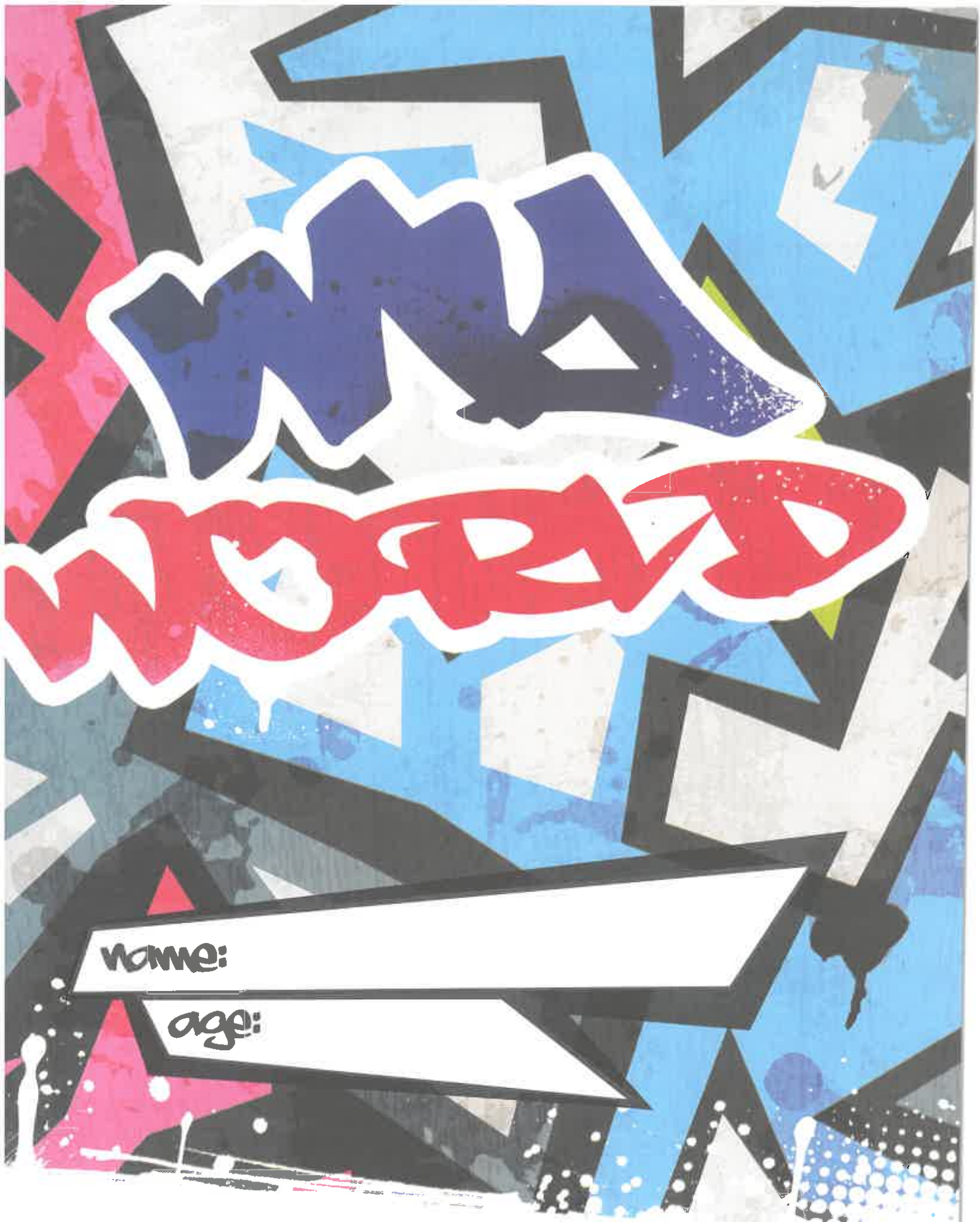




name:

age:



GIG
NHS

Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board





What is your favourite...

colour

food

band

sport

film



draw a picture of,
or write who you live with

draw or describe what
your home is like here

eating

what i eat before school,
or for breakfast

what i eat for lunch
or during school

what i eat after school
or for a snack and evening meal

bed time

what i like to do
before going to bed

what i like to do
before going to sleep

the time i usually
go to sleep

three islands

you live on the **island of always**.
draw anything else you'd like on
your island too, such as
toys, animals
or people.

The Island of
FAR AWAY

draw on this island,
anything that you want
to be far away from or
never see again.

The Island of
ALWAYS

on the **island of sometimes**
draw anything you want to
see, but not all the time.

you are the only person
with a key to the gate
on the bridge.

anything on the
island of sometimes
can only see you
when you let them.

The Island of
SOMETIMES

my health

using the scale below
score the following
from 0-10

i am
healthy

i have
friends

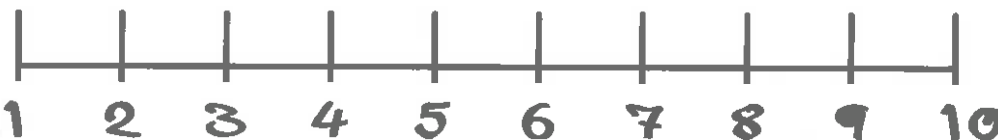
i am
happy

i am
well

i worry

i am safe

not so
good



good

how i spend my weekends

what i do
with my family

what i do
with my
friends

what i like to do
on the weekend

what i have to do
on the weekend

what i play with
and watch on tv

my feelings

calm

sad

happy

scared

excited

ok

confident

jealous

angry

shy

frustrated

nervous

lonely

i never feel...

i sometimes feel...

i mostly feel...

things that make me
feel good...

things that make me feel
not so good...



things i am good at and proud of

my autobiography

design the front cover of your autobiography



hopes and wishes

if i could be
remembered in history
for one thing, it would be...

if i could make
one change,
it would be...

when i am an adult,
i want to be...

if i had a super power
it would be...

things i like and do not like about my life
and what will make things better

home

like

do not like

what is going to help me?
what can be done?

school

like

do not like

what is going to help me?
what can be done?

other

like

do not like

what is going to help me?
what can be done?

what to do now...

having done this booklet, what are
the things we can do now?

the things you need to remember about me are...

i am

i want

i need

i like help with

WIA WOOD

congratulations to

for completing the
my world booklet

with

on

