

**All
About
Me**

All About Me!

How I Grow and Develop

- Being healthy
- Learning to be responsible
- Learning and achieving
- Becoming independent, looking after myself
- Being able to communicate
- Enjoying family and friends
- Confidence in who I am

What I need from the people who look after me

- Guidance, supporting me to make the right decisions
- Everyday care and help
- Knowing what is going to happen when
- Keeping me safe
- Being there for me
- Understanding my families history, background and beliefs
- Play, encouragement and fun

My Wider World

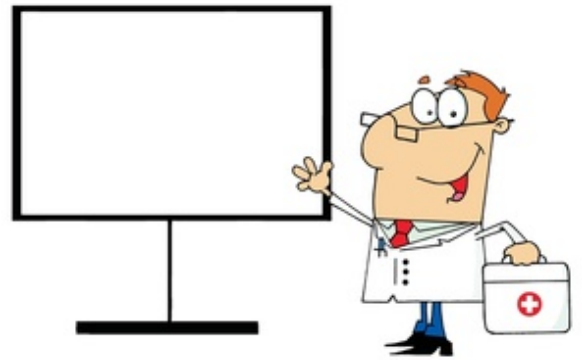
- Belonging
- Work opportunities for my family
- Comfortable and safe housing
- Enough money
- Local resources
- School
- Support from family, friends and other people

How I Grow and Develop
Being Healthy

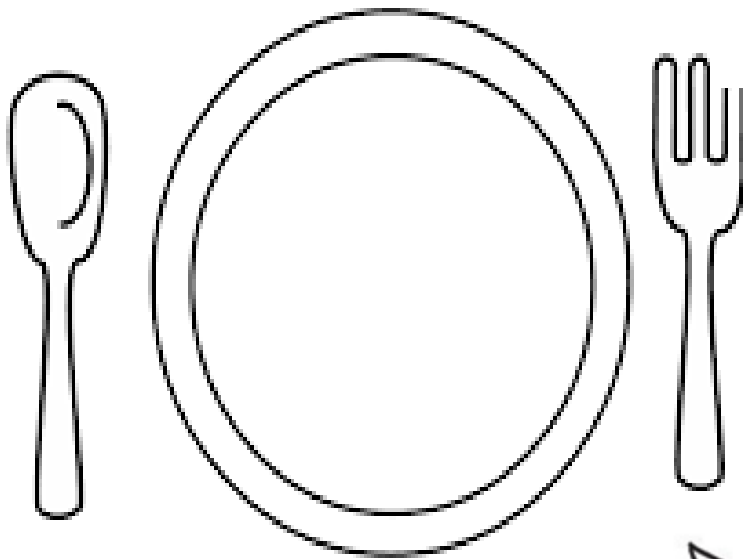
When did you last go to the dentist?



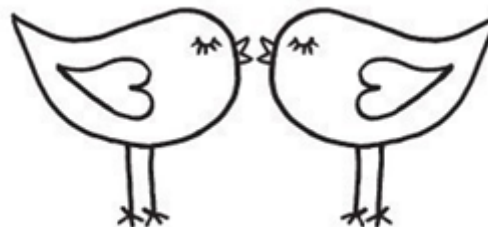
When you are poorly, do you go to the doctors?



Do you take any regular medication, an asthma pump for example?



What does your favourite dinner look like?
Who cooks it? What can you make to eat and drink?

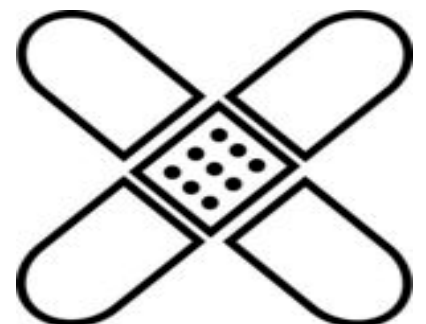


Have you got a boyfriend/
girlfriend?

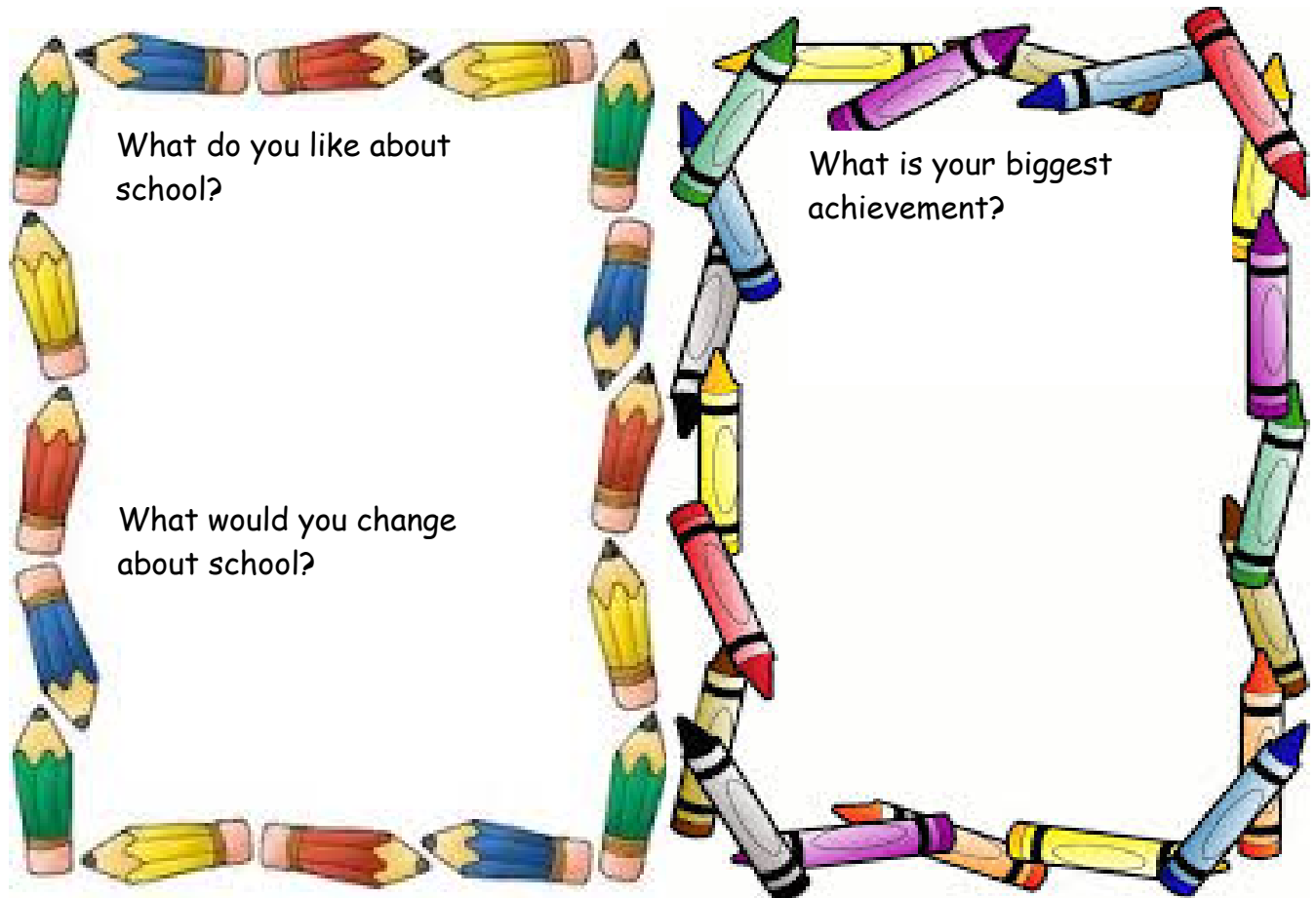


Have you ever seen an optician? Do you wear glasses?

Have you had any injuries or been to hospital?



Learning and achieving/school

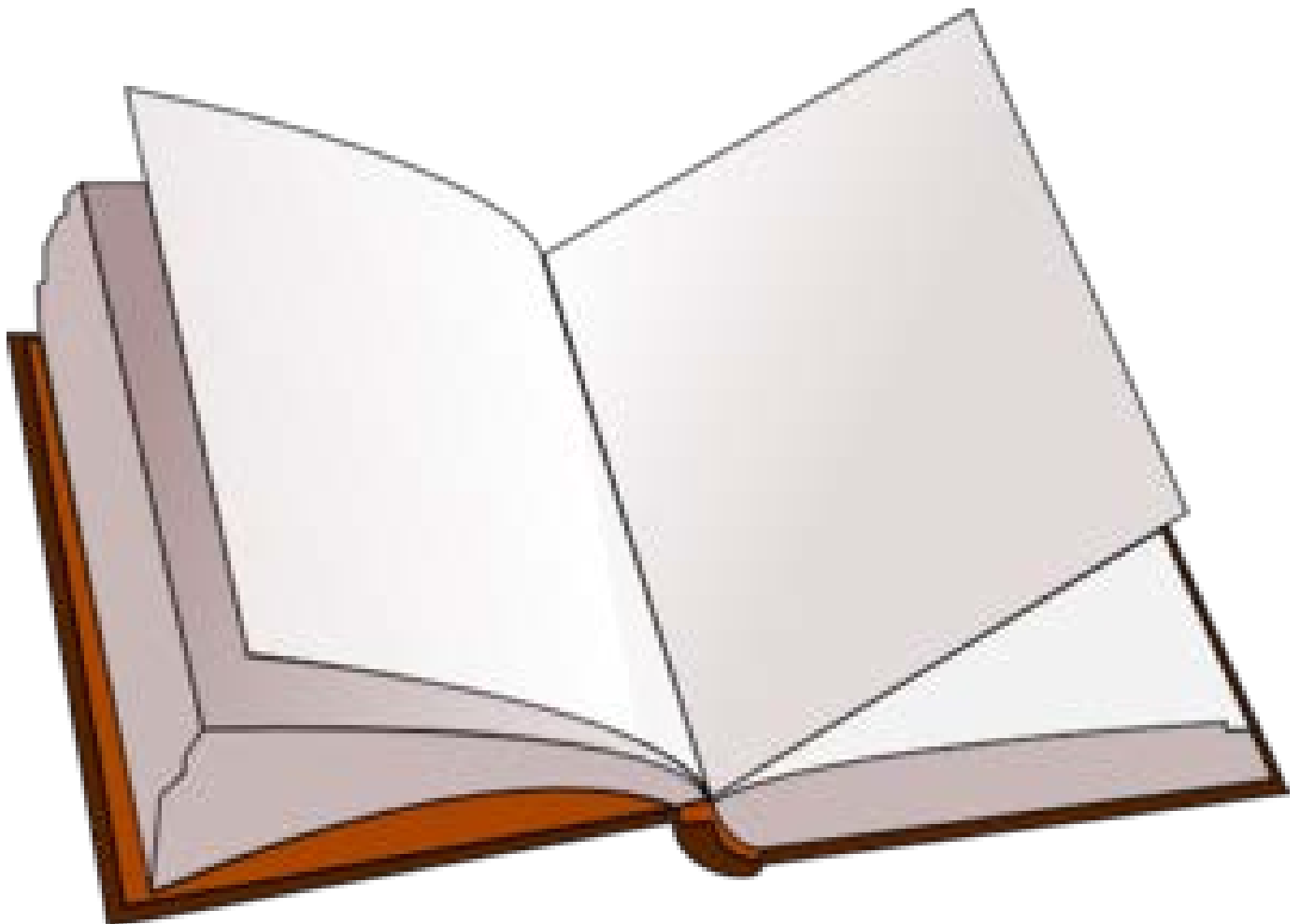


What do you like about school?

What is your biggest achievement?

What would you change about school?

What is your favourite subject? What clubs do you take part in?



Becoming independent and looking after myself/ learning to be responsible/ enough money

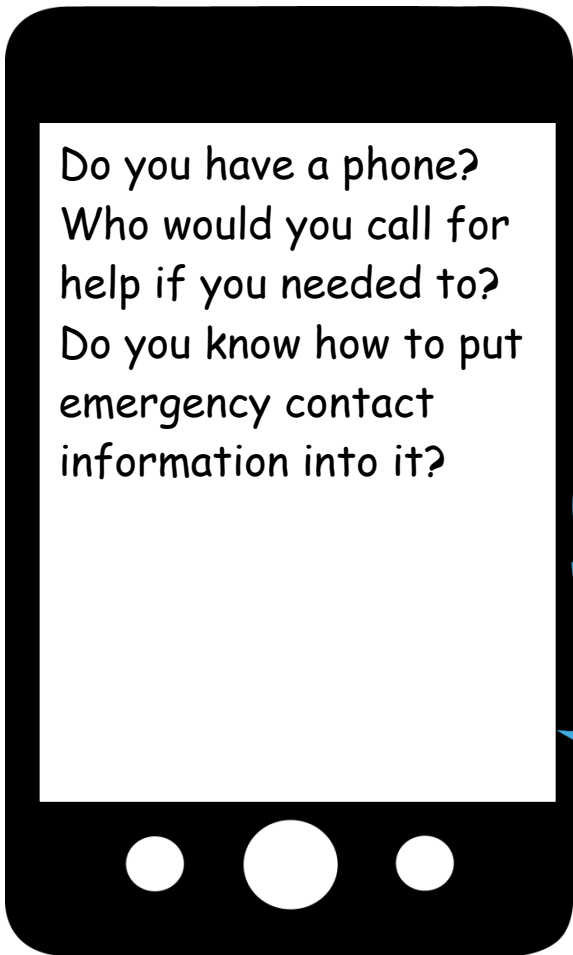
Can you, Do you...



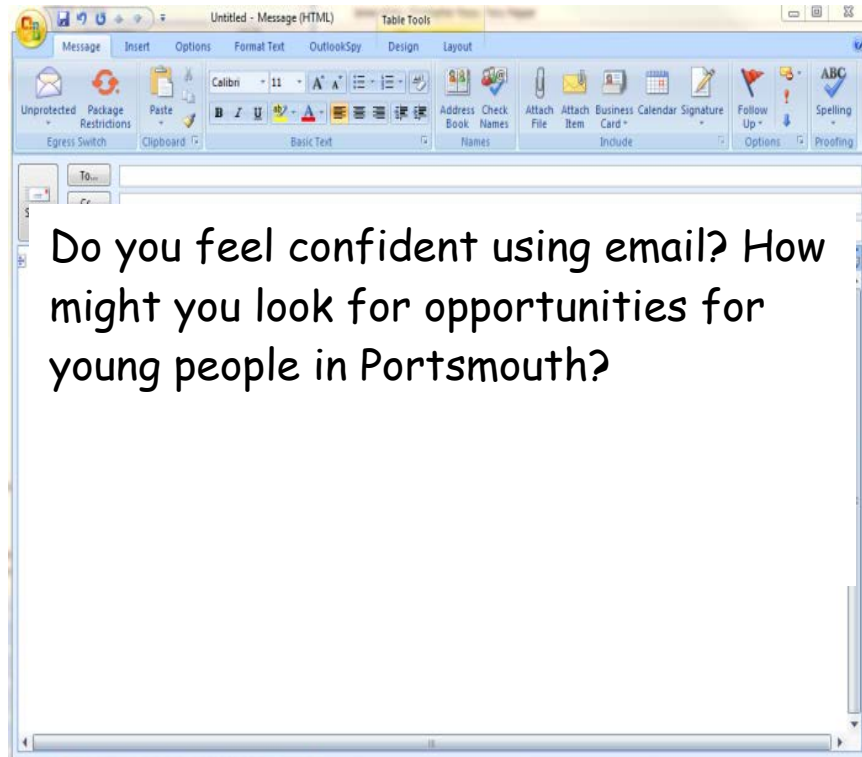
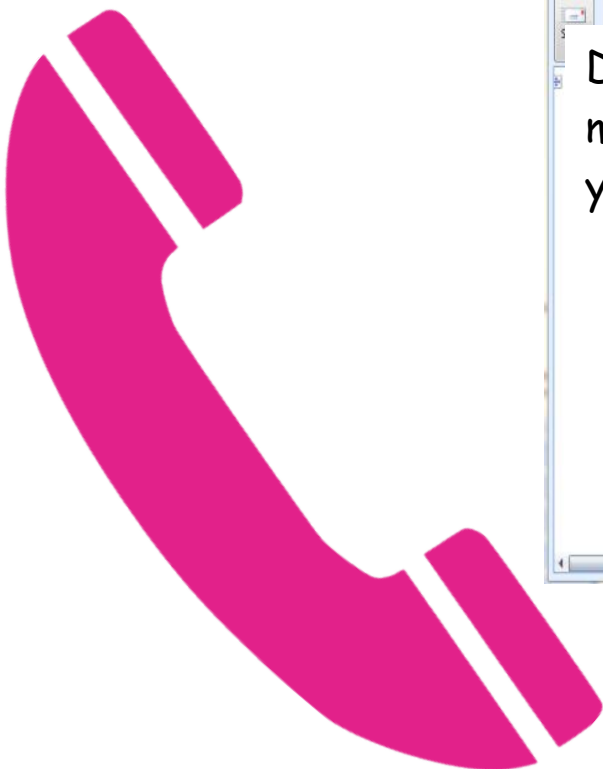
- Brush your own teeth twice a day?
- Tidy your room?
- Make a cup of tea?
- Read to someone at home?
- Make your bed?
- Brush your hair?
- Get dressed in the morning?
- Go out to play by yourself?
- Walk to school by yourself?
- Get pocket money?
- Cook dinner?
- How do you know what is right and what is wrong?

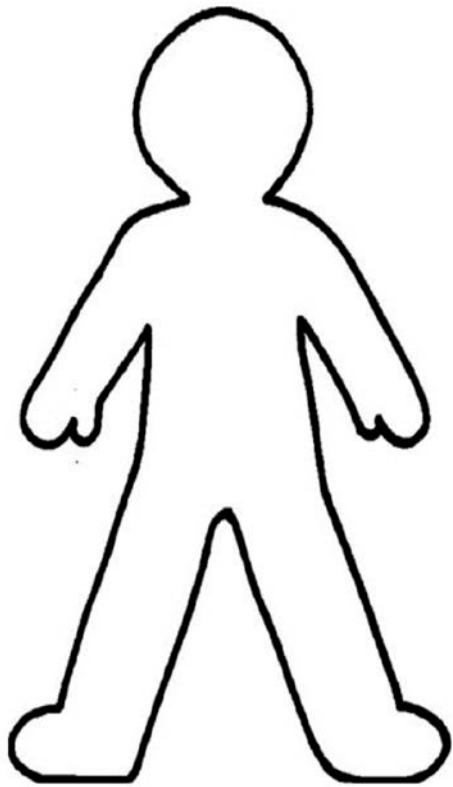


Being able to communicate





How do you feel about talking on the phone?





We can often feel our feelings in our bodies...where do you feel yours? What happens? For example, do your legs jiggle with excitement, do your fists clench with anger, do your cheeks go

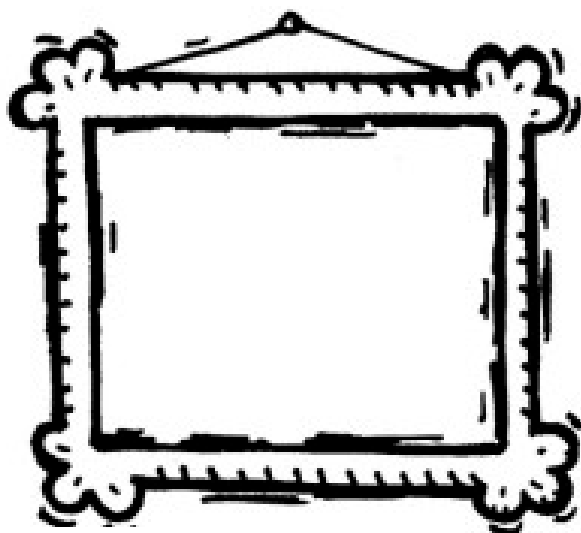
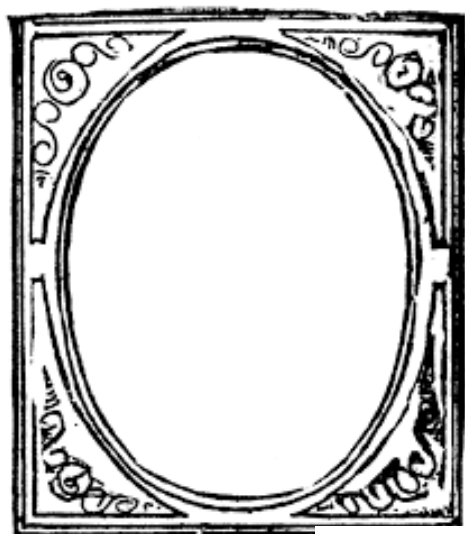
I get excited when.....
When I'm excited
I get sad when.....
When I'm sad I.....
I am happy when
When I'm happy I.....

Today I am feeling  

How do you let people know how you are feeling?

Enjoying family and friends/ belonging

Draw a picture of who is important to you?



My Hero



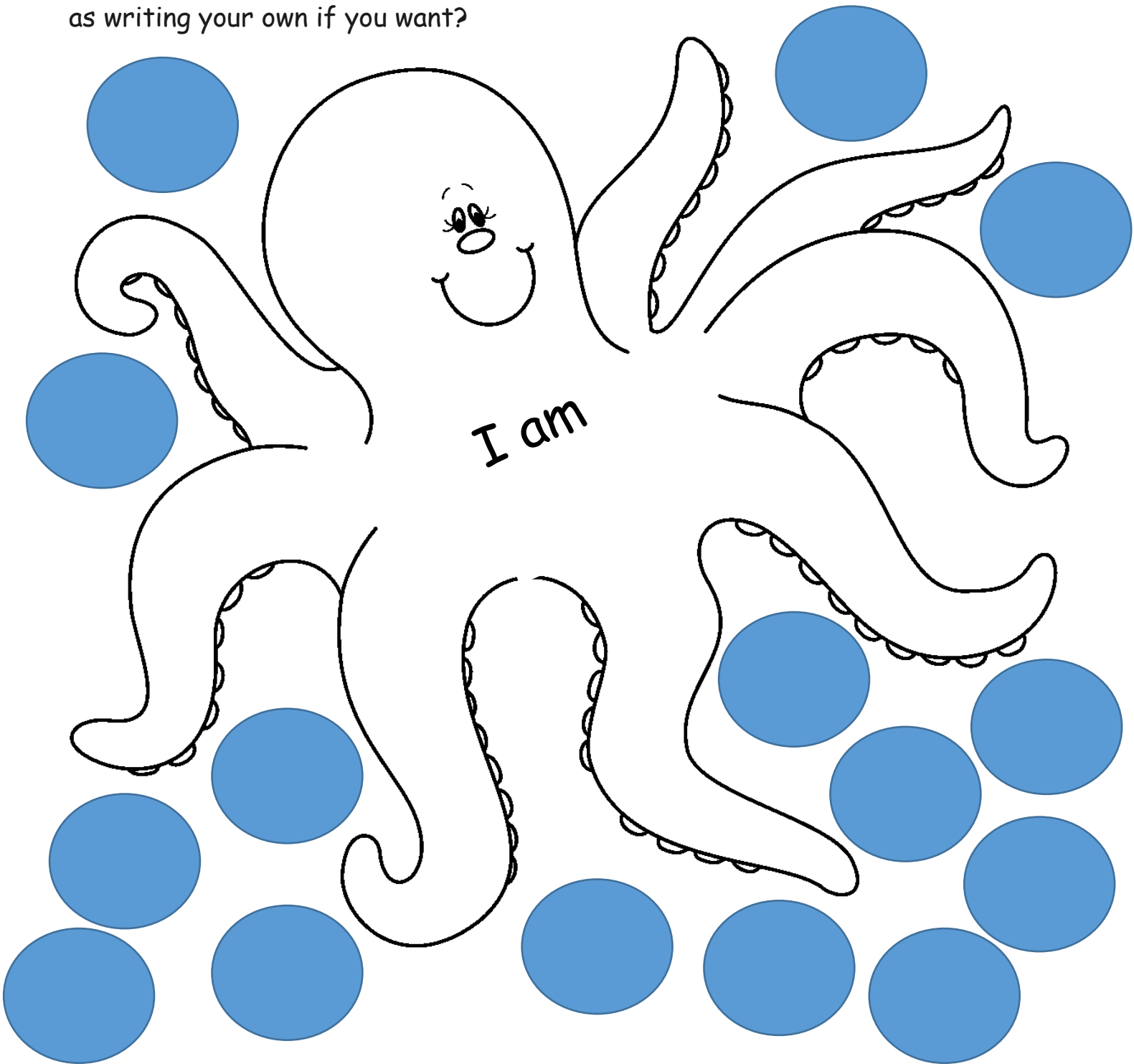
Because.....



Who are your friends?
What do you like to do with
your friends?
Do you have a best friend?
What makes a good friend?

Confidence in who I am / belonging

How would you describe yourself to a new person in your class? What are you good at, what do you like? You can borrow some words from the bubbles as well as writing your own if you want?



If you find this tricky, think about how your parent, teacher and best friend might describe you or ask these people to write one thing each on the octopus with you.

What I need from the people looking after me.
Guidance, Supporting me to make the right decisions

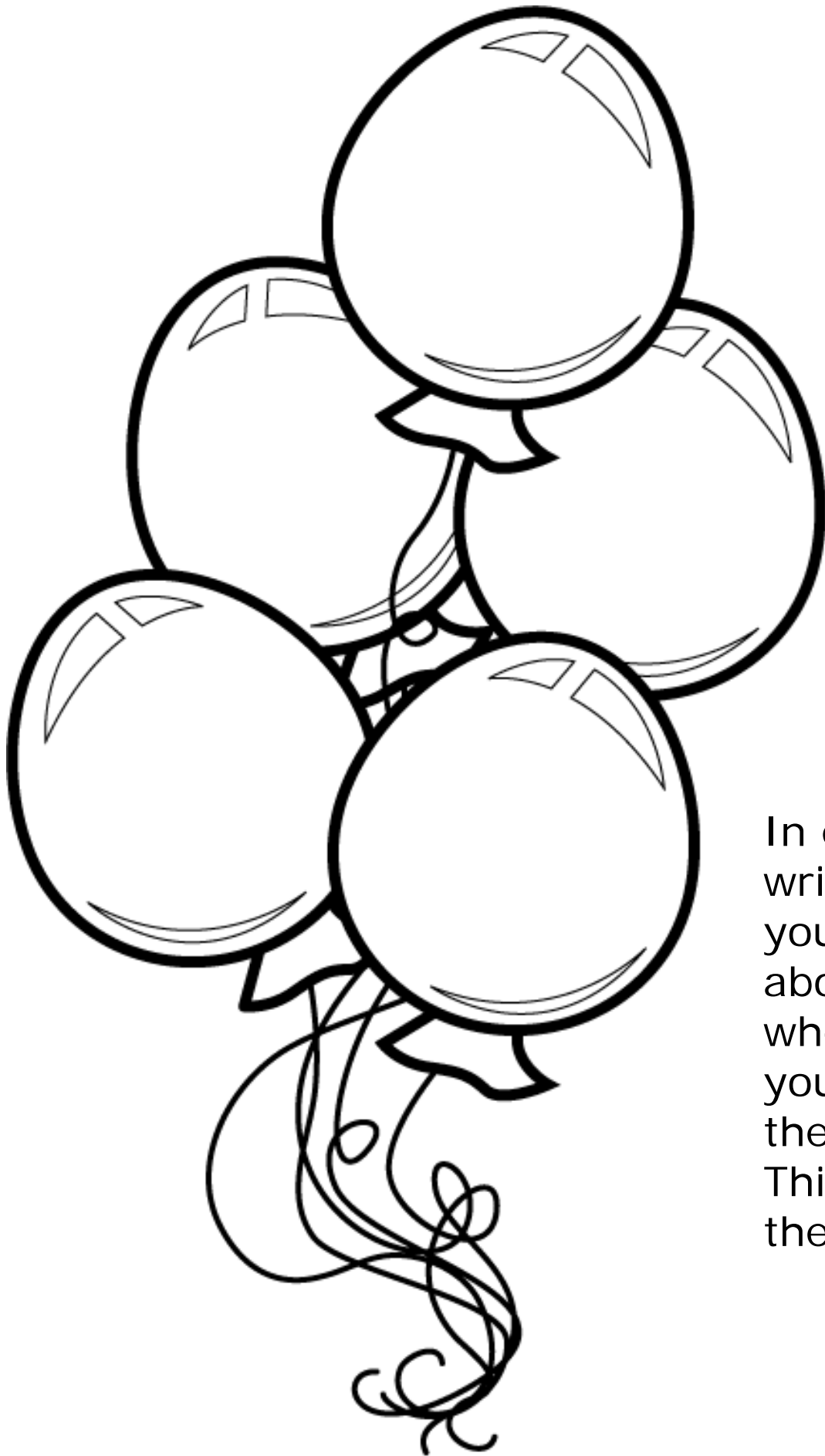
Do you know what the rules are in your house, what you are allowed to do and not allowed to do?

What are the three most important rules?

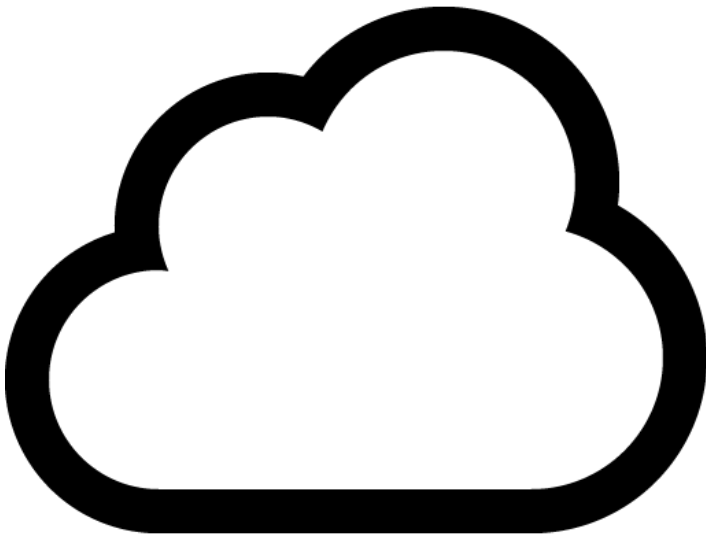
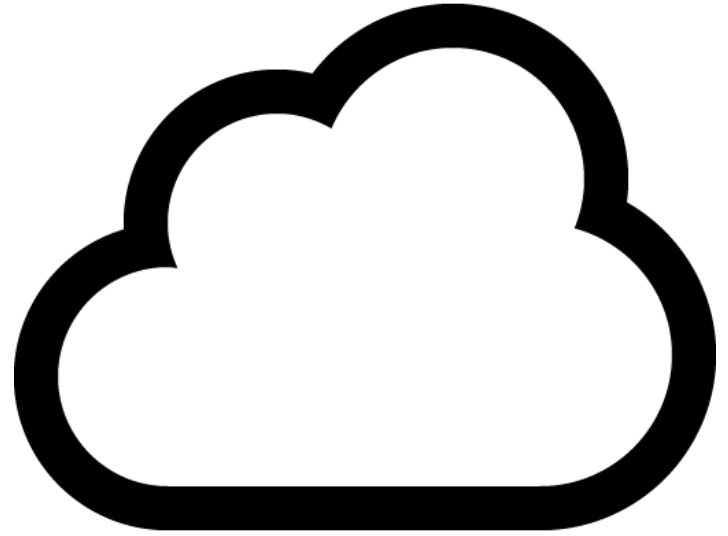
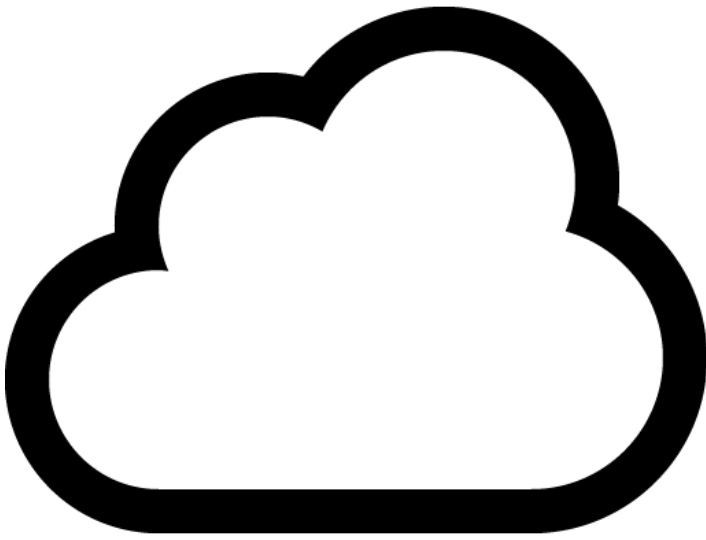


What happens if you don't stick to the rules?

Every day care and help.



In each balloon, write something you think is good about the person who looks after you or something they are good at. Think about what they do for you?



What do you think the person that looks after you might need help with? Can you write it in the clouds?

Comfortable and safe housing

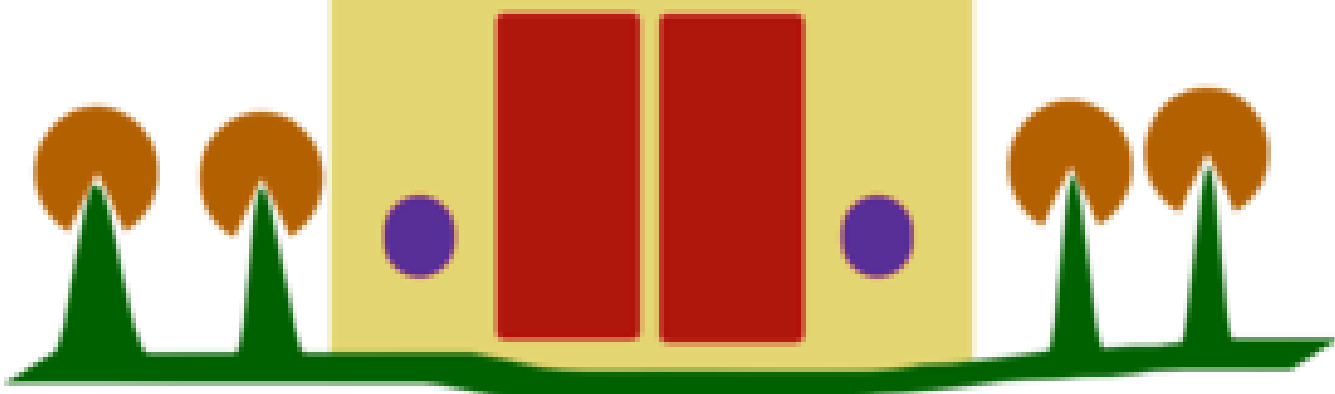
Who lives in your house and who does what?

Cleaning,
washing

Getting
everyone
dressed

Cooking

Taking and picking
you up from school

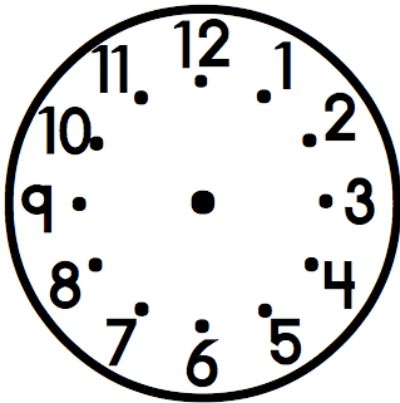


Tidying
your
room

Who do
you
share
your
bedroom
with?

Knowing what is going to happen when/Keeping me safe

Can you draw what time bedtime is?



Have you ever had a family meeting? What might you say at one?

Do you always tell you parents where you are?

If 10 is the safest and 1 is the least safe, how safe do you feel?

Where do you feel the safest?

Can you describe any situations that might not be safe for you?

Do you know how to keep yourself safe on the internet, out and about, at home?



Family Meeting Agenda



What's going on this week?

Ideas for FAMILY FUN NIGHT:

Meal Planning: Everyone pick a meal!

Open Discussion:



Being there for me / understanding my families history, background and beliefs / support from family friends and other people



Who are the people you can talk to if you have a problem? Think about people at home, in school, at clubs you go to.

Draw around your hand - in each finger write down someone you can talk to, someone you can trust. How would you contact these people if you wanted to?

Family Coats of Arms



The Coat of Arms started in about the 12th Century. A knight dressed in armour from head to foot could not be recognised by friends or enemies. This resulted in markings being painted on knights' shields, as it was the largest piece of equipment the knight had and as the shield was easily

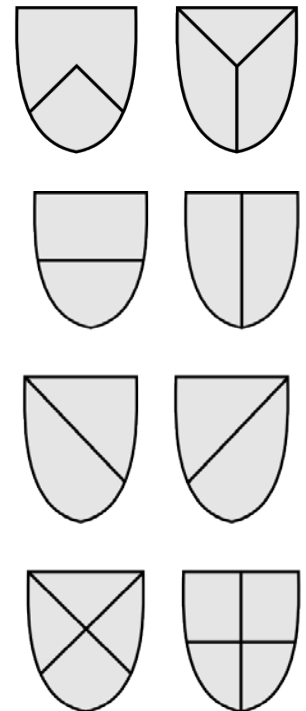


seen from far away.

Have a go at designing your own

Your design should be made up of "clues" about yourself so that your friends would recognise it as being yours.

1. **SHIELD** - this is the main body of the design. You might want to divide it up. Each section should include something about what you like to do for fun as a family, tradition or strengths. Some of the symbols commonly used are shown below with their meaning, this might help give you some ideas.



2. **COLOURS** - choose your favourite colours for the background of your shield it could even be more than one colour, perhaps one or two for each section.

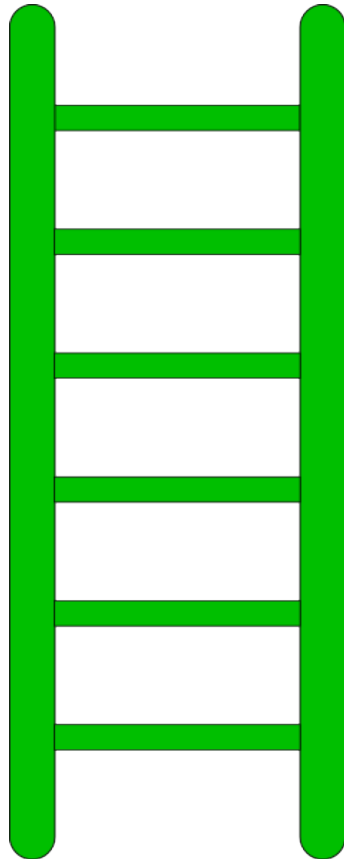
5. **MOTTO** - this appears at the bottom of the coat of arms and would normally be three words describing why the knight would be a good ally. Think of three words that sum up your family strengths.

Some colours, symbols and animals had special meaning when use on Coats of Arms.

Bravery	Red, Griffin (part eagle part lion), Unicorn, Lion, Tiger, Dragon, swords, horns, antlers
Kind	Bear, Pelican
Loyal	Blue, Dog, Wolf, Horse, Axe, Ring
Hard working	Bees, Camel
Ambitious	Snake
Enthusiasm	Falcon, Hawk, Fire
Clever/ Wisdom	Fox, Grasshopper, Cubes, Dice, Crescent
Leader	Purple, Eagle, Crown, Bridge
Trustworthy	Raven, Gold Circle
Peace & Harmony	White, Silver, Stag, Elk, Deer, Moon
Grace	Purple, Mermaid
Beauty	Peacock, Butterfly
Honest/ Truthful	Blue, Hand, Heart
Generous	Yellow, Gold

My Wider World
Work opportunities for my family

When you are an adult, what would you like to do for a job?



How will you get up the ladder to where you want to be?

Childs thoughts on what they would like to change

If a genie could grant you 3 wishes to change something about your world what would they be?

