

all about me. guide



The **All About Me** booklet gives young people the opportunity to tell their story.

Simply download the booklet and ask the young person to work through the activities provided.

You can encourage them along the way to give extra thought to certain activities - here are some ideas:



Page 4:

The iceberg graphic represents people. We only see a little bit of them on the outside, but there's a lot more underneath that we don't see.

Page 5:

Families can come in all shapes and sizes. On this page the young person can share what family means to them, and how it feels to them.

Page 6:

The young person can consider the various friends in their life, what those friendships are like, and how they feel about them.

Page 7:

How does the young person feel about school? Hard, comfortable, confusing? They can explore their feelings on it here.

Page 8:

People who help the young person could include, parents, relatives, mentors, school coaches, friends or professionals. They can write how they feel about those people on this page.

Page 9:

This page offers them the chance to reflect on their feelings and share them.

Page 10:

We are all unique. Your young person can explore their feelings about themselves and who they are here.

Page 11:

Encourage them here to write who is important to them, in order of importance, going from the inside of the graphic outwards.

Page 12:

They can note here what is important to them, in order of importance, going from the inside of the graphic outwards.

Page 13:

Ask them to write down honestly how they feel.

Page 14:

The young person can write here what things they'd like to change in their life. They can then return to reflect on how they feel at a later date and fill in the last 2 boxes.



Remember if you are ever concerned about the safety of a child, you can follow your organisation's safeguarding procedure, dial 999, contact your GP or use a service like Childline on 0800 1111.