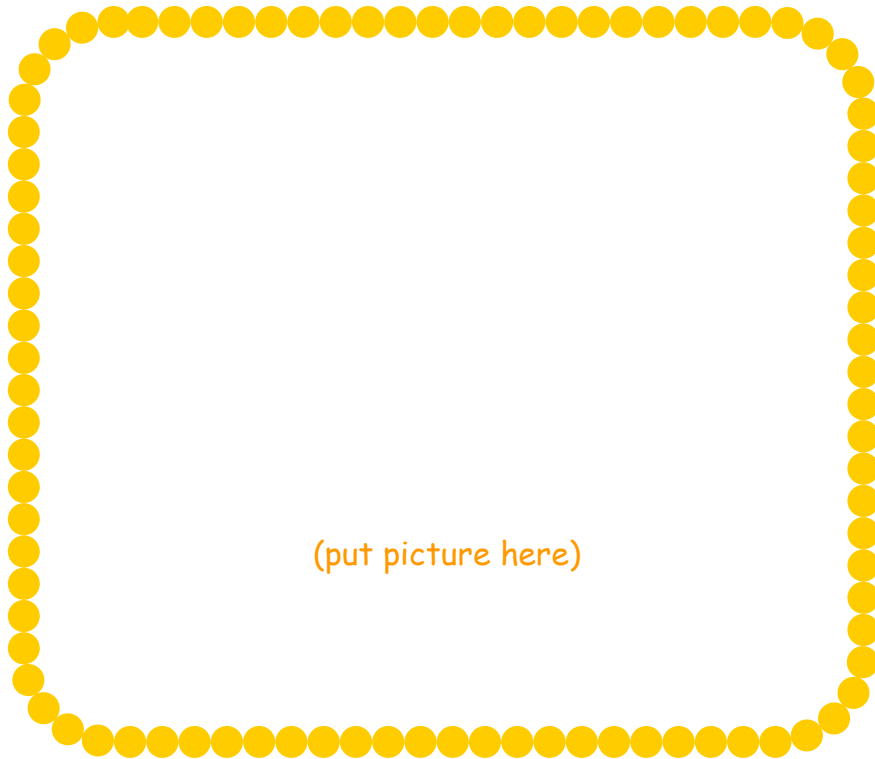


My review



(put picture here)

Name.....

.....

This is a booklet to help you think about your life and plan your review.

You can put information in this booklet in whatever way you want, you can write, draw, use photos or pictures - its up to you ! . You can tell everyone about...

the things you like and things you don't like

things that are important to you, things you want to stay the same and those you want to change.

your hopes and dreams for the future

Use the blank pages or add more pages if you need to.



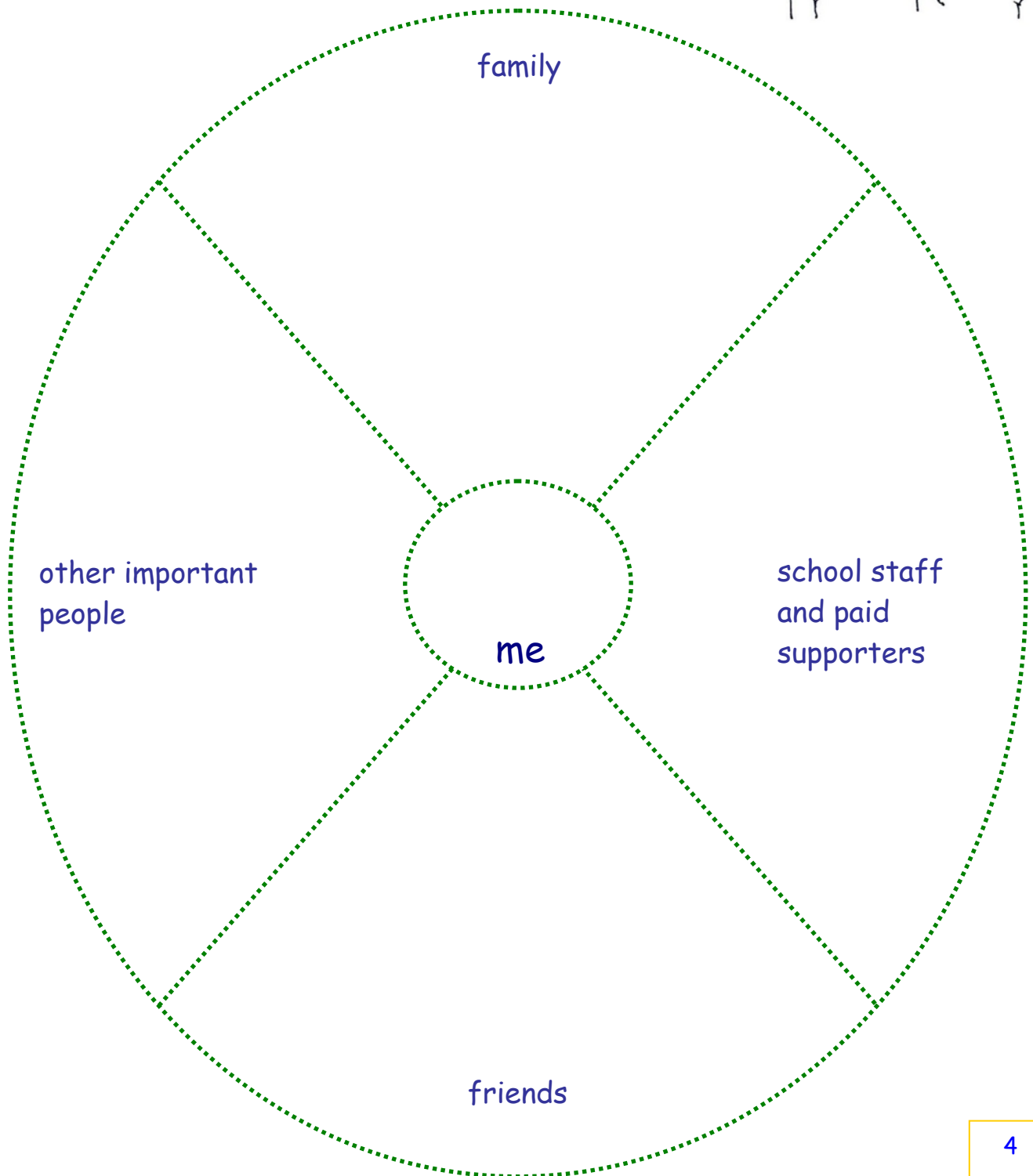
You may want to take copies of the pages to stick on the charts at the meeting



What I like best
about myself - put your
own words in the stars

Important people in my life

Put names or pictures
in the spaces.....



What is important to me now

What I like to do...

At school



At home



Just for fun



At any other important places I go...

What I like to do with my friends



What is important to me now

About school



How I get to and from school

My favourite lessons are

The best part of the day is

At breaktime I like to

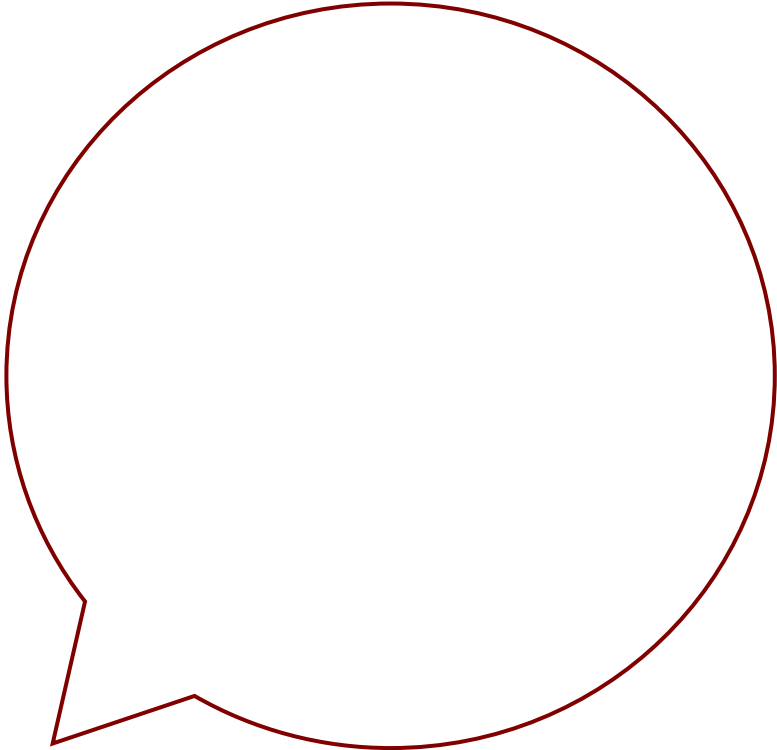
At lunchtime I like to

What is important to me now



Other things I like to do at school

I like to spend time with

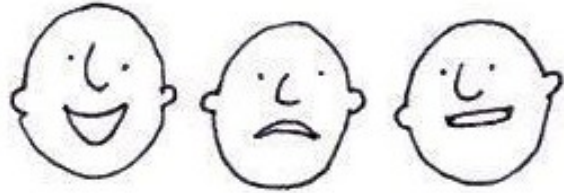


What makes me unhappy at school

What is important to me now

My school week

In each space draw the face that matches best



For example:

happy

sad

ok

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--------|---------|-----------|----------|--------|
| Morning | | | | | |
| Lunch | | | | | |
| After- Noon | | | | | |

You may also want to say why you have drawn the face..

What is important to me now



Since my last review
I have got better at

What I would like to get
better at and the help I need to do this

Important to me for the future

These pages are for your hopes and dreams



3 wishes I'd like to come true..

In the future, I'll be spending my time...

Important to me for the future

I would be happy if...

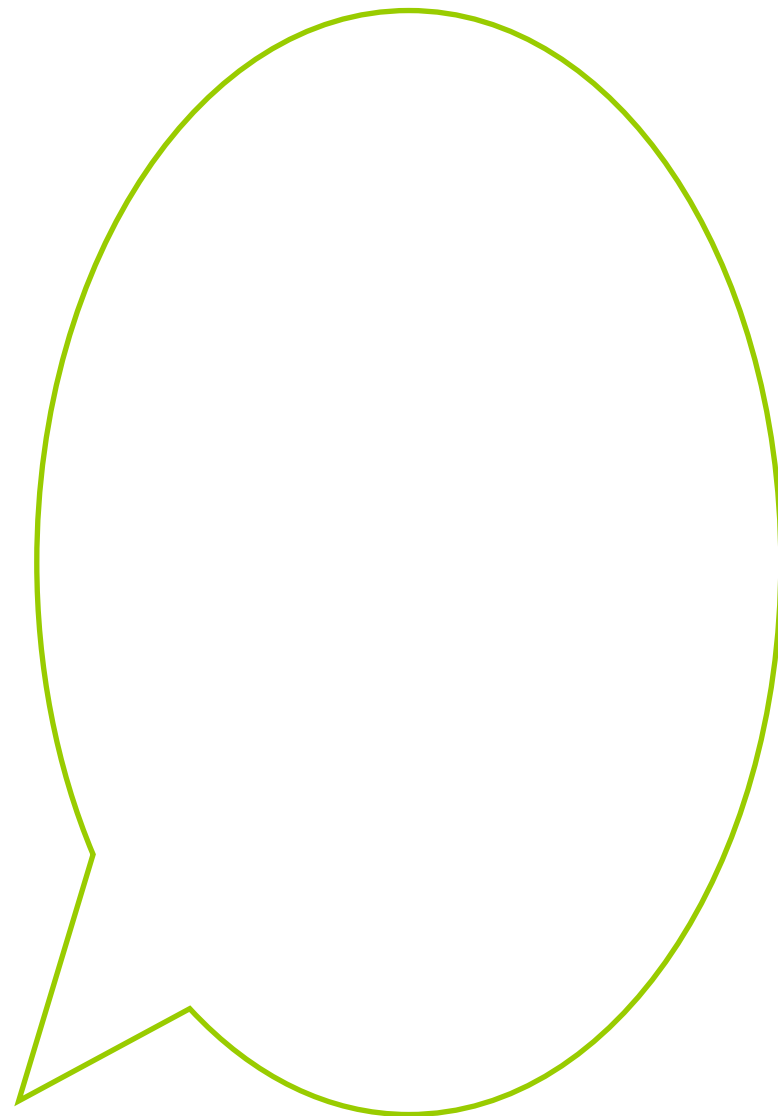
I would not be happy if..

Other things I would like to do or have



Staying healthy and safe

What I can do by myself



What help I need to do these things



Communication

What I do when I am feeling.....



Happy..

Sad...

Frustrated..

Angry...

Unwell or in pain...

Communication

What I like people to do if I am...

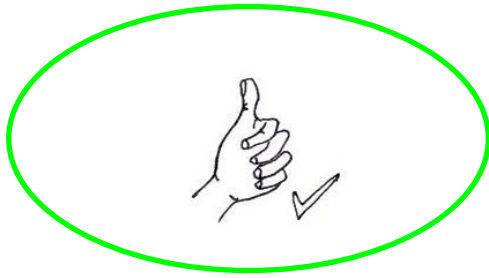
Blank writing area with 10 horizontal dotted lines for notes.

Sad or upset

Blank writing area with 10 horizontal dotted lines for notes.

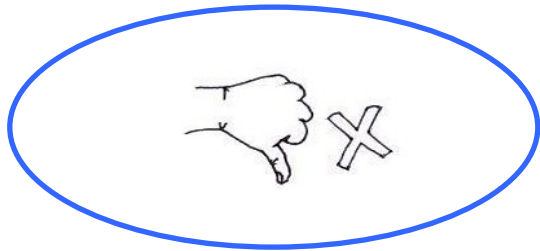
Things you should never do





What is working in my
life now

What I want to stay the same in my life

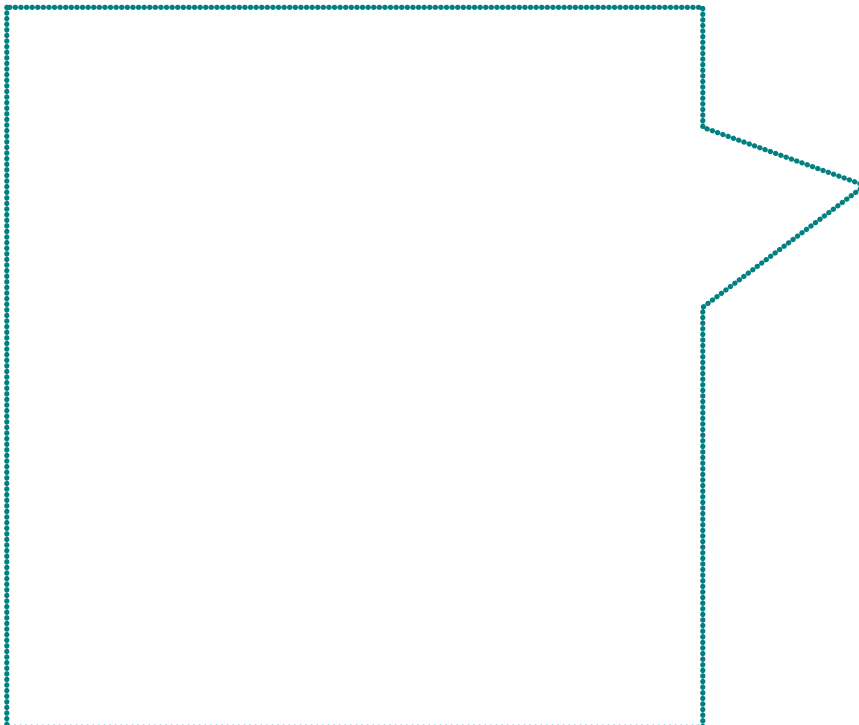
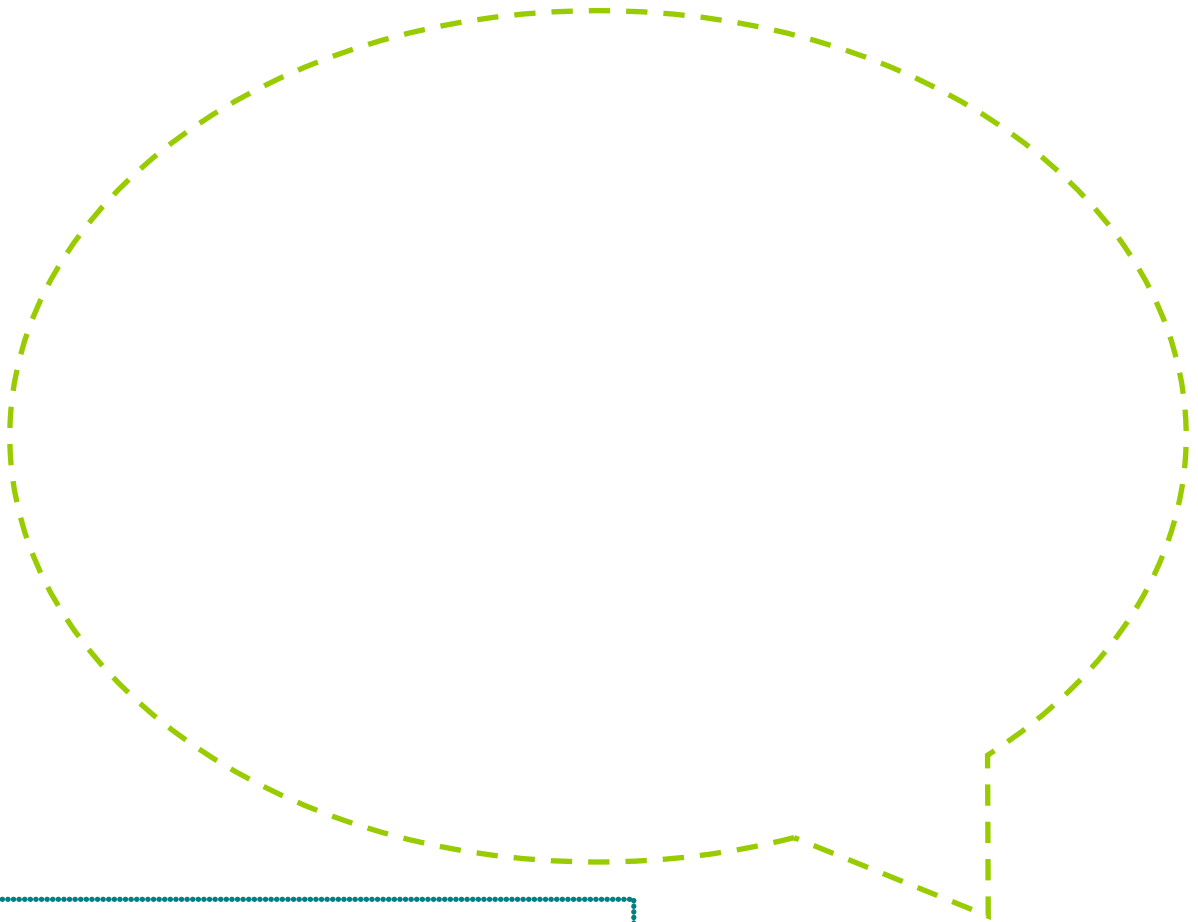


What is not working
in my life now

What I want to change in my life

Questions to ask Issues to resolve

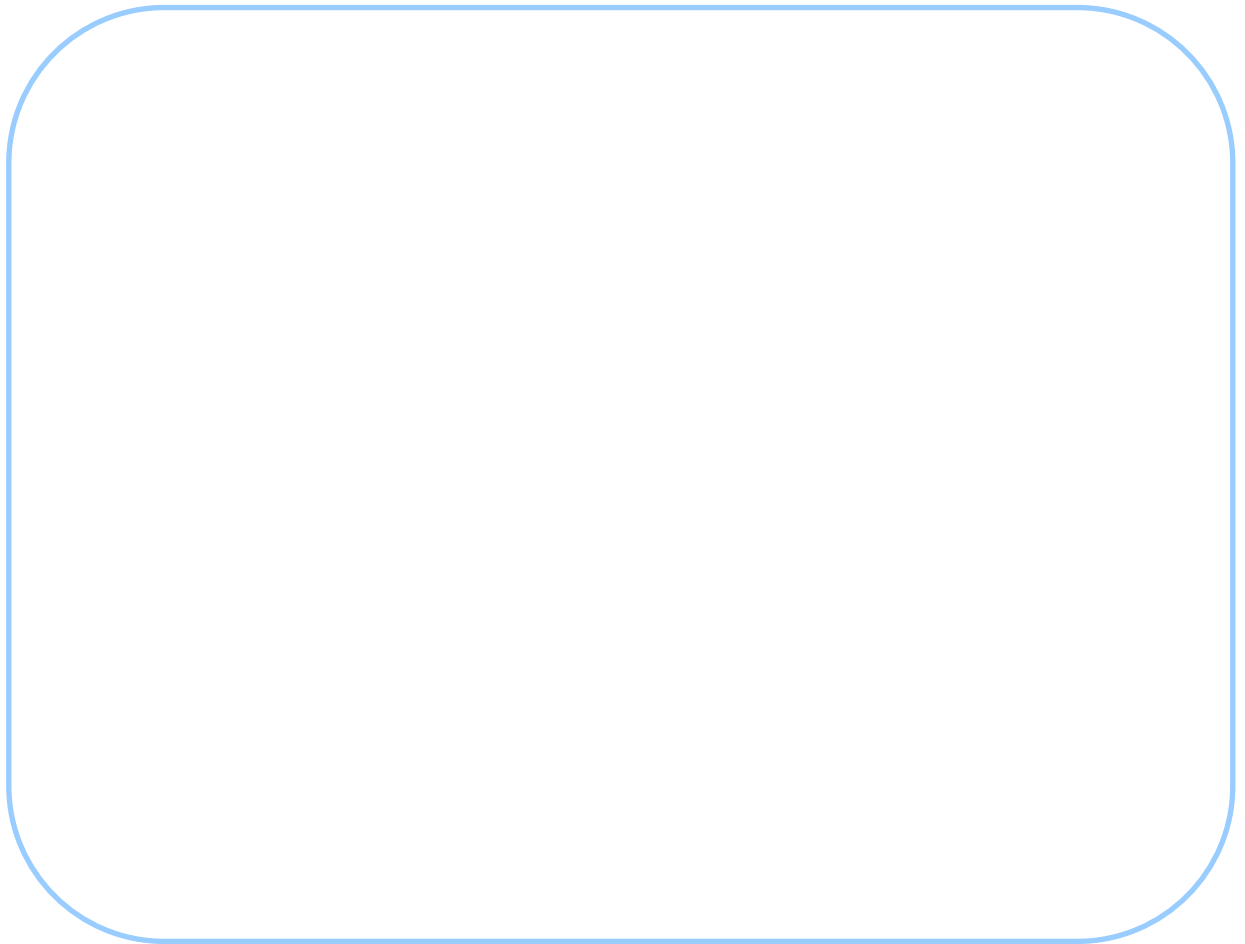
Make a list of anything you want to find out about.



Planning my review

1. Names of people I want to invite to my meeting.

This may include family, friends, school teachers and other important people.



Planning my review

2. How to make sure I am comfortable and at the centre of my meeting.

Where I would like it to be held

Snacks



Drinks



Music



Other things I would like to have or do at the meeting





Workbook developed by: Niki Marshall, Diane Staniforth and Ruth Mathiesen based on the year 9 Person Centred Review process by Helen Sanderson.



Sheffield Care Trust



Joint Learning Disabilities Service



We are happy for you to copy and adapt this book as long as the authors and organisations are acknowledged.