

How it looks to me

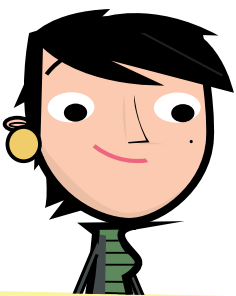


About me

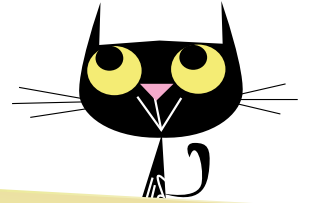


Where I live and
who lives with me

Who does NOT
live with me but
means a lot to me



Helping my family



Is there anyone who helps you or your family?
Maybe they take you to school or look after
you at home?

You can circle the ones that are right for you or
add your own in the space.

Grandparents

Aunt

Friends

Uncle

How do these people help?

Is there any other help we need to find for you?



My life

What I like about me

What I like about
my life at the moment

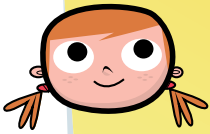
What upsets me about
my life at the moment



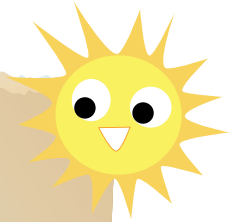
Things that make me...

You can write or draw in the spaces below to tell us more.

Happy



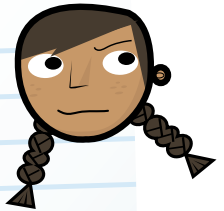
Feel good



Sad



Angry



Worried



Feel bad



My strengths

You could also mention friends who have helped you or hobbies and activities that you enjoy.

What are your strengths?

How have your strengths helped you in your life?



We all need a bit of magic in our lives.
If you had three wishes, what would they be?

1

2

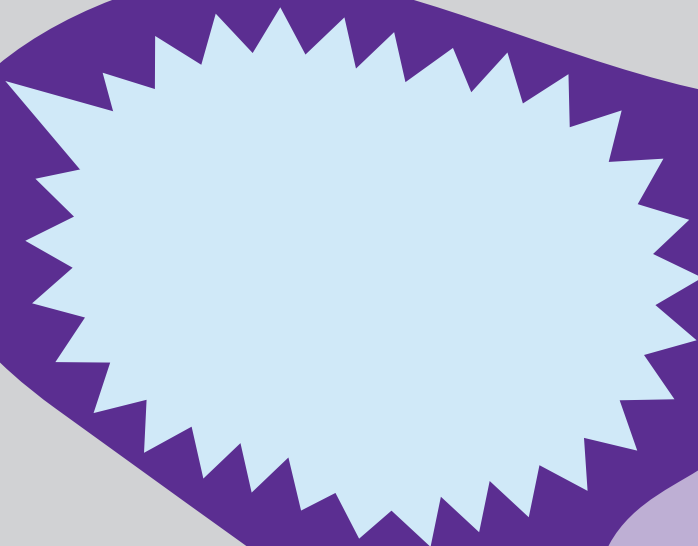
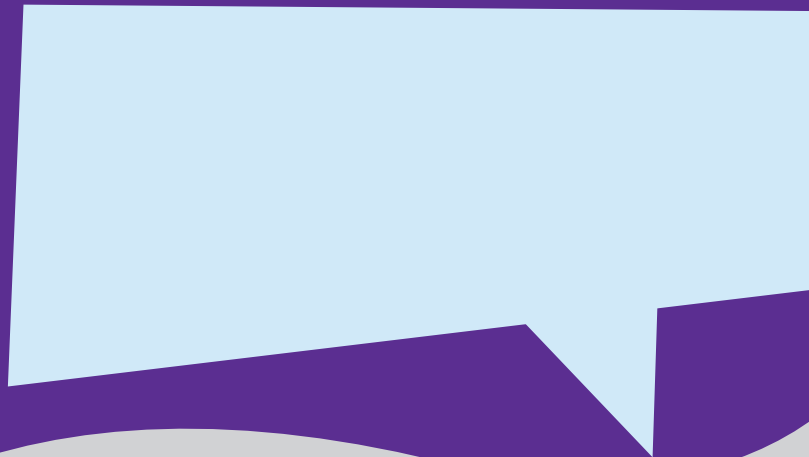
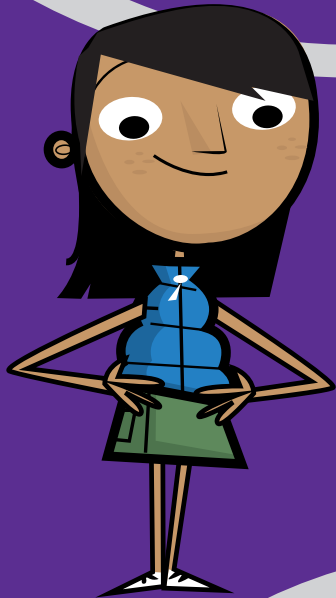
3



My journey

Life is like a journey. What are the important things that have happened to you on your journey?

Are there things that have made you scared, worried or unhappy?



My worries

Do you have any worries about what's happening now or about what will happen in the future?

Where you live?

Home situation?

Contact with family and friends ... (say who)?

Outside your home, your school, or neighbourhood?

Anything else?

Pets - what might happen to them?



Is there anyone you can talk to about how you feel?

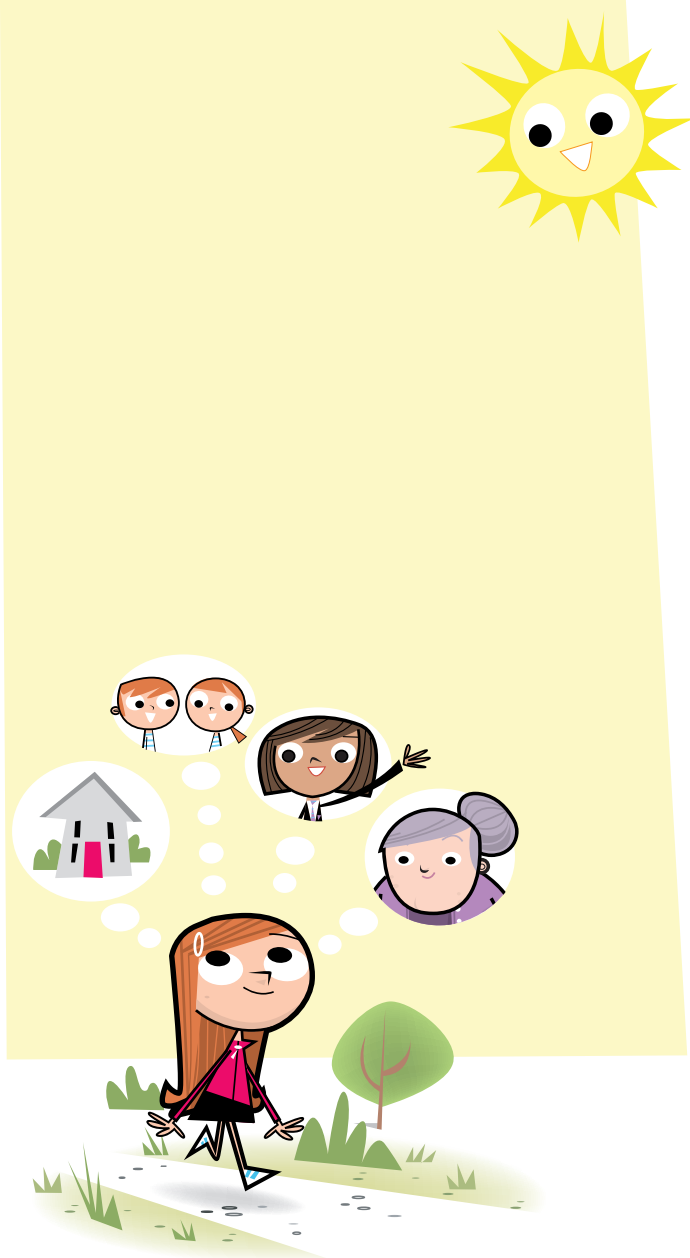
YES NO

If YES, who?



Feeling safe

What makes
you feel safe?



When don't
you feel safe?



About my family

What happens when your family feels sad, worried or angry?



Can your family sort it out?

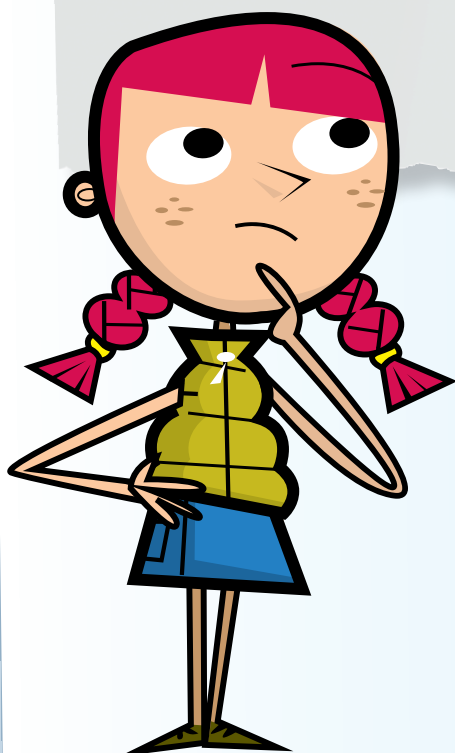
YES

NO

Don't know

If YES, how?

If NO, how does that make you feel when your family can't sort it out?



Does that make you worry about what will happen?

YES

NO

Sometimes

Don't know

Do you worry about this when you are not at home, for example when you are at school?

YES

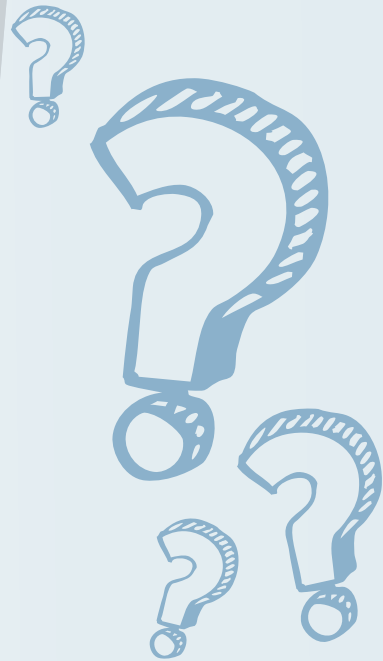
NO

Sometimes

Don't know

My hopes for the future

Sometimes we don't know what is going to happen in the future, but we can help you think about it.



School?

Friends?

Family?



Sorting things out



Is there a **big** decision
you'd like the Family
Court to make for you?

Do your parents know
about **your** worries?

Would you like the Cafcass worker to help
you tell your parents what you want?

Is there anything else
you want to tell us?



My space

You can use this space to write or draw about your feelings or anything that is important to you.

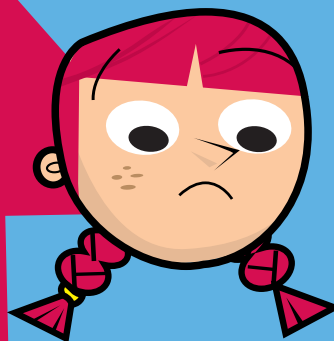


Worryometer

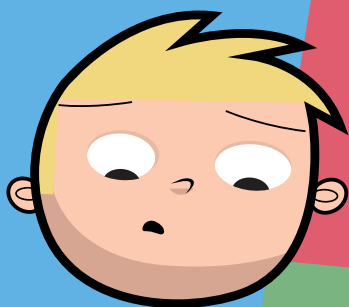
Use this when you want
to explain how it is for you



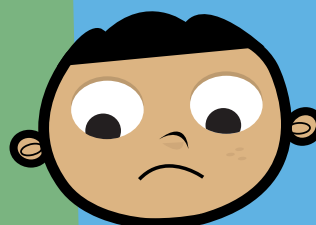
Huge,
scary
worry



Enormous
worry



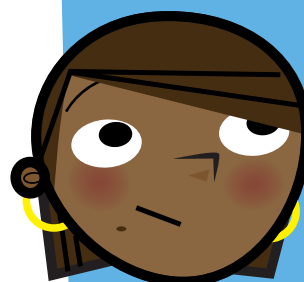
Big
worry



Medium
worry



small
worry





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