

all about me



Share your story

This is your book, and it is all about what makes you **you**.

It's a place to share your story, your feelings and thoughts. You can draw, write or decorate it however you like. Then if you want to share it with people you trust, maybe it will help them understand you even better.

Have fun with it.

Why this book matters:

- it helps you understand yourself and ...
- it helps others understand you too
- it builds your confidence and can help you feel heard and understood.

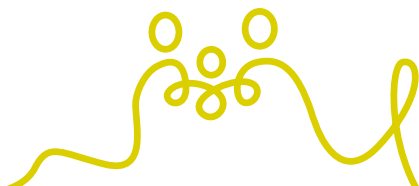
How to use your book:

- be honest, there are no right or wrong answers
- take your time, you don't need to do it all at once
- make it yours. Use stickers, or stamps, collage or drawings
- ask for help, someone you trust can work on this with you
- look back later. If your thoughts or feelings have changed, you can change your book too.

Who can use it with you:

- parents or carers
- teachers or support staff
- support workers or therapists
- trusted adults or mentors

These people care about you and can help you share your story, if you want them to.



Key sections in the workbook

Getting to know me (Iceberg Activity)

- ☐ Above the water: What people see (for example, cheerful, outgoing)
- ☐ Below the water: Hidden feelings or traits

Likes and dislikes

- ☐ Explore different areas like family, friendships, school, and people who help you

My feelings

- ☐ What makes you happy, sad, worried, proud, and more

Self-perception

- ☐ How you see yourself and how others see you

My identity

- ☐ Create a visual map of what's most important to you (for example, family, hobbies, religion)

How I feel

- ☐ Reflect on how safe and happy you feel at home and at school

Goals and changes

- ☐ Write down five things you'd like to change and steps to help you get there

Getting to know me

On the part of the glacier above the water, write what you think people see of you (for example 'I'm a smiley, happy person')



On the glacier below the water, write what people don't see about you.



My Family

Things I like

Things I don't like

Things I would like to change

Things I would like to stay the same

Why I feel this way



My friendships

Things I like

Things I don't like

Things I would like to change

Things I would like to stay the same

Why I feel this way



School

Things I like

Things I don't like

Things I would like to change

Things I would like to stay the same

Why I feel this way



People who help me

Things I like

Things I don't like

Things I would like to change

Things I would like to stay the same

Why I feel this way



My Feelings

Things that make me happy

Things that make me sad

Things I find fun

Things that make me worry

Things I do well

Things I am proud of

Things I don't do well



How I see me

I think I am

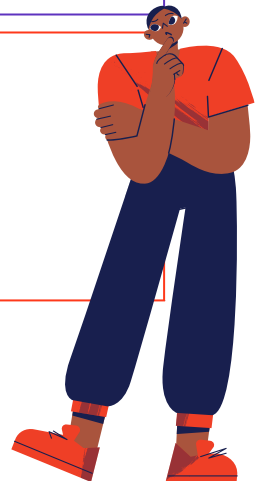
Examples: Happy, confident, fun, sad, friendly, angry, boring, unfriendly etc

Because:

I think people think I am

Examples: Happy, confident, fun, sad, friendly, angry, boring, unfriendly etc

Because:



My identity

**Write the most important things to you
in the middle and the less important
things more towards the outside.**

Examples: Clothes, family, friends,
hobbies, home, ethnicity, gender,
sexuality, religion, school.



What's important to me

Write the most important things to you in the middle and the less important things more towards the outside.

Examples: Clothes, family, friends, hobbies, home, ethnicity, gender, sexuality, religion, school.



How I feel

I want you to know I feel:

Most of the time at home I feel:

Most of the time at school I feel:

I feel happy (circle one):

Sometimes

Most of the
time

Never

Always

I feel safe (circle one):

Sometimes

Most of the
time

Never

Always

I could feel happier if:

I could feel safer if:

My steps to change

5 things I would like to change

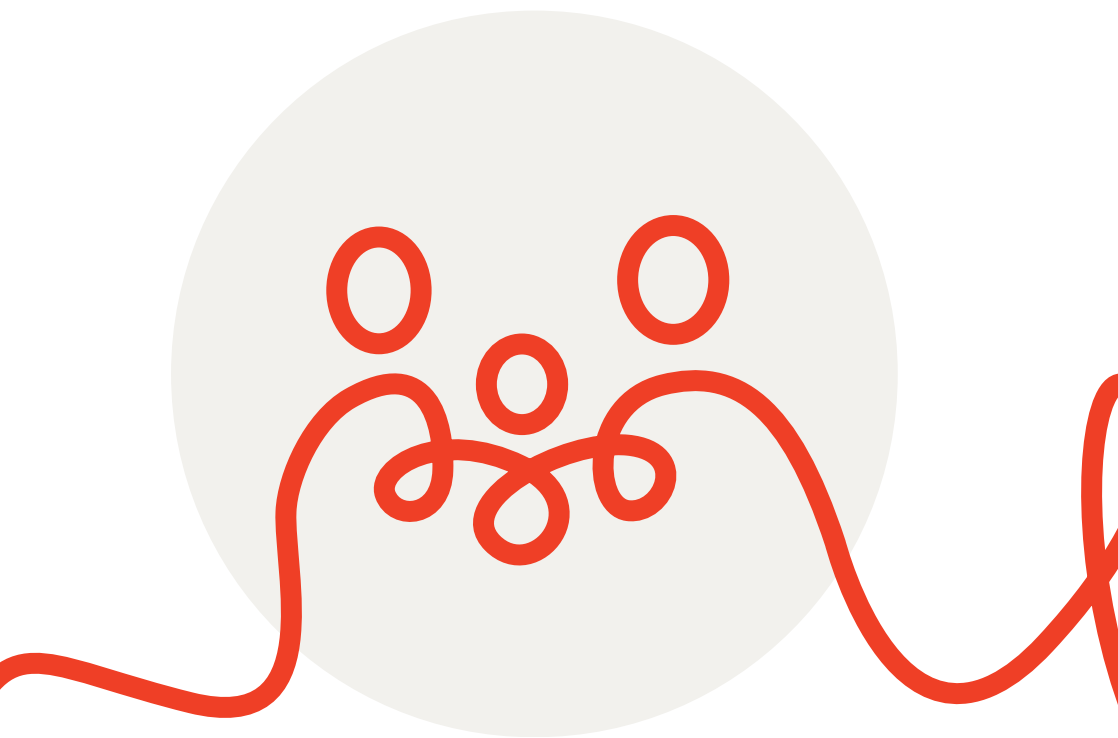
Fill this in at the end of your sessions

How I feel now

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What has changed

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