

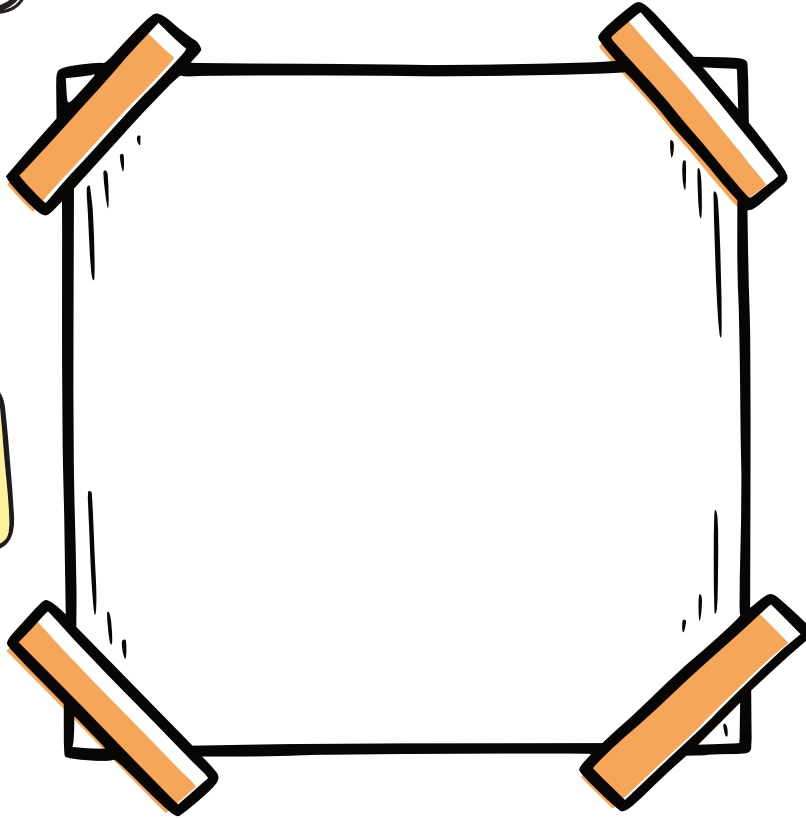
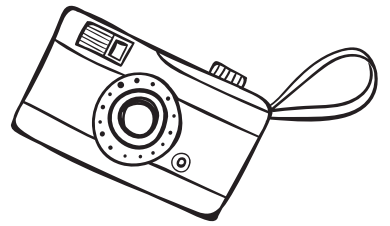
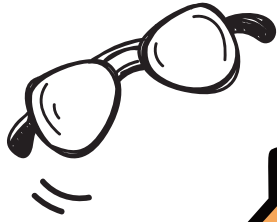


My name is _____

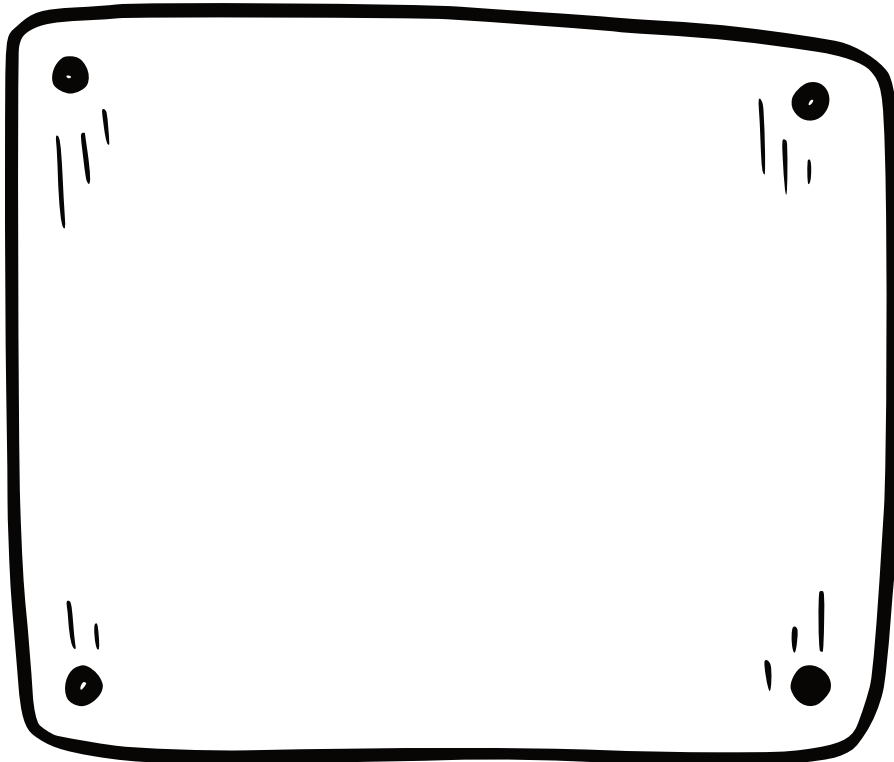
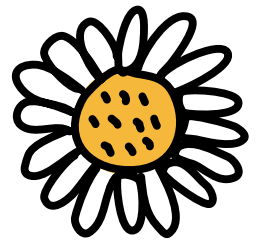
Date: _____

This booklet was prepared by:

Some big, wonderful PICTURES OF ME



Insert or
draw a picture



EXAMPLES

GIFTS OF MY HEAD, HEART AND BODY

loud

gentle

resilient

natural

amazing

brave

daring

creative

funny

passionate

musical

thoughtful

thinker

strong

heroic

decisive

kind

generous

empathetic

dramatic

musical

adventurous

sporty

truthful

loving

intelligent

artistic

engaging

entertaining

loyal

unique

good friend

talented

reliable

calm

creative

helpful

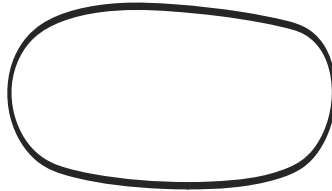
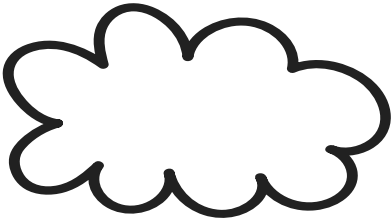
determined

truth teller

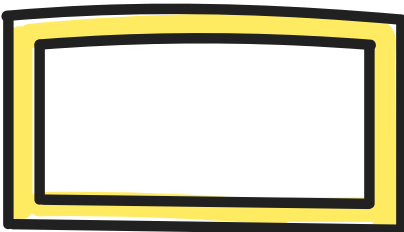
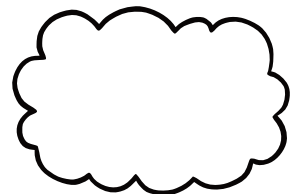
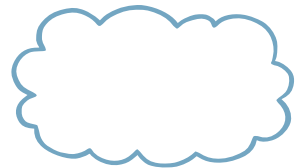
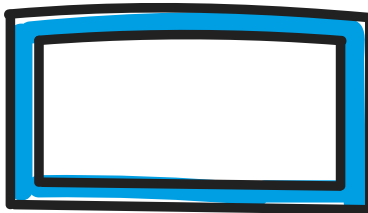
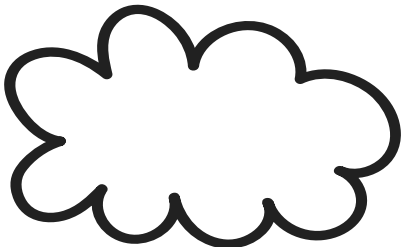
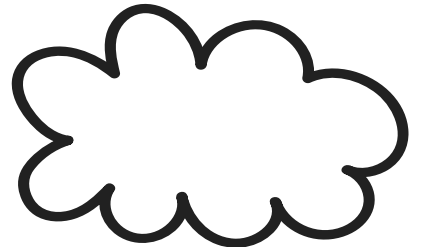
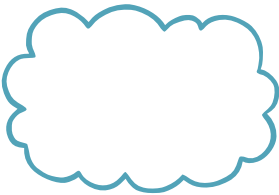
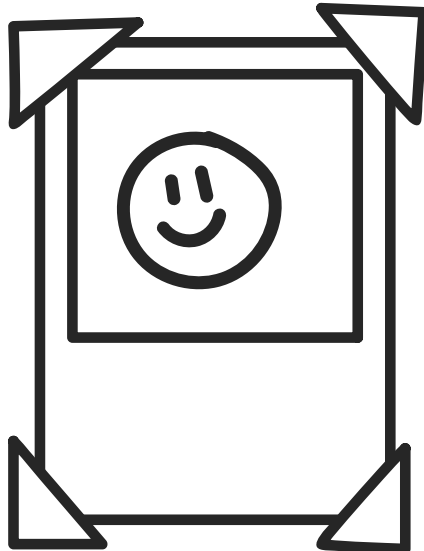
SUPER AWESOME THINGS

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



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



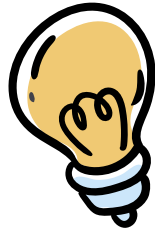
Therapists/
support
workers

Friends now

Blank lined box for writing friends now.

Friends I would like to see again

Blank lined box for writing friends to see again.

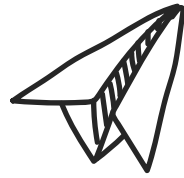


Favourite subjects at school

Blank lined box for writing favourite subjects.

Where I know my friends from

Blank lined box for writing where friends are from.



My hero is

Blank rounded box for writing a hero's name.

My nickname

Blank rounded box for writing a nickname.



MY FAVOURITE THINGS

BOOK _____

PLACE _____

SONG _____

SPORT _____

MOVIE _____

MAKE UP _____

FOOD _____

TECH _____

GAME _____

SOCIAL MEDIA _____

CLOTHING _____

ANIMAL _____

DRINK _____

PERSON _____

My Likes

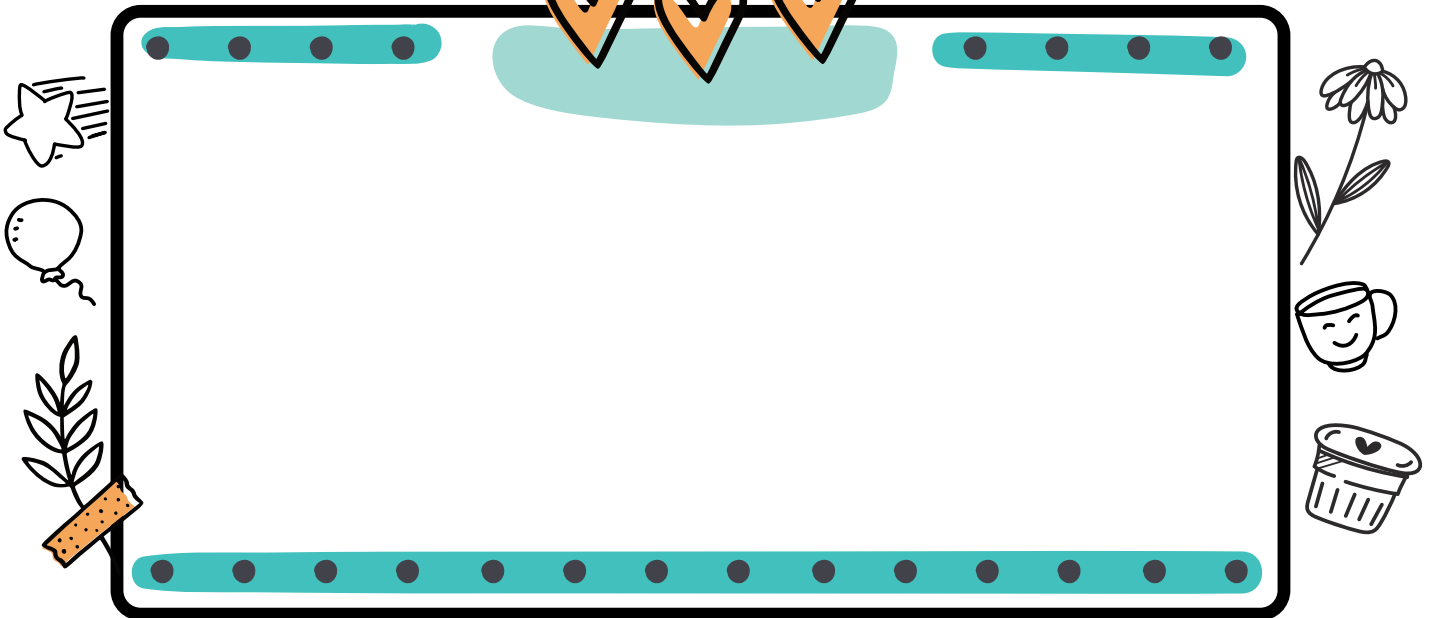
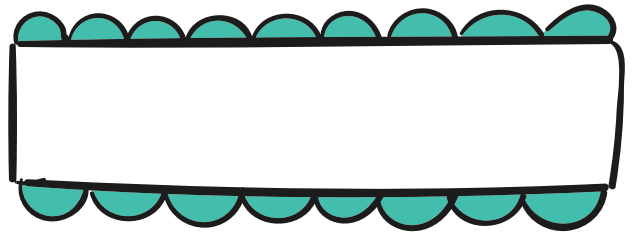


My Dislikes

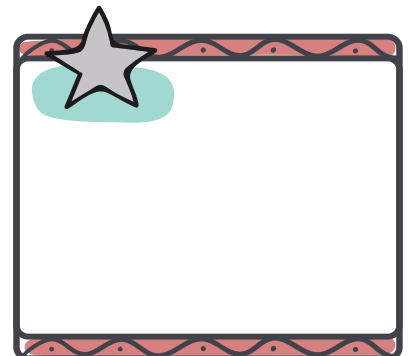
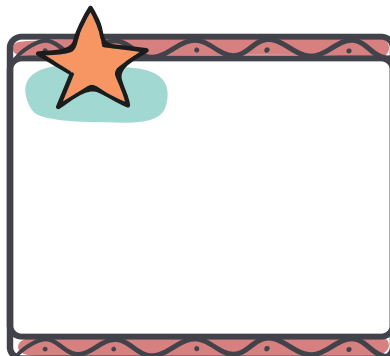
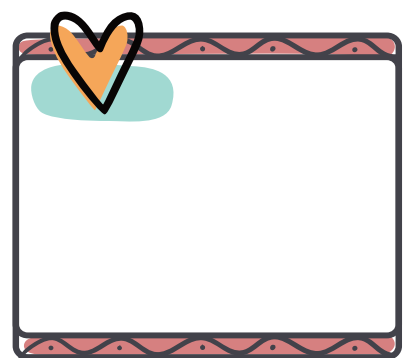
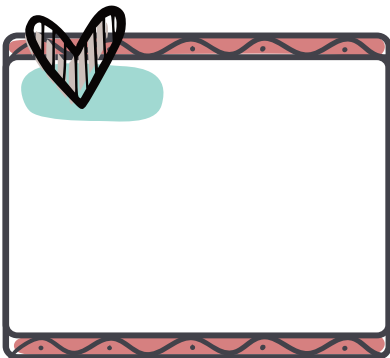


FAMILY/CARER THOUGHTS

What are your favourite things about:

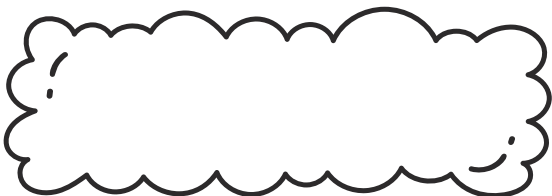
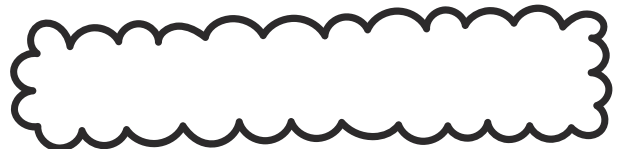
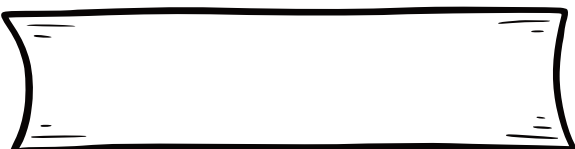
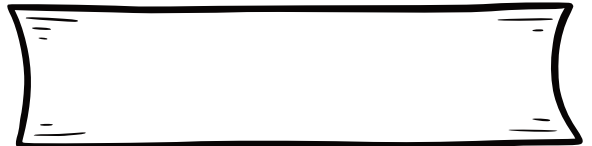
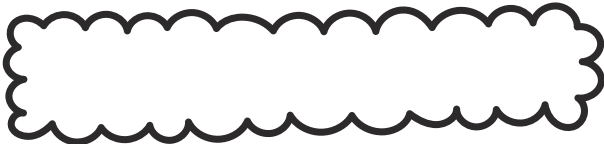
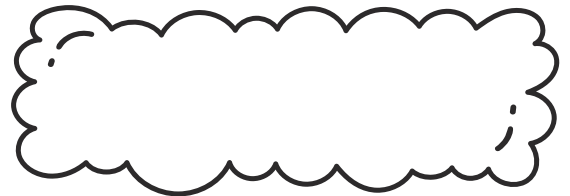
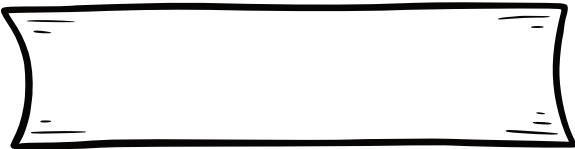
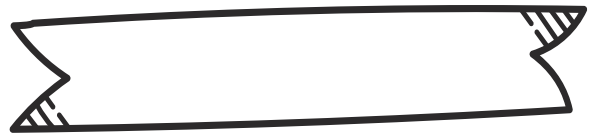
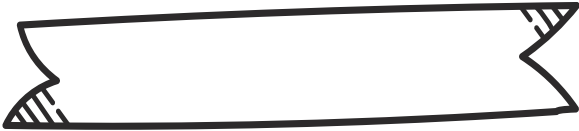
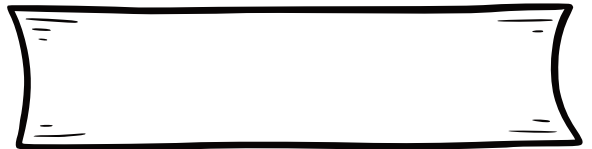
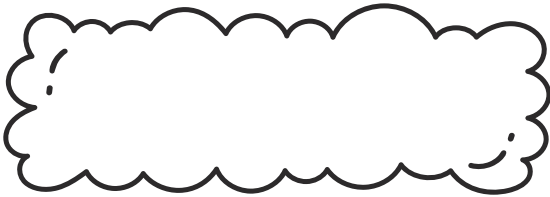
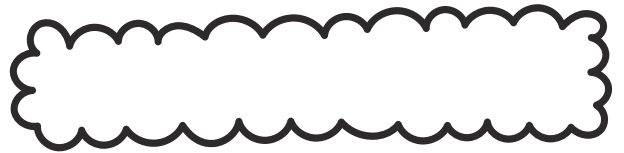
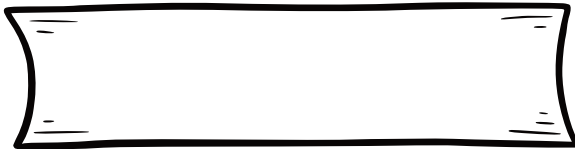
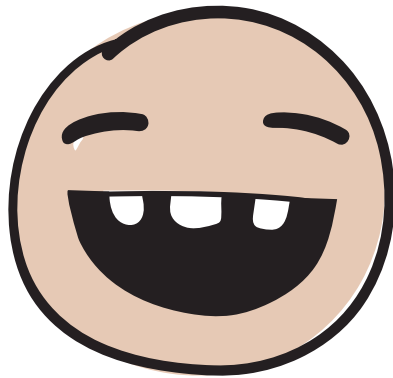


What are their gifts?





THINGS I LIKE DOING



See examples on following page

EXAMPLES

kicking goals

painting

gardening

camping

sport

playing an instrument

essays

the beach

board games

writing songs

cooking

pizza

massages

dancing

reading

loud music

sunsets

exercise

trivia

drawing

inventing things

sleeping

lego

travelling

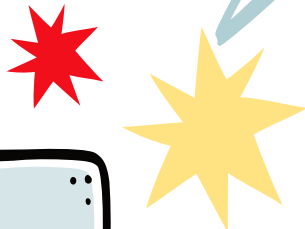
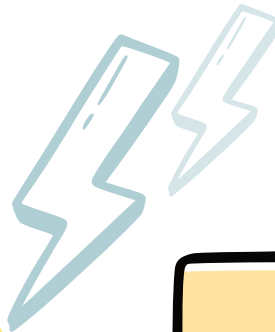
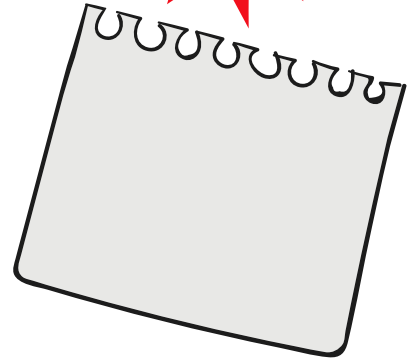
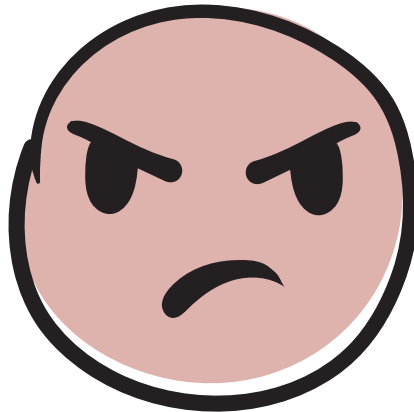
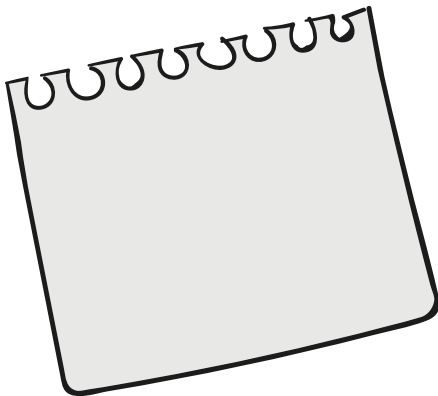
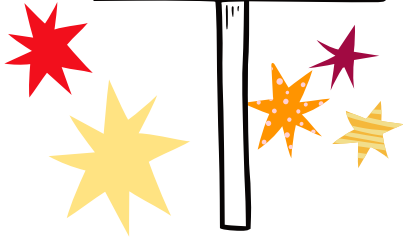
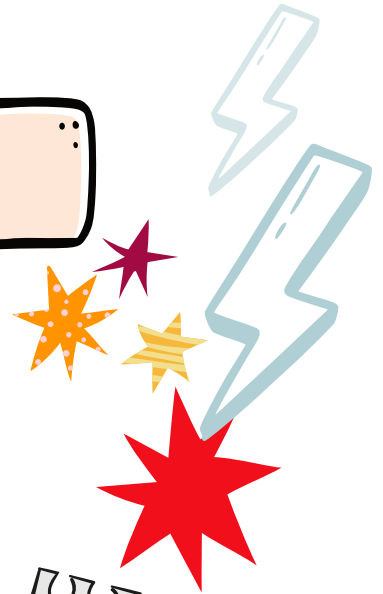
science

puzzles



THINGS I DON'T LIKE DOING

Write some
of your own



See examples on following page

EXAMPLES

team sports

brushing my teeth

chores

brushing my hair

exercising

cleaning up after pets

worrying

eating vegetables

haircuts

going shopping

math

tidying my room

loud people

waking up early

cooking

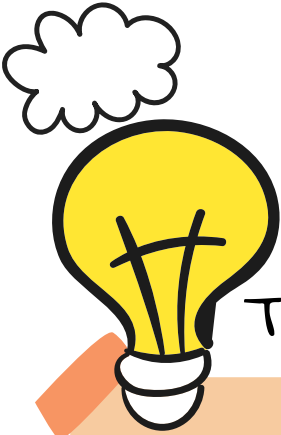
making my lunch

homework

washing my hair

MORE ABOUT

ME



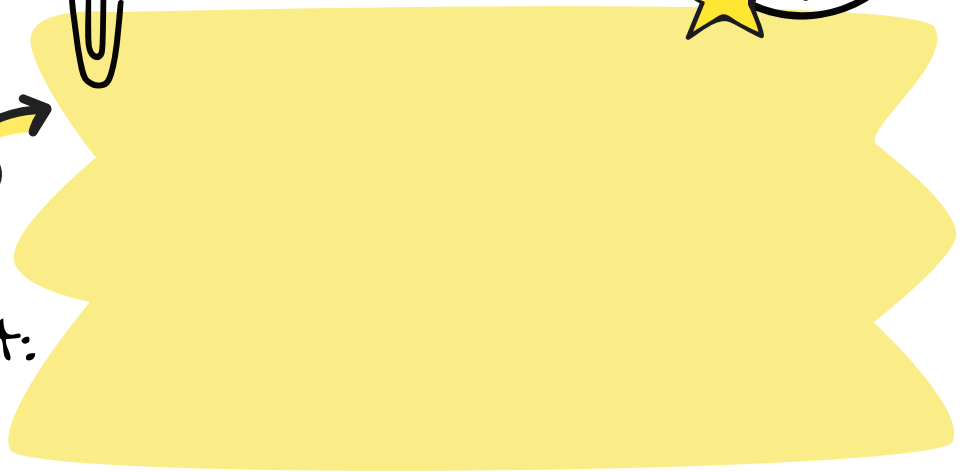
Things I like to think about:



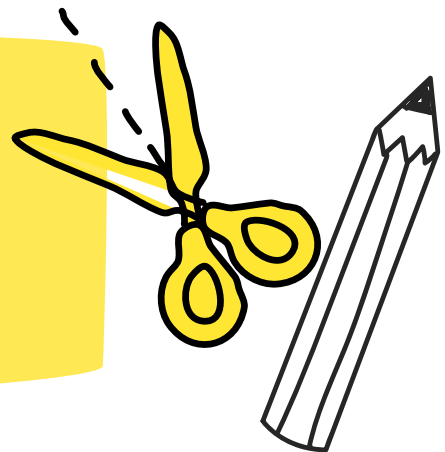
What's important to me?



Things I don't want to forget:



Things I'd like to change:



MY WEEK

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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



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



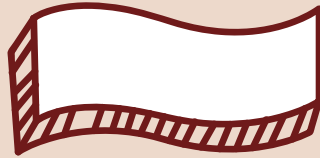
WHAT MY DAY USUALLY LOOKS LIKE

TIME

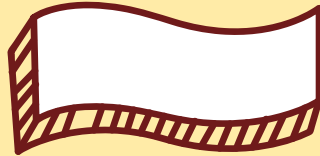
ACTIVITIES



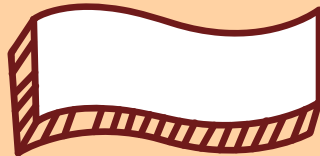
Wake up



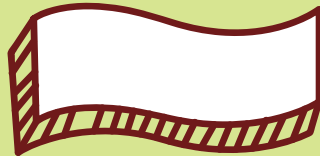
Morning



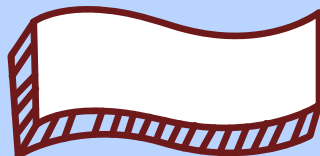
Afternoon



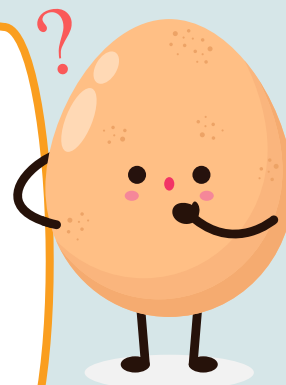
Evening



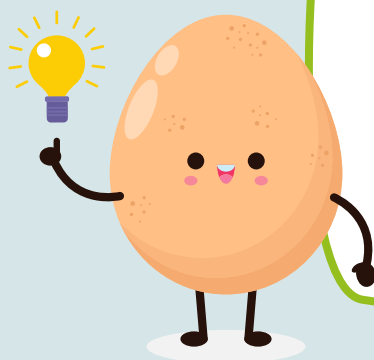
Bedtime



What's not working



What do I need more help with?



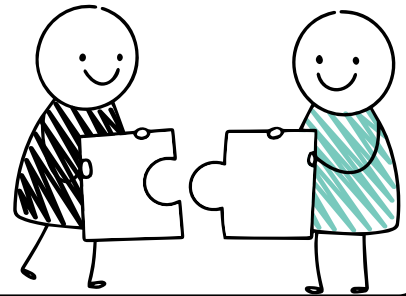
Who can help me with this?

Everyone needs help, sometimes...!

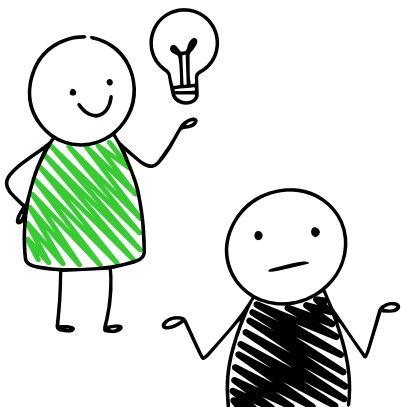
Decisions **I** make



Decisions made **WITH** me



Decisions made **FOR** me



WHAT MAKES ME FEEL...?



Happy

Blank writing area for 'Happy' with a wavy right edge.



Bored

Blank writing area for 'Bored' with a wavy right edge.



Sad

Blank writing area for 'Sad' with a wavy right edge.



Scared

Blank writing area for 'Scared' with a wavy right edge.



Angry

Blank writing area for 'Angry' with a wavy right edge.



Sick

Blank writing area for 'Sick' with a wavy right edge.



Unsafe

Blank writing area for 'Unsafe' with a wavy right edge.



Safe

Blank writing area for 'Safe' with a wavy right edge.

HOW DO I LET YOU KNOW I FEEL?

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



Happy

Blank writing area for 'Happy' with a wavy right edge.



Bored

Blank writing area for 'Bored' with a wavy right edge.



Sad

Blank writing area for 'Sad' with a wavy right edge.



Scared

Blank writing area for 'Scared' with a wavy right edge.



Angry

Blank writing area for 'Angry' with a wavy right edge.



Sick

Blank writing area for 'Sick' with a wavy right edge.



Unsafe

Blank writing area for 'Unsafe' with a wavy right edge.



Safe



Blank writing area for 'Safe' with a wavy right edge.

**What does my life
look like in the future?**







Promises to myself

	<hr/>
	<hr/>
	<hr/>



Goals I want to achieve

	<hr/>
	<hr/>
	<hr/>








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

	<hr/>
	<hr/>
	<hr/>








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.



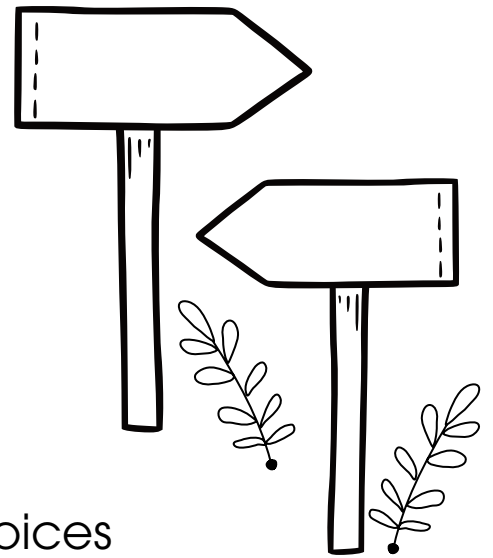
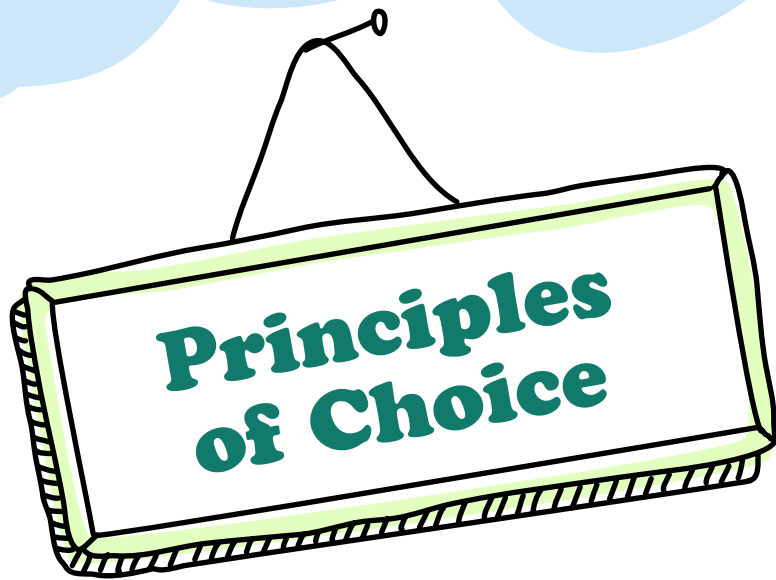
Examples of goals

-  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





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



Government of **Western Australia**
Department of **Communities**

www.waindividualisedservices.org.au

This resource was developed through a grant funded by the
WA Department of Communities, Disability Services.