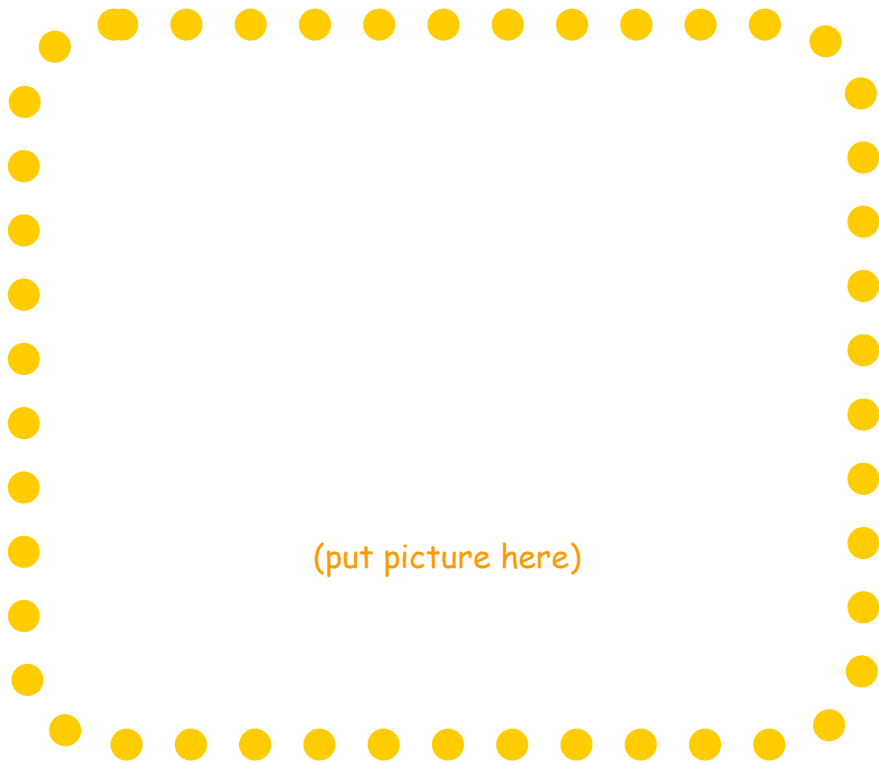


# My review



(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



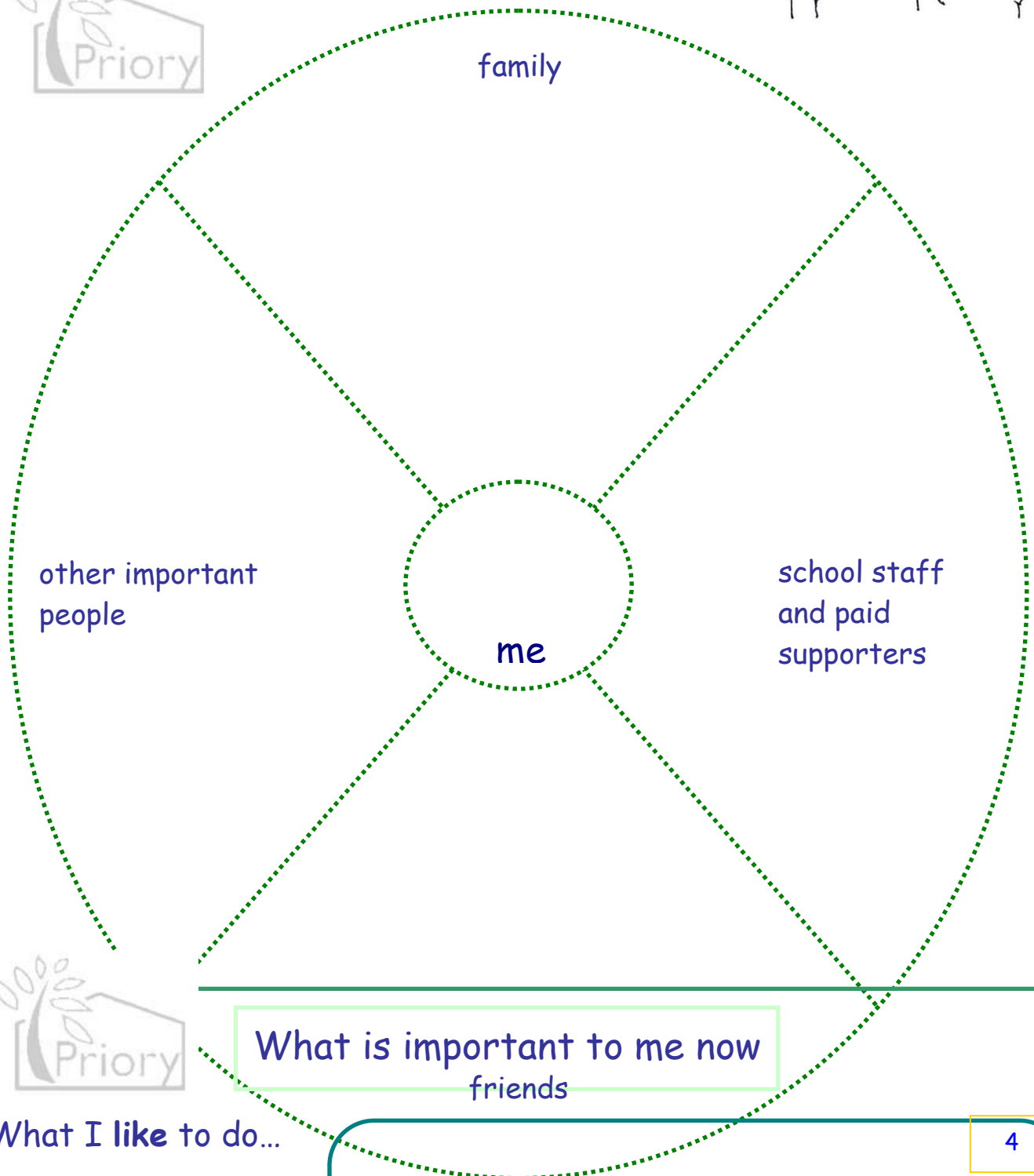
Use the blank pages or add more pages if you need to.

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



# Important people in my life

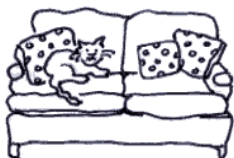
Put names or pictures  
in the spaces.....



At school



At home

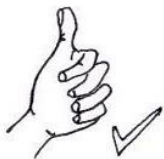


Just for fun



At any other important places I go...

What I like to do with my friends



What is important to me now

Music



Hobbies



Food



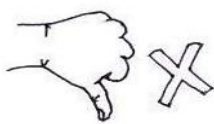
Drink



Tv programmes



What I really **don't like** at school, home or for activities



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

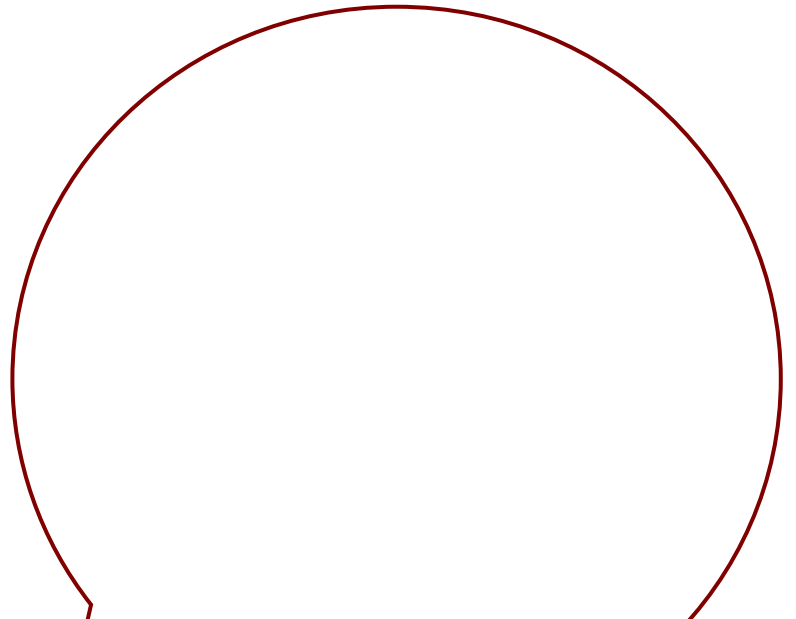


What is important to me now



Other things I like to do at school

I like to spend time with



What 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-<br>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..

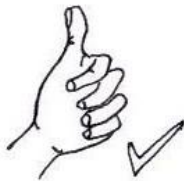
In the future, I'll be spending my time...



I would be happy if...

I would not be happy if..

Other things I would like to do or have



What I can do by myself

What I would like to be able to do for myself

What help I need to do these things



Communication

What I am feeling.....

Happy..



Sad...

Frustrated..

Angry...

Unwell or in pain...



Communication

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

Unwell or in pain

.....

.....

.....

.....

.....

.....

.....

.....

Sad or upset

.....

.....

.....

.....

.....

.....

.....

.....

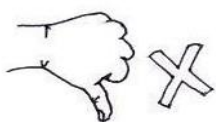
Things you should never do



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



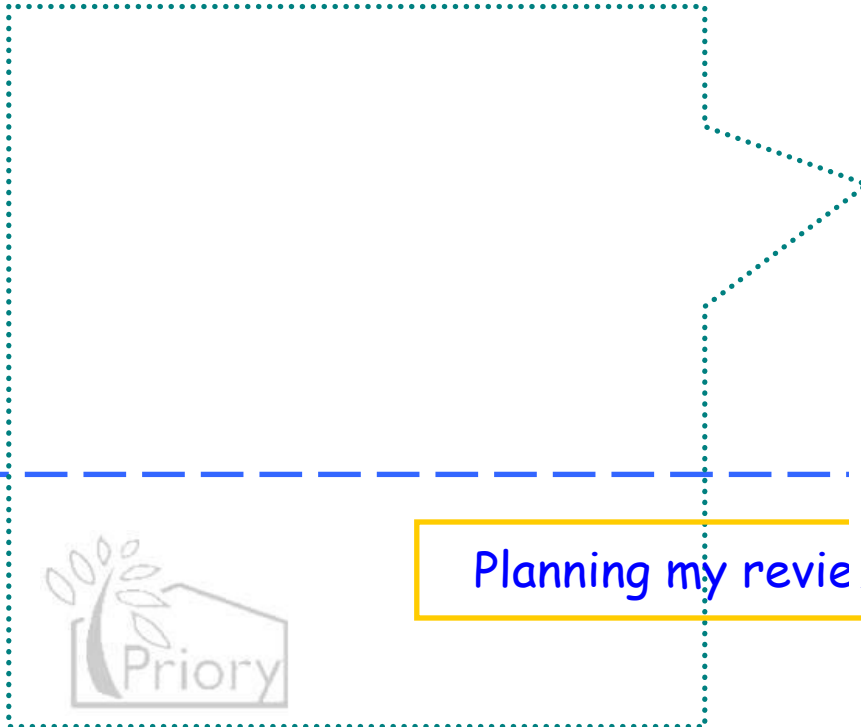
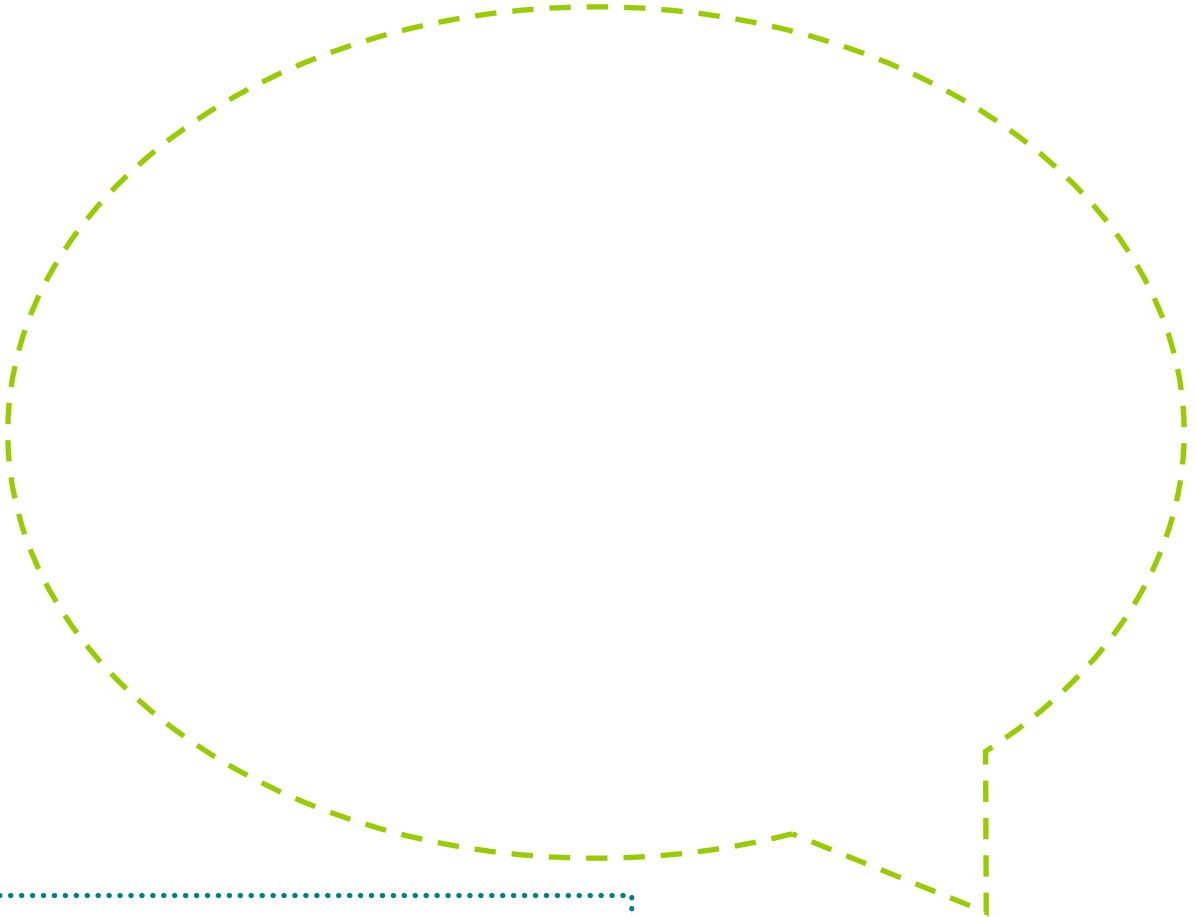


What I want to change in my life

Questions to ask  
Issues to resolve

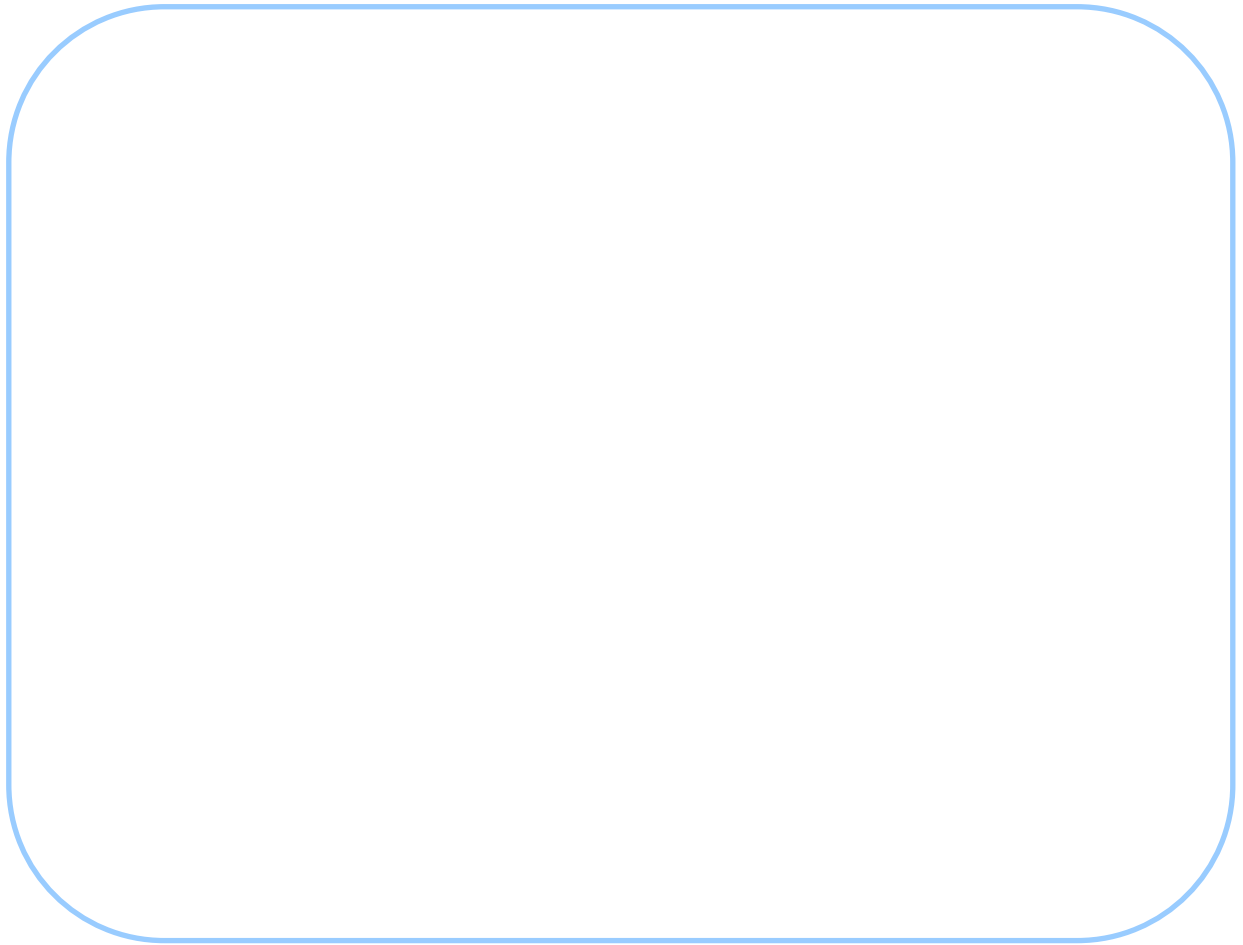


Make a list of anything you want to find out about.



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

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



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

Where I would like it to be held

Snacks



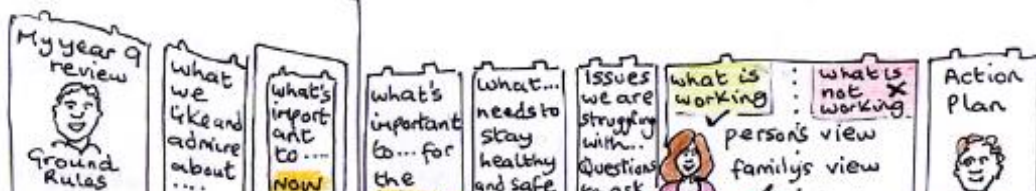
Drinks



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.