



What's my health like?

I am mostly well..... ☐

I am mostly unwell..... ☐

I eat well..... ☐

I don't normally finish meals..... ☐

Being ill gets in the way of things..... ☐

Any diagnosed conditions..... ☐

Allergies..... ☐

Medication..... ☐

I worry about things..... ☐

I've got some good mates..... ☐

My health worries me..... ☐

I'm usually physically fit..... ☐

I'm not very fit..... ☐

I sleep well..... ☐

I find it hard to get to sleep..... ☐

I feel good about myself..... ☐

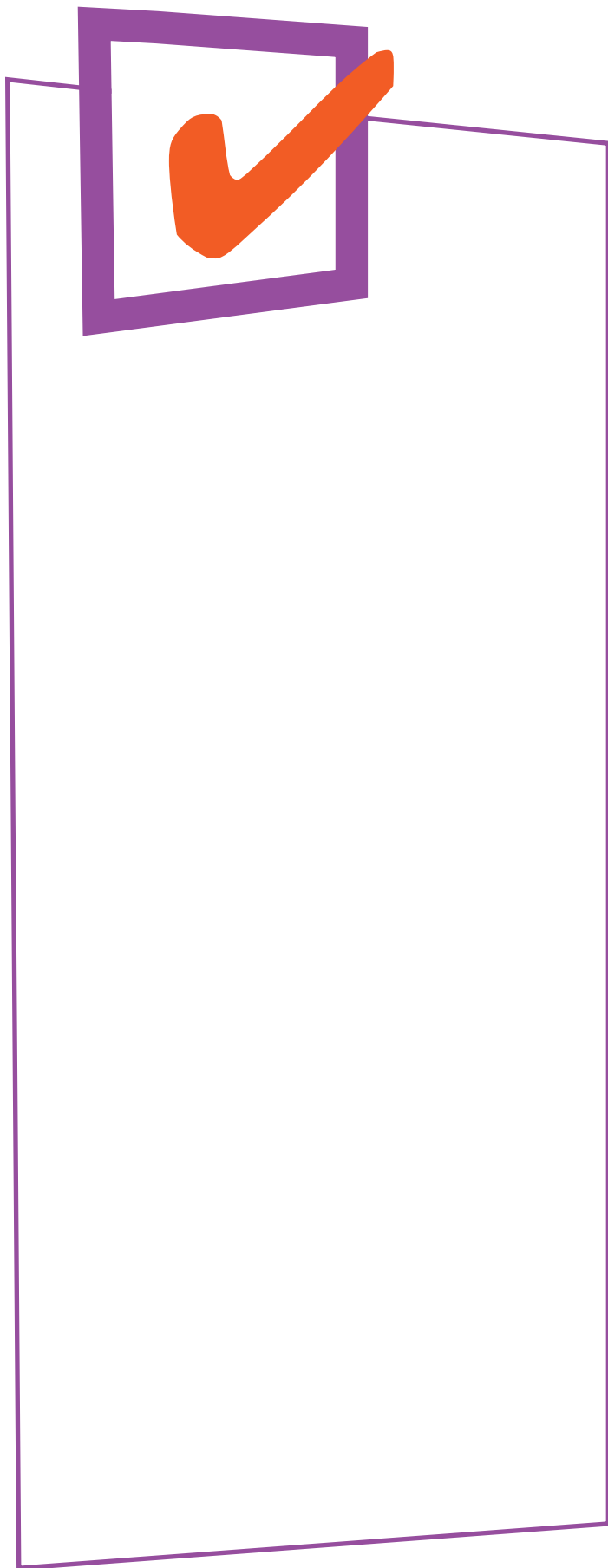
On a scale of one to ten what's your general health like?

Good



Not so good

Learning





Diary of an ideal school day...







Weekends

FRIDAY

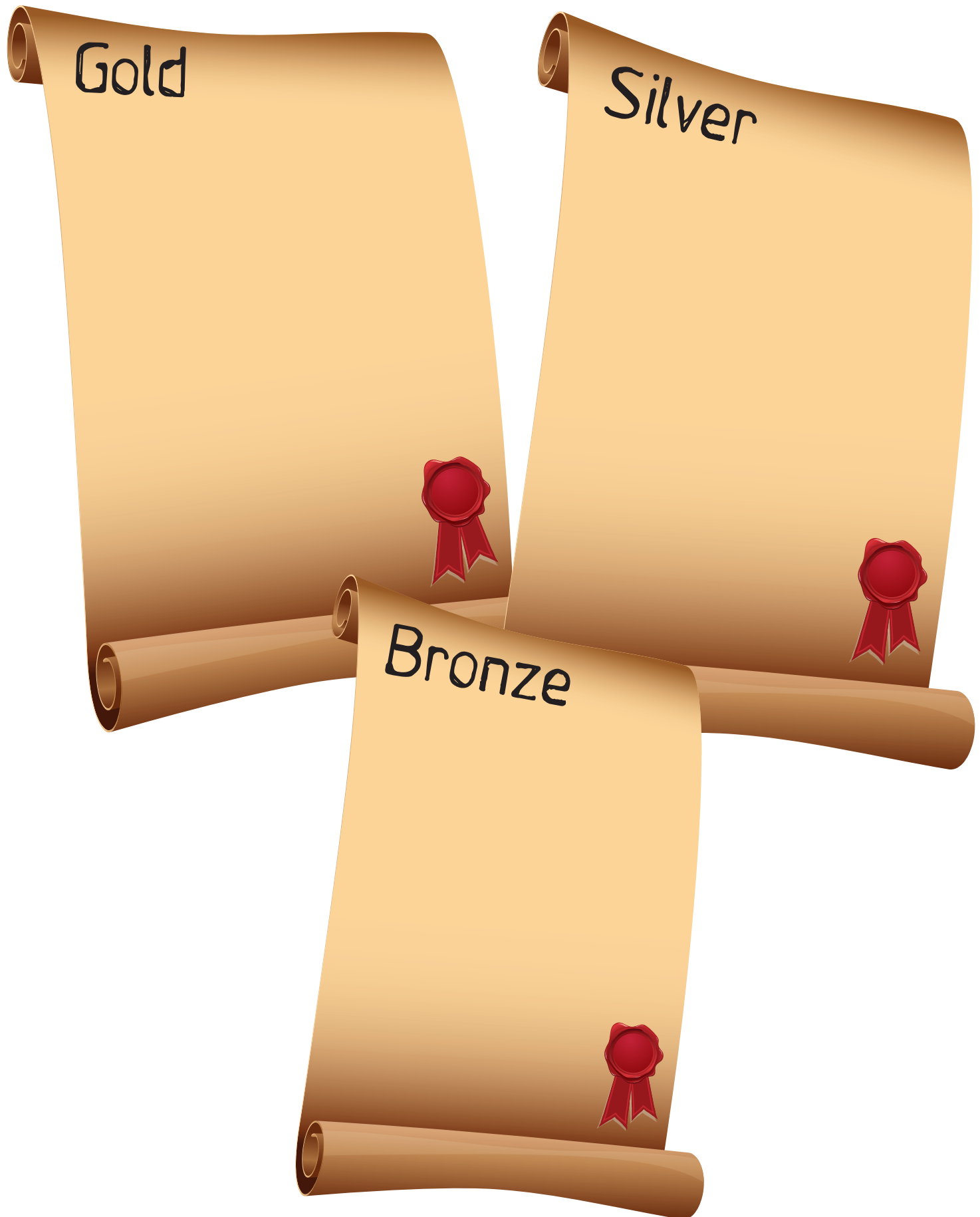


SATURDAY

SUNDAY



My achievements & talents



Things I like about myself



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.....



.....

Things I don't like about myself



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.....



.....



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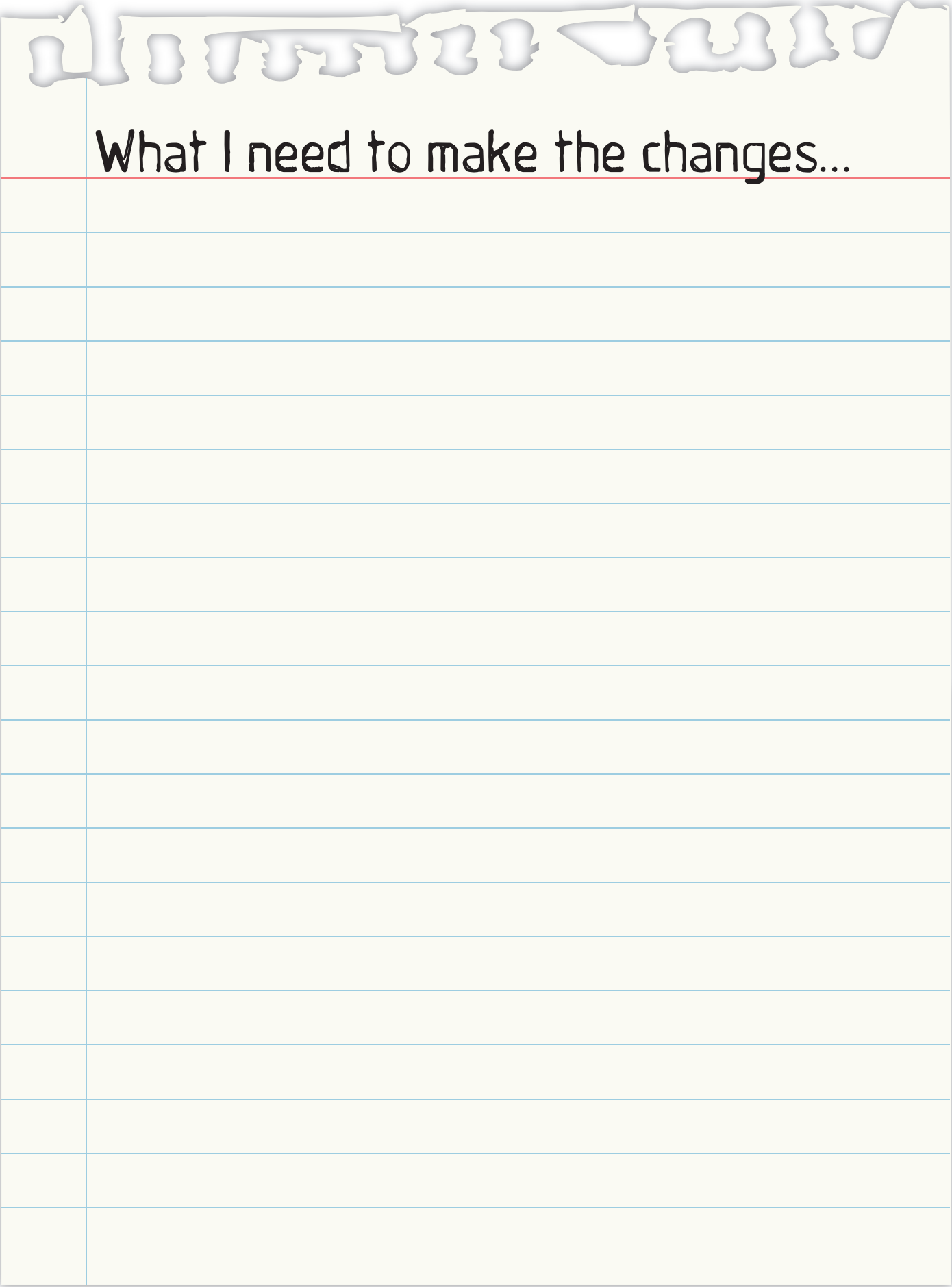
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Things I would like to change about myself

- ☐
- ☐
- ☐
- ☐
- ☐

Things I would like to change about other people/things

- ☐
- ☐
- ☐
- ☐
- ☐



What I need to make the changes...

Mostly I am...

(please circle)

Ok Sad Embarrassed
 Confident Scared
 Excited Hopeful
 Annoyed Angry
 Disappointed
 Calm Jealous Lonely
 Shy Happy Nervous
 Frustrated

How come?

.....

.....

.....

I am **happy** when

.....

I am **excited** when

.....

I am **sad** when

.....

I am **annoyed** when

.....

I am **confident** when

.....

I am **nervous** when

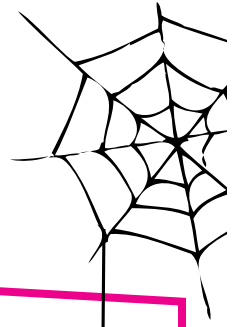
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I am **embarrassed** when

.....

I am **scared** when

.....



What bugs me

People who bug me and why?



Things I am supposed to do & don't want to & why?



Things I like to do, but others stop me



Hopes and Wishes

If I was famous I would be

.....

If I had a million £££ I would

.....

If I was Prime Minister I would

.....

One thing I would really like to do is

.....

If I had one wish it would be

.....

In ten years time I want to be

.....

If I had a unique power it would be

.....

I wish I did more

.....

I wish I did less

.....

I would like to achieve



.....



.....



.....



.....



.....

To achieve this I need



.....



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.....



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.....

Barriers

○

○

○

○

○



Options

○

○

○

○

○



Ok vs Not Ok

Ok

Not Ok

Respect

☐
☐

Lying.....

☐
☐

Keeping yourself safe

☐
☐

Protecting others.....

☐
☐

Verbal abuse

☐
☐

Trust.....

☐
☐

Listening.....

☐
☐

Praise

☐
☐

Criticism.....

☐
☐

Looking out for friends.....

☐
☐

Arguing.....

☐
☐

Physical violence.....

☐
☐

Helping people out.....

☐
☐

Asking for help.....

☐
☐

Thank You

Thanks for sharing with me

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Signed:.....

Me, Myself and I

ME myself and I



We would like to thank POWYS Children & Young People's Partnership • Partneriaeth Plant A Phobl Ifanc for allowing us to use their pack as a basis for our booklet.

28354-11 ®



City and County of Swansea
Dinas a Sir Abertawe

