

This is



Here are a few things to think about when filling out the 'This is Me' form. Guidance for adults.

This should be filled out by the child or young person wherever possible and should ALWAYS reflect their views. Some ideas of how to do this are below.

This form should be shared with other professionals in health and other agencies who are asked to complete advice for the Education, Health Care Plans and so you will be asked to give permission for this. Wherever possible, this permission should come from the child or young person.

Always remember this plan belongs to the child or young person. IT IS THEIR PLAN. THEIR STORY. WE ARE TO SUPPORT THEM. THEY HAVE THE RIGHT TO KNOW / READ / SEE WHATEVER IS WRITTEN IN THEIR PLAN. This version includes communication prompts to support you in gathering views.

Creative Ideas to capture child / young person voice:

Visual observations and written notes

Use of video recording - don't forget to share link

Books and photographs to prompt discussions

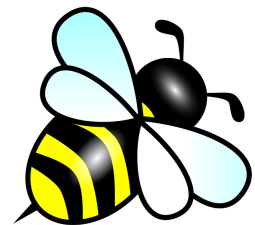
Puppets/dolls/small world play/avatars

Questioning

Music/ Art work / Drawings

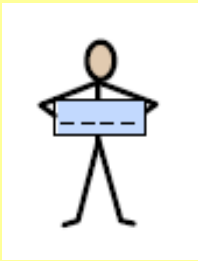
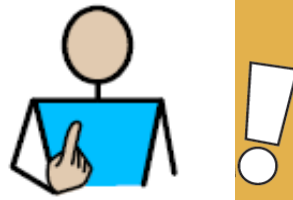
Story writing – can provide a 'space' between the child or young person's internal world and external reality .

Using adaptive technology.

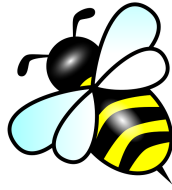


BE INCLUDED

THIS IS



My Name:



What I am good at



My skills



My interests and hobbies



What I like



The important people in my life



family, friends, favourite people, pets and animals



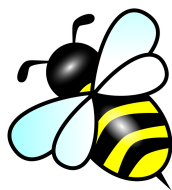
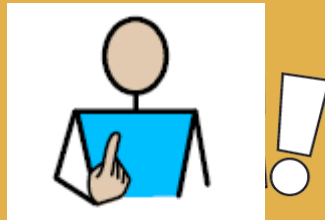
These are their names and who they are to me



Hertfordshire

BE INCLUDED

THIS IS



What works well for me?



What helps me to learn



What helps me to communicate



What helps me if I am



upset,

angry

worried



What would make school and learning better for me



Hertfordshire

THIS IS ME!

The Important People and Pets in my Life are:

Who do you live with?
Do you have any pets?
What do you enjoy doing with your family?
Who helps you?
Who do you talk to?
Why are they important?

PROMPTS & IDEAS



My favourite things to do are? My favourite things to watch are?

What makes you happy?
What are your favourite activities or games?
Do you go to any clubs?
Where are your favourite places to visit?
Do you enjoy spending time with friends?

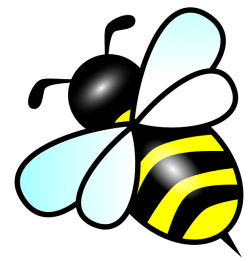


Social worker or other Professionals

We know not everyone has a social worker. So please tell us here your most trusted adult. This might be parent, SENDCO, class teacher, head of year.

Professionals might understand me better if they knew:

What helps you at school with things you find difficult?
How can adults help you?
What helps you to feel safe and happy?
What can other people do to make your day easier?
What technology helps you.



In the next year I am looking forward to:

Short or long term aims
What would you and your family like to be able to do/achieve? ie. Day trips/holidays?
What is difficult, or not possible now which you would like to see improve in the future? Think about your annual plan. What can be included here that can be celebrated next year?

My feelings about education are:

What are you good at, at school?
Are you good at any particular activities?
What would your family and friends say that they like about you?
Do you find certain times at school the hardest, for example at break or lunch times?
Do you enjoy school? Do you need anything to help you access school or education?
Is there anything that you find difficult at school?
Are you ever asked to do something that you feel you can't do?
Do you find friendships difficult?
What do you need to help you achieve?

