



my awesome book of me



My name is

Date:

Prepared by:



Some big, wonderful
Pictures Of Me

Insert
or draw
a picture



examples

Gifts of my Head, Heart & Body

loud

amazing

funny

natural

creative

thoughtful

daring

musical

heroic

passionate

strong

generous

thinker

kind

musical

decisive

dramatic

truthful

empathetic

sporty

artistic

adventurous

intelligent

loyal

loving

entertaining

talented

engaging

good friend

creative

unique

calm

truth teller

reliable

determined

helpful

resilient

gentle

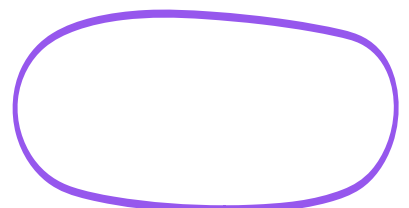
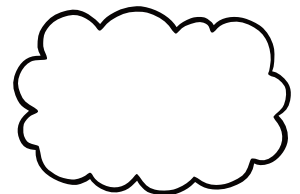
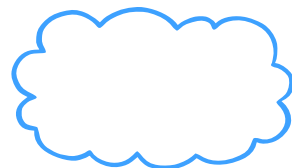
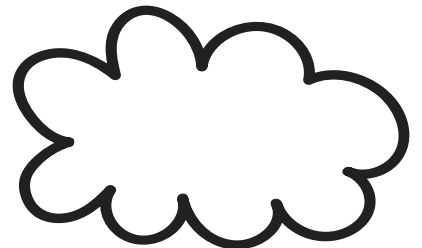
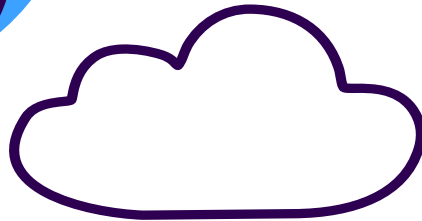
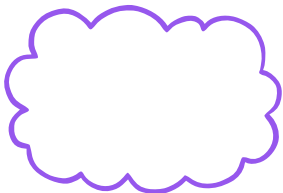
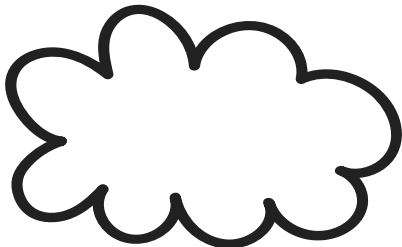
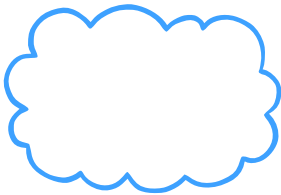
brave



super awesome things about me

Gifts of my Head, Heart & Body

Add your own words,
as many as you like!



See examples on opposite page

my Culture

Where I am from



Languages I speak

Important things about my culture

- _____
- _____
- _____
- _____

My spirituality

Traditional days/celebrations

Where is your Father's mob from?

Where is your Mother's mob from?

**Colour in or
mark the area
you are from**



**Things I want to know
more about my culture**



Who can help me with this?





my dreams



Dream
Imagine
Believe



Dreams for myself and/or my family
and loved ones' dreams for me



Who is in my life now



Me

Family / Carers

Neighbours+Community

Doctors + Specialists


**Sports
coaches/
Teams**


**Therapists/
support
workers**

Friends now

[Blank space for writing]

Friends I would like to see again

[Blank space for writing]



Favourite subjects at school

[Blank space for writing]

Where I know my friends from

[Blank space for writing]



My hero is

[Blank space for writing]

My nickname

[Blank space for writing]



my favourite things



book _____ place _____

song _____ sport _____

movie _____ make up _____

food _____ tech _____

game _____ social media _____

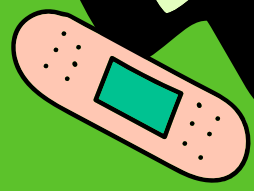
clothing _____ animal _____

drink _____ person _____

my likes

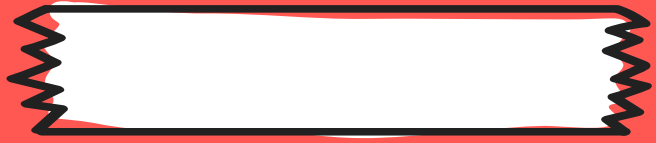
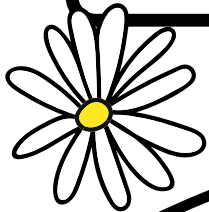


my dislikes

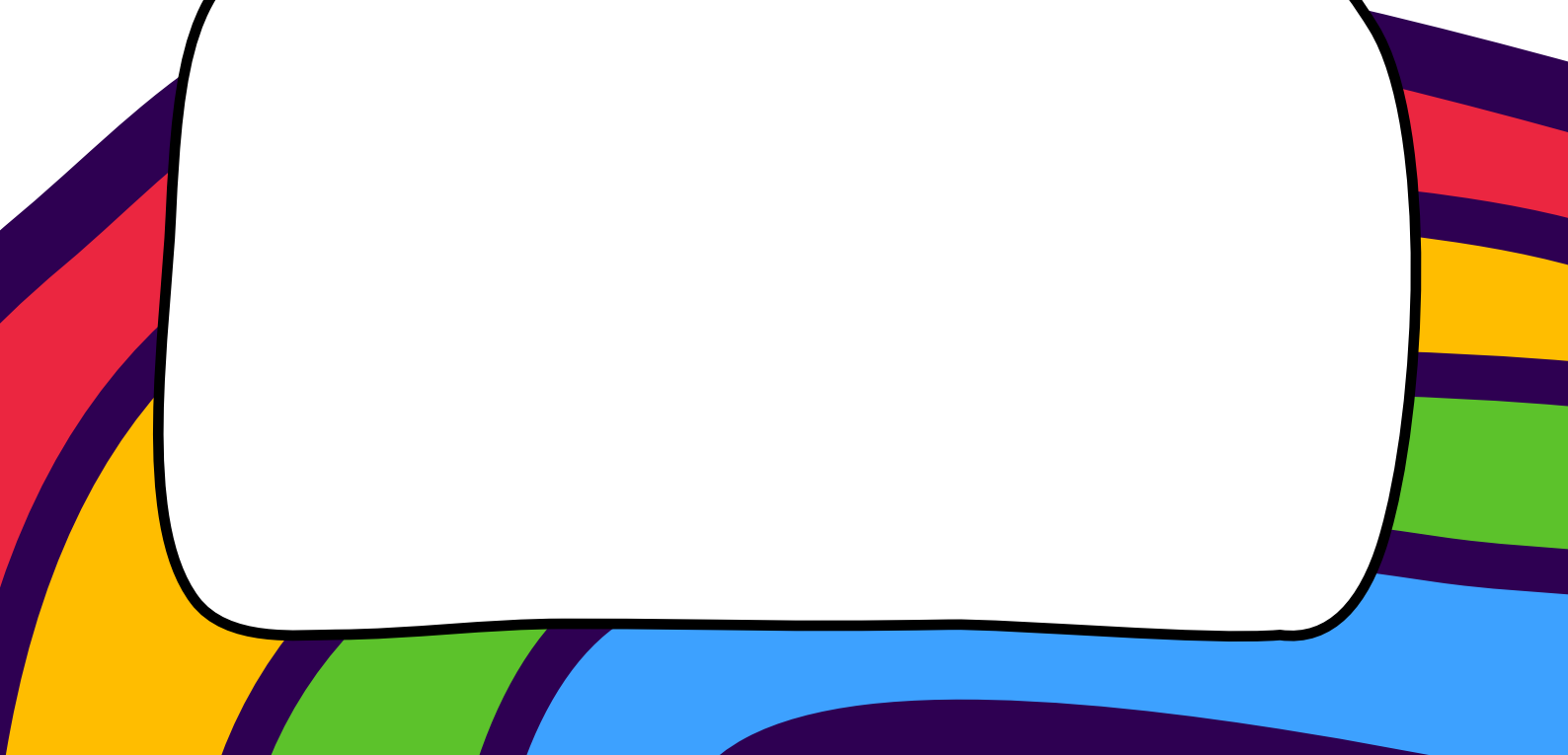


Family/Carer Thoughts

What are your favourite things about:

A large empty rectangular box with a black outline, intended for writing.

What are their gifts?

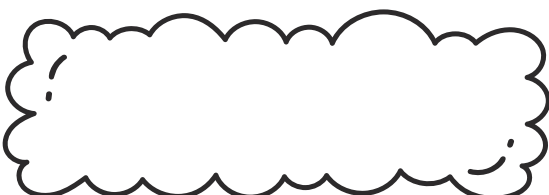
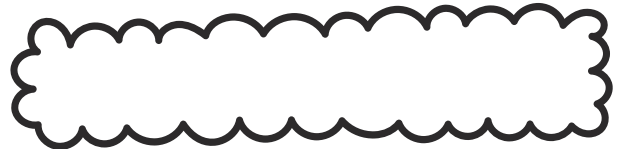
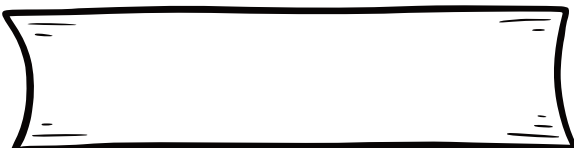
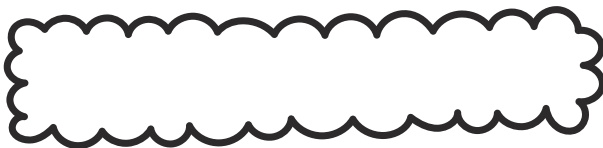
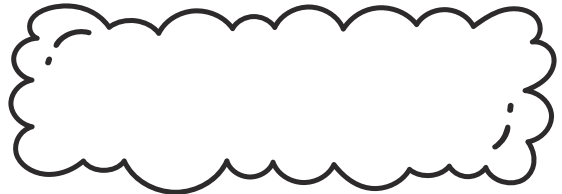
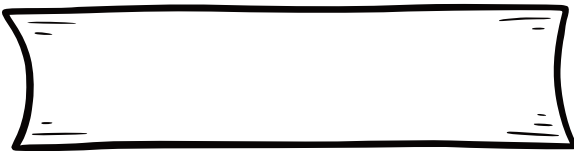
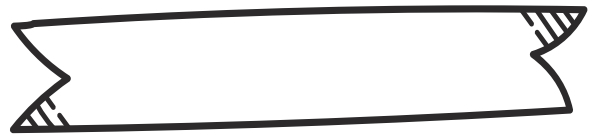
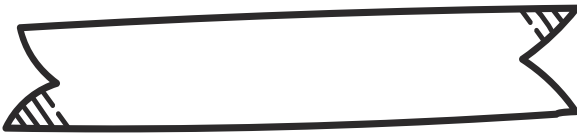
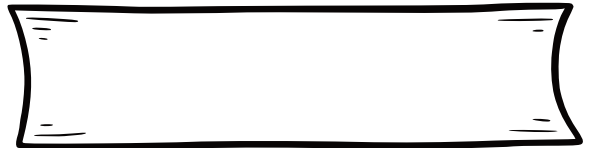
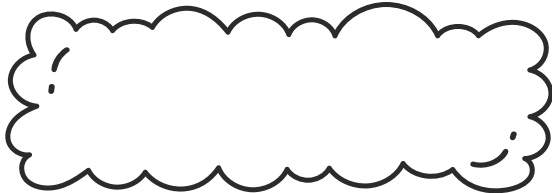
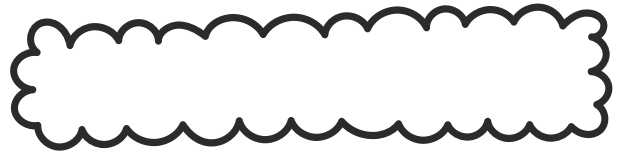
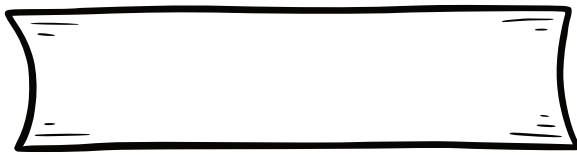
A large empty rounded rectangular box with a black outline, intended for writing.



Things I Like Doing



Write some of your own



See examples on following page

examples

kicking goals

sport

board games

camping

the beach

pizza

essays

cooking

reading

writing songs

dancing

exercise

massages

sunsets

inventing
things

loud music

drawing

puzzles

trivia

lego

sleeping

science

travelling

gardening

painting

playing an
instrument





Things I Don't Like Doing



Write some of your own

See examples on following page

examples

team sports

brushing my hair

chores

cleaning up after pets

exercising

eating vegetables

worrying

going shopping

haircuts

tidying my room

math

waking up early

loud people

making my lunch

cooking

washing my hair

homework

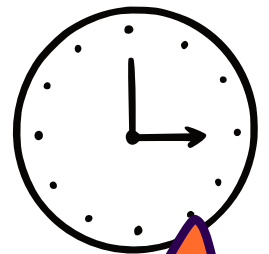
brushing my teeth



More about *me*



Things I like to think about:

A large, empty rectangular box with a thick orange border and rounded corners, intended for writing.

What's important to me?

Things I don't want to forget:

A large, empty, irregularly shaped box with a thick yellow border, intended for writing.

Things I'd like to change:

A large, empty, rounded rectangular box with a thick orange border, intended for writing.

Put a ☆ next to things you really like doing in your week.

my week

Put a ✕ next to things you don't like so much.

Monday

Friday

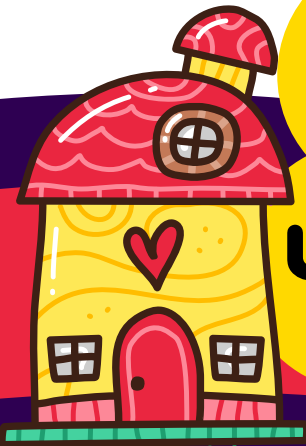
Tuesday

Saturday

Wednesday

Sunday

Thursday



What my day usually looks like



TIME

ACTIVITIES



wake up



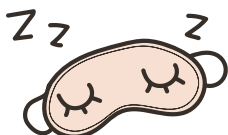
morning



afternoon



evening



bedtime



What's not working



What do I need more help with?



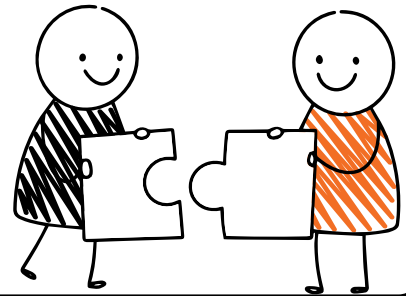
Who can help me with this?

everyone needs help, sometimes...!

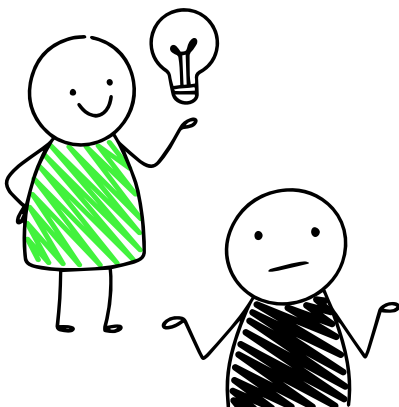
Decisions **I** make



Decisions made **with** me



Decisions made **for** me



What Makes Me Feel...?



Happy

Blank yellow writing area for 'Happy'.



Bored

Blank yellow writing area for 'Bored'.



Sad

Blank yellow writing area for 'Sad'.



Scared

Blank yellow writing area for 'Scared'.



Angry

Blank yellow writing area for 'Angry'.



Sick

Blank yellow writing area for 'Sick'.



Unsafe

Blank yellow writing area for 'Unsafe'.



Safe

Blank yellow writing area for 'Safe'.

How Do I let you know I feel?

(Ways I Communicate – can be words, gestures , behaviour, expressions, sounds)



Happy



Bored



Sad



Scared



Angry



Sick



Unsafe



Safe

Blank space for writing.

Blank space for writing.

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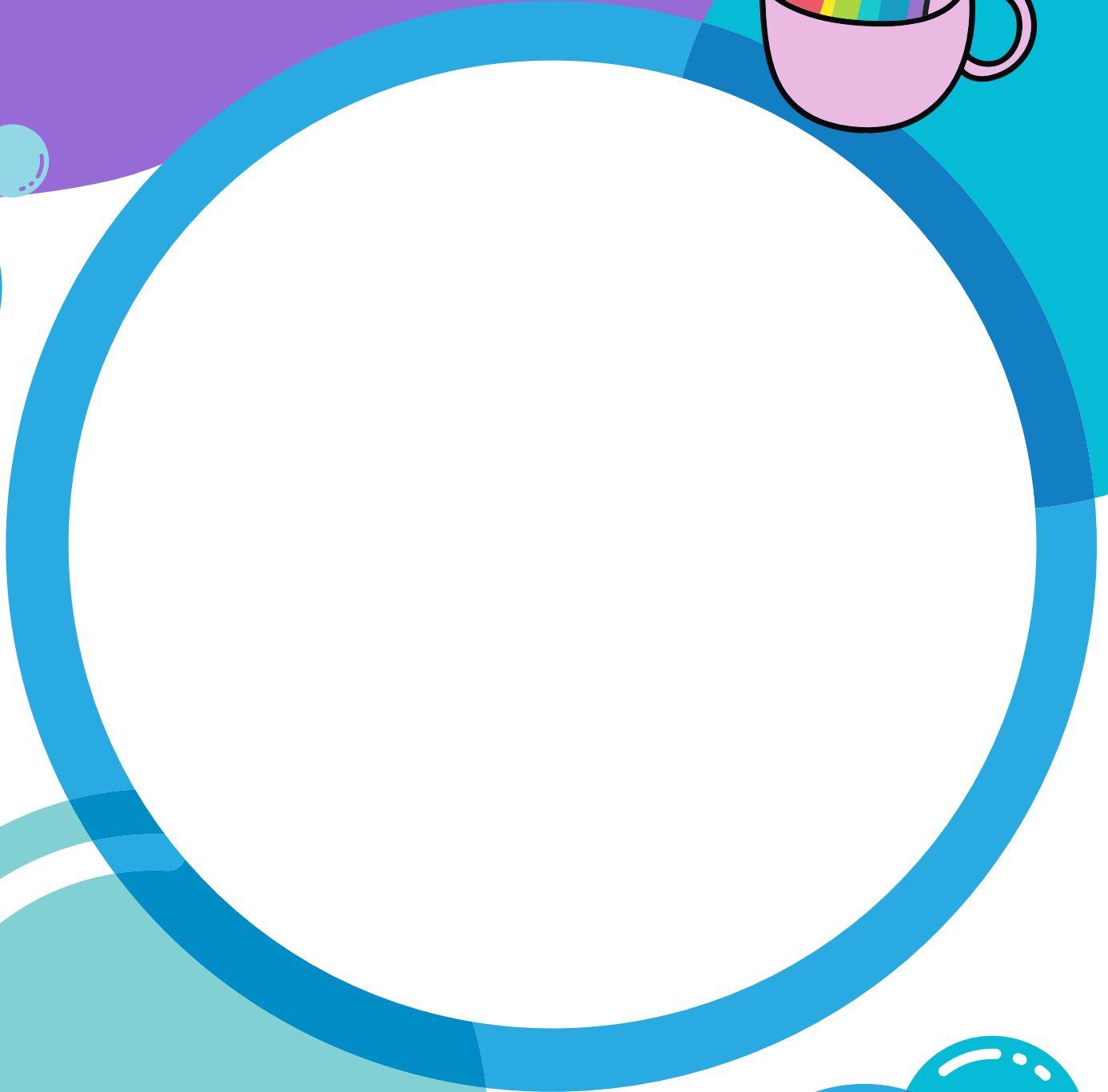
Blank space for writing.

Blank space for writing.


Blank space for writing.




Blank space for writing.

What does
my life look like
in the future?




Promises to myself




-  _____
-  _____
-  _____




Goals I want to achieve



-  _____
-  _____
-  _____

Who and what type of help do I need with these?



-  _____
-  _____
-  _____

examples of promises



I will go for a walk with my dog each day.



I will go for a swim on the weekend.



I will choose healthy options.



I will ask for some help when needed.



I will spend less time on screens and devices.

examples of goals



I will swim once a week for one hour to improve my fitness.



I will organise and tidy my room once a week.



I will get dressed and ready each day by myself on time for school.

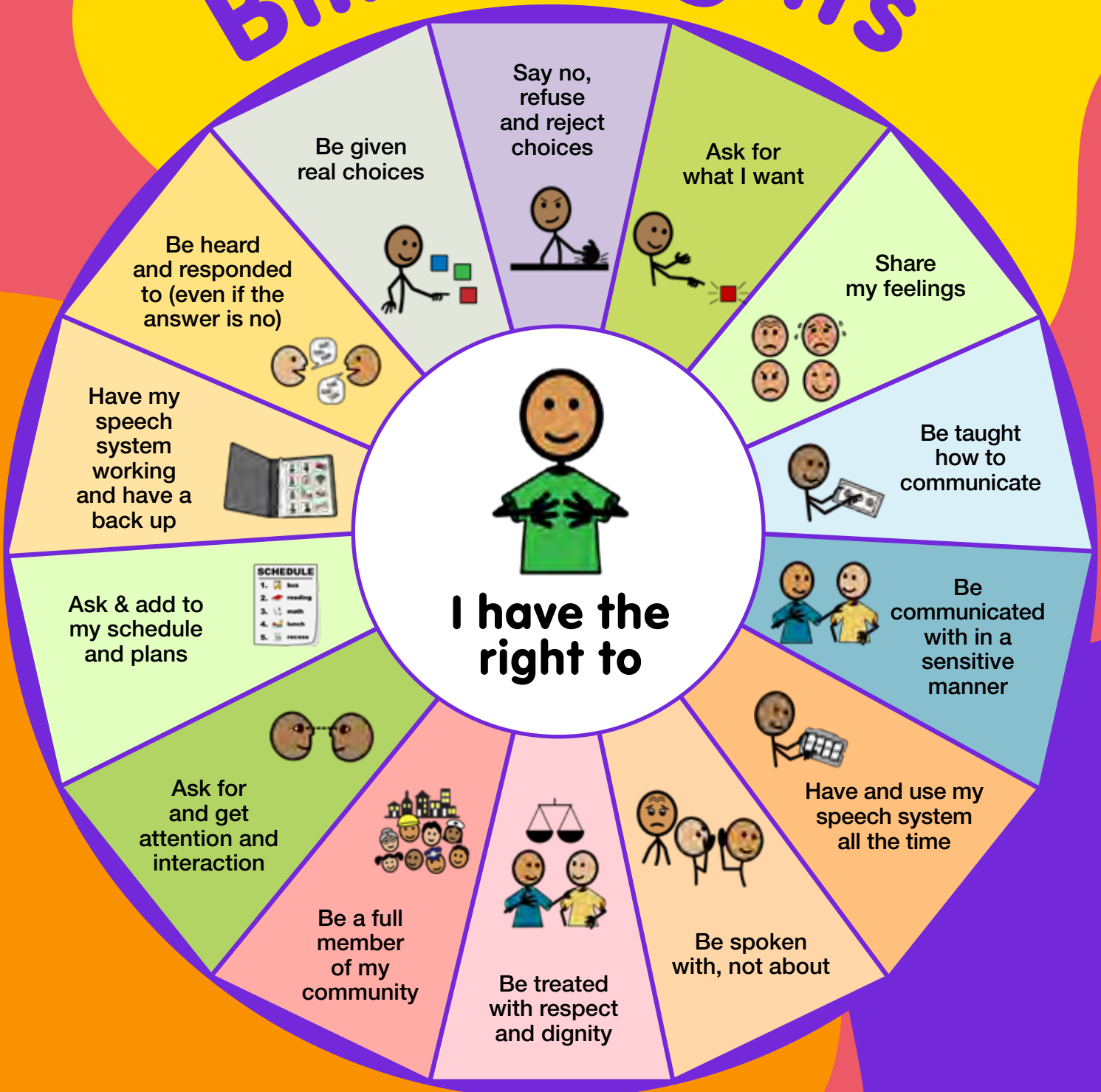


I want to read more books and will spend half an hour reading each day.



I will plan to meet with my friends in the school holidays.

My Communication Bill of Rights



Principles of Choice



1. I have the right to make choices throughout my day
2. I have the right to be who I choose to be
3. I choose my hopes, dreams and goals
4. All my choices start with my ideas
5. I make better choices if I have had a chance to try lots of options
6. My experiences may be limited by money, experience, or what is possible – but they should not be more limited than others just because I have a disability
7. Let me make my own choices as far as I can
8. Support me if I need help making my choices or making my choices real
9. Choice is a journey, it never stops

notes*

notes*

notes*



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Department of **Communities**

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