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| **My Story** |

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| **Name:** |

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| **D.O.B:** |

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| **Date ‘My Story’ created:** |

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| **Information about me:** |

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| **Parent/Carers name(s):** |

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| **What I call them:** |

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| **My Address:** |

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| **Email:** |

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| --- | --- |
| **Tel:** | **Mobile:** |

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| **Emergency contact details:** |

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| --- | --- |
| **Tel:** | **Mobile:** |

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| **More about me** |

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| **Useful background information:** |

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| **What do I like doing? What am I good at?** |

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| **What do I need help with? What do I struggle with?** |

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| **Triggers and Phobias** |  |

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| **These things can upset me even if I don’t show it in school:** |

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| **What can you do to help me when I am exposed to my triggers and phobias?** |

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| **How might I react -** | |
| **In school?** | **At home?** |

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| **Pictures of Me** |
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| **My Own Mark** |

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| **Writing or a picture by me**  **Date:** |

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| **Thanks to open nest for the support in creating this work book** |

**[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://theadoptionsocial.com/blogless-blogging/announcements-from-the-open-nest/&ei=vVIAVfTCJ4HCPPSsgMAL&bvm=bv.87920726,d.ZWU&psig=AFQjCNGdWAfqb3ZSiugudAwZsnVDRlolKA&ust=1426170928505806)**