# I am healthy

What do you eat?

I / you ? eat foods which are good for me.

Who makes the tea? Breakfast etc? Who packs your lunchbox?

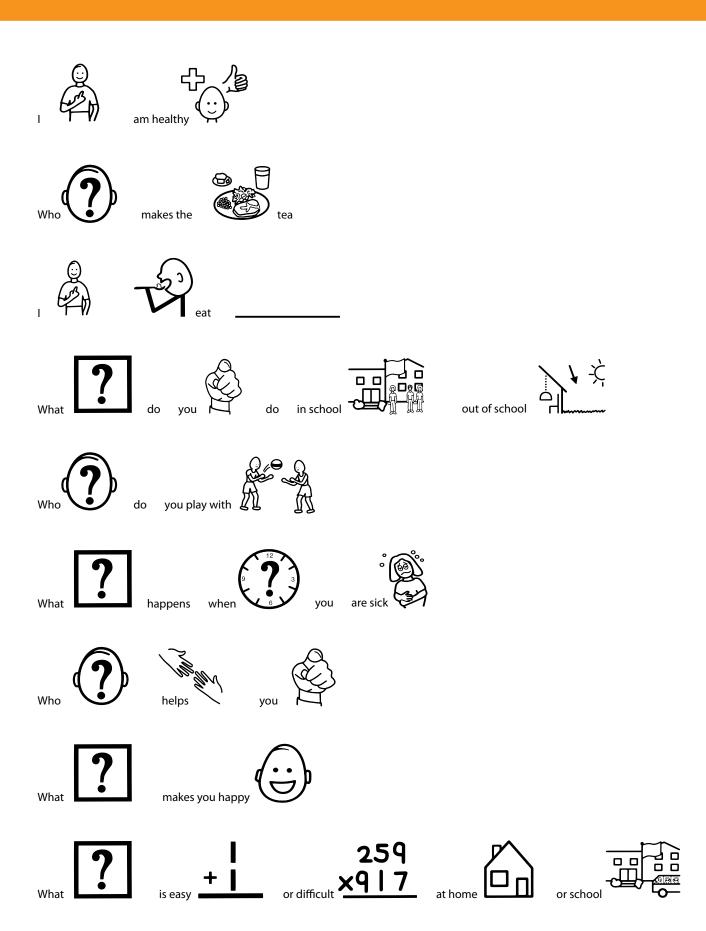
I eat fruit / bread pasta etc...

Do you play outside?
Do you like Gym?
What do you do? (in school - out of school)
Who do you play with? Who takes you outside / to the park?
I like playing outside / being in the gym / I go to clubs with...

What happens when you are sick? Who helps you? When I am sick...

What makes you happy? I am happy / sad when with pictures

What is easy difficult at home / School? I am happy / sad / worried when...



### I am nurtured

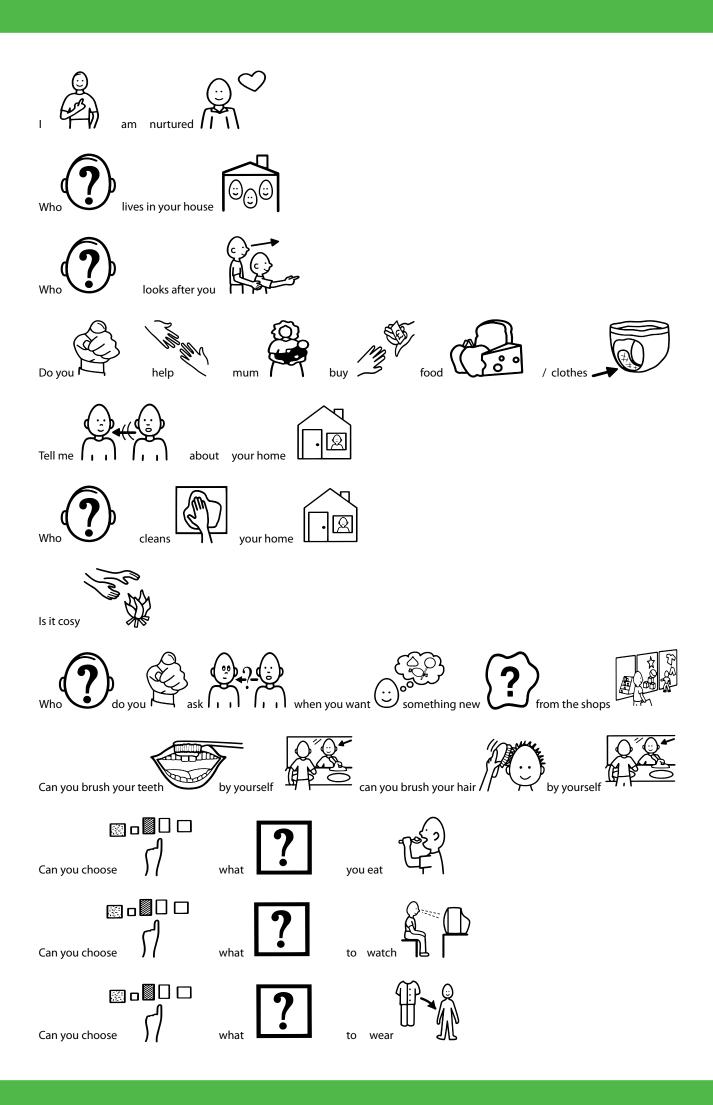
Who lives in your house? Who looks after you? Who helps you? I get help at home from...

Do you help mum buy food / clothes? Where do you go? How often? I like going shopping with...

Tell me about your home
What does it look like? your bedroom e.g.?
Who cleans your house?
Is it cosy?
My house is...

Who do you ask when you want something new from the shops?
Who do you tell if you don't / do like something?
If I want / need something new I...
If I like / don't like something I can tell....

Can you brush your teeth / hair by yourself? (other self-care activities)
Can you choose what you eat / watch / wear? I can do / choose.....by myself



# I am active

What do you like to do when you are not at school /
nursery?
Are you in any clubs?
Who takes you / with you at?
At the weekends / day I like to go / do / playwith











### I am responsible

What is good listening?
Who do you listen to?
Why must we do good listening?
I can do good listening when...

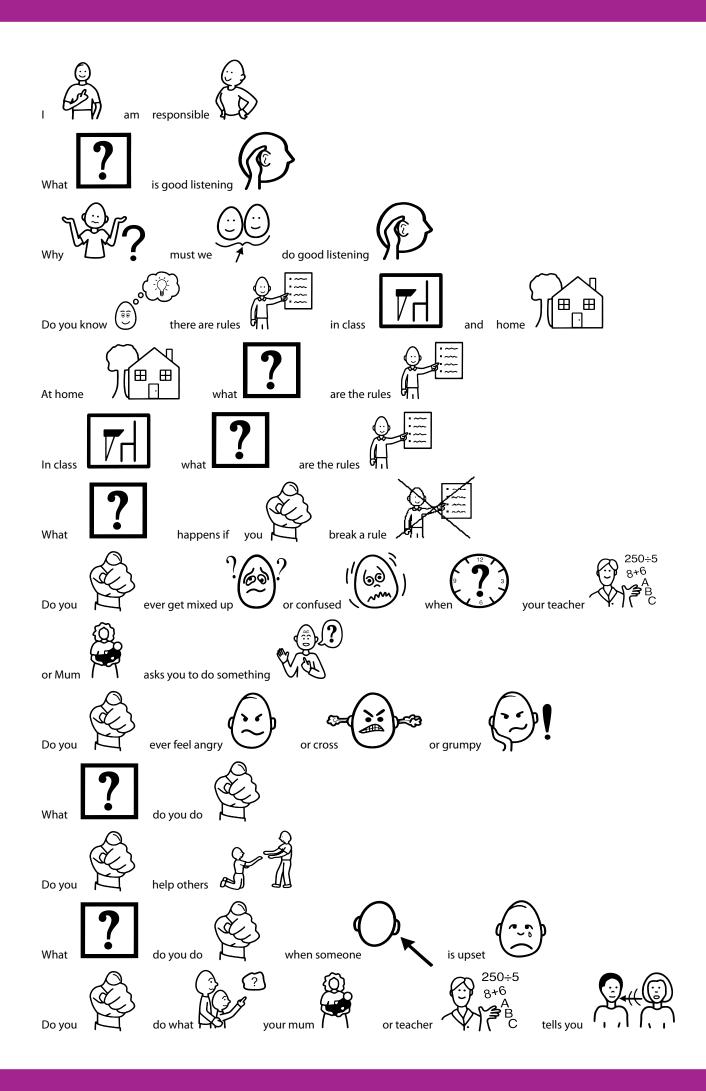
In class / at home what are the rules?
What happens if you break a rule?
Do other people break the rules at home / school?
Do you ever get mixed up / confused when the teacher / mum asks you to do something?
Do you know there are rules in class / home?
In class / at home I know what the rules are

Do you ever feel angry / cross / grumpy? What do you do? When I feel angry / grumpy / cross I...

Do you help others?
What do you do when someone is upset?
I can help others when.....by......

Do you always / sometimes / never do what the teacher / mum tells you?

I always / sometimes / never do what the teacher / mum tells me...

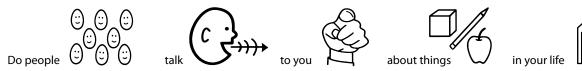


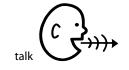
### I am respected

Do people talk to you about your life?
Do you get to say what you think?
Do you ever need help to say what you think?
Who helps you say what you think?
I can say what I think about things that are happening to me at home / school









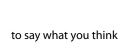






















### I am safe

What does being scared / frightened mean? How does it feel to be scared / frightened? Do you ever feel scared / frightened? When?

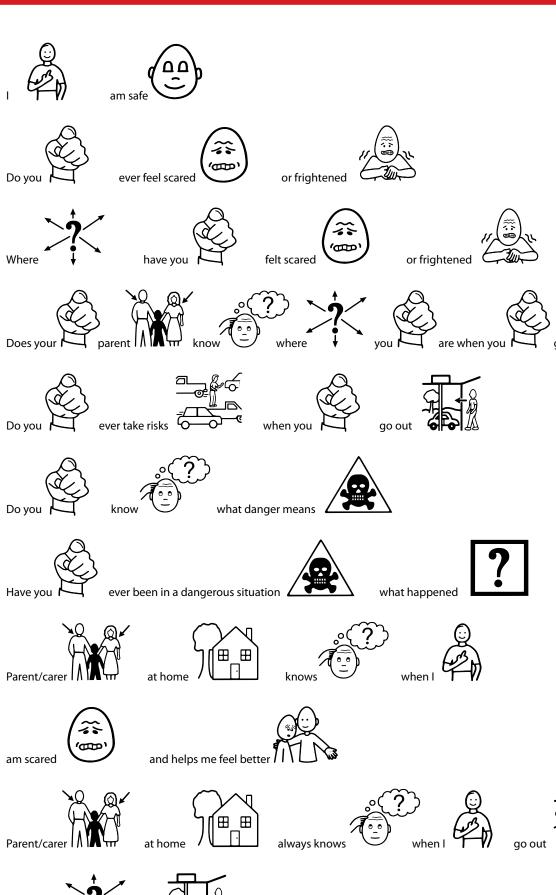
Do Mum or Dad know where you are when you go out? Do you feel comfortable when you are out and about with your friends?

Do you ever take chances when you go out? Do you know what danger means? Have you ever been in a dangerous situation? What happened?

Mum / Dad / someone at home knows when I am scared and helps me feel better.

Mum / Dad / someone at home always know when I go out and where I go.

I don't do stuff which might hurt me when I go out.











# I am achieving

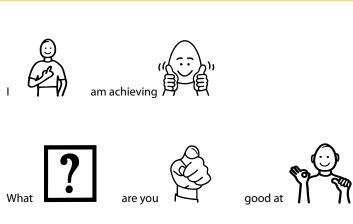
What does the word 'skills' mean? What new skills have you learned in school / home? Who helps you learn new skills in school / home?

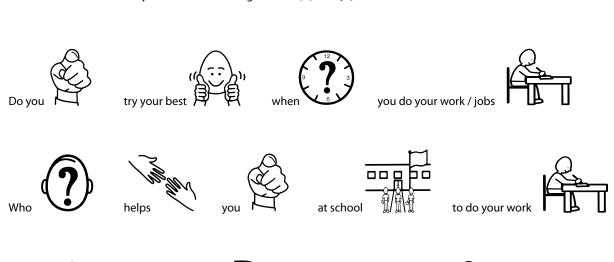
What are you good at?
Do you always try to do your work / job well?
Who helps you at school to do your work?

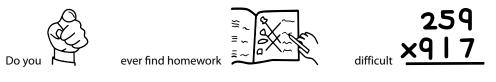
Do you ever find homework difficult? What do you do? Does anyone help you?

If I am finding my homework difficult I...

My mum and dad like to look at my homework.











### I am included

How do you feel when you are with your friends / family, in school / at home?

Do you feel part of a group?

Do you feel comfortable when you are with your friends (group / some)?

When I am with my friends / family I feel...

What things do you do with your friends / family? What things can you not do with your friends / family?

Do you go to any clubs / groups?

Do you ever meet / play with lots of different people? When?

Do other people ever ask you to play / do things with them? Do you think other people like you?

How do you know?

When I play / do things with other people I feel...

I know people like me because...

