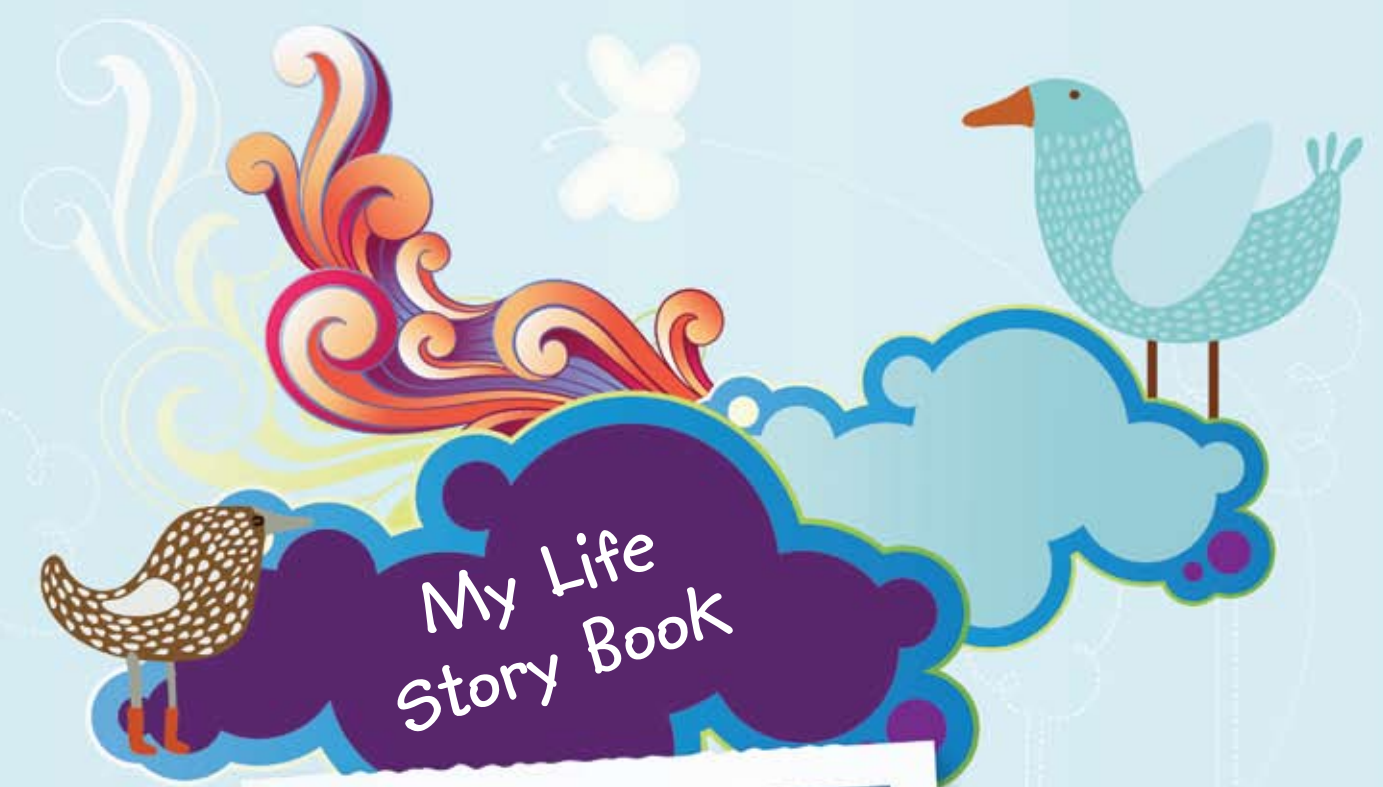


MY LIFE STORYBOOK





My Life
Story Book



Stick your
photo here



This book
belongs to



Questions and Answers about My Life Story Book

Q. What do I do with My Life Story Book?

A. This book has been given to you to help you collect lots of different information about your life. You can use it like a diary to help you remember things about growing up, your family, your school days, the places you have lived and other things about yourself. This book belongs to you, and you don't have to show it to anyone if you don't want to. You can choose someone to help you with the book if you like, or you can just put things in it by yourself – it's up to you.

Q. Why do I have to use this book?

A. You don't have to use this book if you don't want to. The reason why it has been given to you is to help you collect lots of information about your life so that you can remember what it was like growing up. Sometimes grown-ups want to remember things about when they were kids, but they can't because it was so long ago. This book will help you remember important things and you can look back on it as you get older.

If you don't want to use *My Life Story Book*, your carer or caseworker might still keep some information about you growing up so that you might be able to add it into the book later on if you like. If you want to keep some memories, but don't want to use this book, you could also use a treasure box, an exercise book, a photo album or a video. The important thing is to keep some memories of your time growing up.

Q. Where do I keep my book?

A. The best place to keep your book is where you think it will be safe. It's important to look after your book so that you can look back over it when you are older and be able to remember your time growing up. If you think the book would be safest with you, then keep it with you where you live. If you think that the book will not be safe or get wrecked where you live, then you could ask your carer or caseworker to look after it for you.

Q. When do I write in my book or add stuff to my book?

A. The book is there for you to use whenever you want to add some information about yourself in it. So, you can write a little bit every day, or leave it for a while and write only sometimes when you feel like it. The important thing is to keep adding bits to it all the time so that it has lots of information in it about you growing up.

If you have decided that your book is not safe with you where you live, then you need to make sure that you can see the book from time to time to add things to it. Your caseworker might sometimes ask you how your *My Life Story Book* is going, and may sometimes even have things for you to put in your *My Life Story Book*.



Questions and Answers about My Life Story Book

Q. What if I need extra pages to write things on?

A. Your caseworker will be able to give you extra pages for *My Life Story Book*.

The pages you can re-order are called, 'Health Record', 'Visits with My Family', 'Awards and Certificates', 'Places I Have Lived', 'What Makes Me Happy', 'What Makes Me Sad', 'Things I Like to Do', and 'In the Future'. If the page you want is not on this list, the book has lots of blank pages in it that you can use to write extra things on, draw on or paste pictures on. You can also ask for more of these blank pages. Let your carer and/or caseworker know which extra pages you need and they will order them for you.

Q. Can I add other things to My Life Story Book?


A. Yes you can. You might like to add photos, a copy of your birth certificate, drawings, school report cards, awards and certificates, postcards or pictures of the place you were born, a drawing of your family tree, and information about the holidays and special trips you have been on. These are just some of the things you might like to add to your *My Life Story Book*, but you can add anything you want.

Q. Who can help me with My Life Story Book?

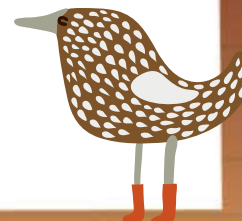
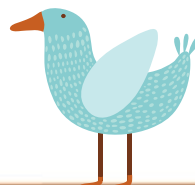
A. Your carer and/or caseworker are there to help you with your book. Your carer can help you collect things like photos, awards and certificates or reports from school to put in your book. Your caseworker will want to make sure that information about you growing up is kept, so he or she might sometimes ask you how your *My Life Story Book* is going, or want to meet with you to help you do some things in it. You can also ask other people like your mum or dad, grandparents or other family members to help you with your *My Life Story Book*.

Q. What will happen to My Life Story Book if I move?

A. Your *My Life Story Book* should always go with you when you move. It is yours to keep and add to as you grow up. If you have given it to your carer or caseworker to look after, make sure you ask them for it back when you move. You can also ask your caseworker to send it on for you.



If you have any other questions about how to use *My Life Story Book* and you can't find the answers here, your carer or caseworker might be able to help.





According to My Birth Records

My full name

I was born at..... (place)

On..... (date)

At..... (time)

I was cm long and weighed kg



My family

Mother's name.....

Father's name.....

Other members of my family

.....
.....
.....
.....
.....
.....



My Birth Story

What happened the day I
was born...

A series of horizontal dotted lines for writing the birth story.





Milestones

The first time I...

(Fill in your age or the date when you achieved each milestone)

smiled

held my head up.....

laughed.....

reached for a toy.....

crawled.....

sat up.....

stood up

drank from a cup

walked

gave kisses

waved goodbye.....

ate my myself.....

ran

My first word was

My first sentence was

.....

.....



Health Record

Date

Event.....
.....
.....

Date

Event.....
.....
.....

Date

Event.....
.....
.....

Date

Event.....
.....
.....

Date

Event.....
.....
.....



My Family

These are the members of my family

A series of horizontal dotted lines for writing.



Visits with My Family

Things I like to do when I see my family.....

.....

.....

.....

Places I like to visit when I see my family.....

.....

.....

.....

Members of my family who I see.....

.....

.....

.....

When I see my family I feel.....

.....

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.....

Things I would like to happen when I see my family.....

.....

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Name of my school(s).....

I was in Kindergarten (eg. 1991)

My teachers name.....

Memories of Kindergarten.....

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.....
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.....

Things I like to do.....

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.....

My friends' names.....

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.....

The header features a collage of four photos with white borders and scalloped edges. The first photo shows a blue silhouette of a child on a bicycle. The second shows a yellow silhouette of a child with a blue duck. The third shows a red silhouette of a child jumping over a target. The fourth shows a yellow silhouette of a child with a bag. Below the photos are a red sun with yellow rays and a target with concentric circles in blue, green, and red.

This is ME!!

My favourite colour

My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

.....

Things I like to wear

.....

My favourite toy or game

.....

Sports I like to play.....

.....

People I like to spend time with

.....

Things I like about myself.....

.....

On the weekend I like to

.....

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Awards

Certificates



Name of my school(s).....

I was in Year 1 in (eg. 1992)

My teachers name.....

Memories of Year 1.....

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Things I like to do.....

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My friends' names.....

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This is ME!!

My favourite colour

My favourite food

I am good at

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My favourite band or singer

Things I like to do.....

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Things I like to wear

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My favourite toy or game

.....

Sports I like to play.....

.....

People I like to spend time with

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Things I like about myself.....

.....

On the weekend I like to

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.....

ABCDEFGH



Year 2

HIJKLMNO P

Name of my school(s).....

I was in Year 2 in (eg. 1993)

My teachers name.....

Memories of Year 2.....

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.....

Things I like to do.....

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My friends' names.....

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This is ME!!

My favourite colour

My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

.....

Things I like to wear

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My favourite toy or game

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Sports I like to play.....

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People I like to spend time with

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Things I like about myself.....

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On the weekend I like to

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Year 3



Name of my school(s).....

I was in Year 3 in (eg. 1994)

My teachers name.....

Memories of Year 3.....

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Things I like to do.....

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My friends' names.....

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This is ME!!

My favourite colour

My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

.....

Things I like to wear

.....

My favourite toy or game

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Sports I like to play.....

.....

People I like to spend time with

.....

Things I like about myself.....

.....

On the weekend I like to

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Year 4

Name of my school(s).....

I was in Year 4 in (eg. 1995)

My teachers name.....

Memories of Year 4.....

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Things I like to do.....

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My friends' names.....

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My favourite colour

My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

.....

Things I like to wear

.....

My favourite toy or game

.....

Sports I like to play.....

.....

People I like to spend time with

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Things I like about myself.....

.....

On the weekend I like to

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SCHOOL CAMPS

Year 5

Name of my school(s).....

I was in Year 5 in (eg. 1996)

My teachers name.....

Memories of Year 5.....

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Things I like to do.....

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My friends' names.....

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The header features a collage of colorful photos and illustrations. On the left, a blue silhouette of a child stands on a yellow background with a target. Next to it, a yellow silhouette of a child stands on a blue background with a duck. In the center, a red silhouette of a person with arms raised stands on a yellow background with a target. On the right, a yellow silhouette of a person stands on a blue background with a book. A large, stylized sun with a red center and yellow rays is positioned on the right side. The background is light blue with white clouds and a spiral binding on the right edge.

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My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

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Things I like to wear

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My favourite toy or game

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Sports I like to play.....

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People I like to spend time with

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Things I like about myself.....

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On the weekend I like to

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PEER SUPPORT

Year 6

Name of my school(s).....

I was in Year 6 in (eg. 1997)

My teachers name.....

Memories of Year 6.....

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Things I like to do.....

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My friends' names.....

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My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

.....

Things I like to wear

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My favourite toy or game

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Sports I like to play.....

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People I like to spend time with

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Things I like about myself.....

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On the weekend I like to

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FRIENDSHIP

Year 7

Name of my school(s).....

I was in Year 7 in (eg. 1998)

My teachers name.....

Memories of Year 7.....

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Things I like to do.....

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My friends' names.....

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This is ME!!

My favourite colour

My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

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Things I like to wear

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My favourite toy or game

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Sports I like to play.....

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People I like to spend time with

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Things I like about myself.....

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On the weekend I like to

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Name of my school(s).....

I was in Year 8 in (eg. 1999)

My teachers name.....

Memories of Year 8.....

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Things I like to do.....

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My friends' names.....

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The header features a collage of four photos with white borders and scalloped edges. From left to right: a child in a blue silhouette riding a bicycle, a child in a yellow silhouette standing next to a blue duck, a child in a red silhouette jumping with arms raised, and a child in a yellow silhouette holding a book. Below the photos are decorative elements: a blue gear, a red and yellow sun with rays, and a circular graphic with a target and Hebrew text.

This is ME!!

My favourite colour

My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

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Things I like to wear

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My favourite toy or game

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Sports I like to play.....

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People I like to spend time with

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Things I like about myself.....

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On the weekend I like to

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Year 9

Name of my school(s).....

I was in Year 9 in (eg. 2000)

My teachers name.....

Memories of Year 9.....

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Things I like to do.....

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My friends' names.....

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This is ME!!

My favourite colour

My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

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Things I like to wear

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My favourite toy or game

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Sports I like to play.....

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People I like to spend time with

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Things I like about myself.....

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On the weekend I like to

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Name of my school(s).....

I was in Year 10 in..... (eg. 2001)

My teachers name.....

Memories of Year 10

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Things I like to do.....

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My friends' names.....

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My favourite colour

My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

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Things I like to wear

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My favourite toy or game

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Sports I like to play.....

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People I like to spend time with

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Things I like about myself.....

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On the weekend I like to

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Year 11

Name of my school(s).....

I was in Year 11 in..... (eg. 2002)

My teachers name.....

Memories of Year 11.....

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Things I like to do.....

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My friends' names.....

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The header features a collage of colorful photos and illustrations. On the left, a blue silhouette of a child is shown riding a bicycle. Next to it is a yellow silhouette of a child standing next to a blue duck. In the center, a red silhouette of a person is jumping over a target. To the right, a yellow silhouette of a person is holding a book. A large, stylized sun with a red center and yellow rays is positioned on the right side. The background is light blue with white clouds and a spiral binding on the right edge.

This is ME!!

My favourite colour

My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

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Things I like to wear

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My favourite toy or game

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Sports I like to play.....

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People I like to spend time with

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Things I like about myself.....

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On the weekend I like to

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Year 12

Name of my school(s).....

I was in Year 12 in..... (eg. 2003)

My teachers name.....

Memories of Year 12.....

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Things I like to do.....

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My friends' names.....

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This is ME!!

My favourite colour

My favourite food

I am good at

My favourite music or song.....

My favourite band or singer

Things I like to do.....

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Things I like to wear

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My favourite toy or game

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Sports I like to play.....

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People I like to spend time with

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Things I like about myself.....

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On the weekend I like to

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Places I Have Lived

Date/year

My age at the time

Where I lived

Who I lived with.....

.....

Memories from this time

.....

.....

.....

.....

Things I liked about living here

.....

.....

.....

.....

Things I did not like about living here.....

.....

.....

.....



What Makes Me Sad...

A series of horizontal dotted lines for writing, spanning the width of the page.

Things I Like to Do...

A writing area consisting of 20 horizontal dotted lines for text entry, arranged in three columns. The first column has 8 lines, the second has 8 lines, and the third has 8 lines.



Things I Like to Do...



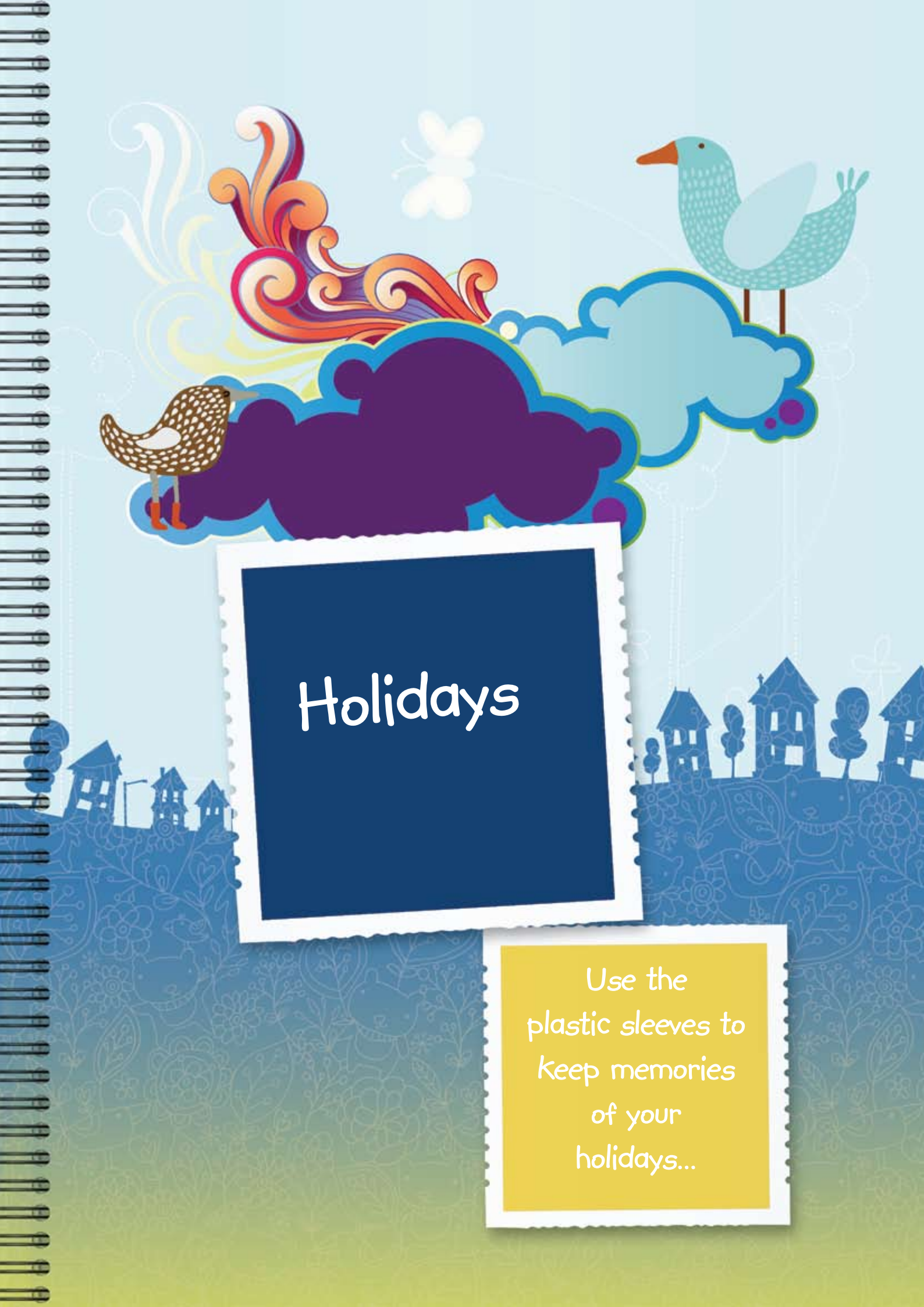
A large area with horizontal dotted lines for writing, organized into three columns.





Special Occasions

Use the plastic sleeves to keep memories of special occasions...



Holidays

Use the
plastic sleeves to
keep memories
of your
holidays...



In the Future

Date..... Age.....

In 5 years time

.....

.....

In the future, I would like to work as a.....

.....

.....

Things I wish for my future.....

.....

.....

In 10 years time.....

.....

.....

If I could have 3 wishes for the future they would be

.....

.....

.....

.....



In the Future





Government of **Western Australia**
Department for **Child Protection**

Foster Care Association
of Western Australia (Inc.)
Mc Call Centre
2 Curtin Avenue
COTTESLOE WA 6011

Telephone: (08) 9384 5577
Email: admin@fcawa.com.au
Web: www.fcawa.com.au



Foster Care Association of
Western Australia (Inc.)