



Me and My World

My name is _____ and I am _____ years old. There are some important things about me that you need to know. I hope that, by telling you these things, you will understand me better and help me to enjoy, achieve and get on with others at school.

Please treat this information sensitively and store it securely.
Thank you.

Here is a picture of me

Date

Completed by

(This person is my _____)

People in my world

I live with:

They are my:

(e.g. foster carers/special guardians/adoptive parents)

Sometimes I stay with/visit/have contact with:

They are my:

(e.g. birth mother/father/siblings)

You also need to know this about other people in my world:

Important people you may need to contact include

Name	Role (e.g. social worker)	e-mail and telephone number

My world in a week

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Important parts of me

The things I enjoy include:

.....

The things I don't enjoy include:

.....

These things make me feel worried:

.....

I will show that I feel worried by:

.....

You can help me with my worried feelings by:

.....

These things make me feel sad:

.....

I will show you I feel sad by:

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You can help me with my sad feelings by:

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These things make me feel really excited:

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I will show you I feel really excited by:

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You can help me with my really excited feelings by:

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These things make me feel angry:

.....

I will show you I feel angry by:

.....

You can help me with my angry feelings by:

.....

Things I might need help with

At the beginning of the year, term, week or day, I might need some help. You can help me by:

At the end of the year, term, week or day, I might need some help. You can help me by:

When there are changes (e.g. supply teachers, trips, building works) I might need some help. You can help me by:

When we learn about (e.g. family trees, mothers' day) I might find this difficult. You can help me by:

These things help me to concentrate and learn better:

These things help me to keep calm:

Other important things you need to know about me

e.g. key traumas, losses, changes and bereavements