

My Assessment My Voice

This is all about you.

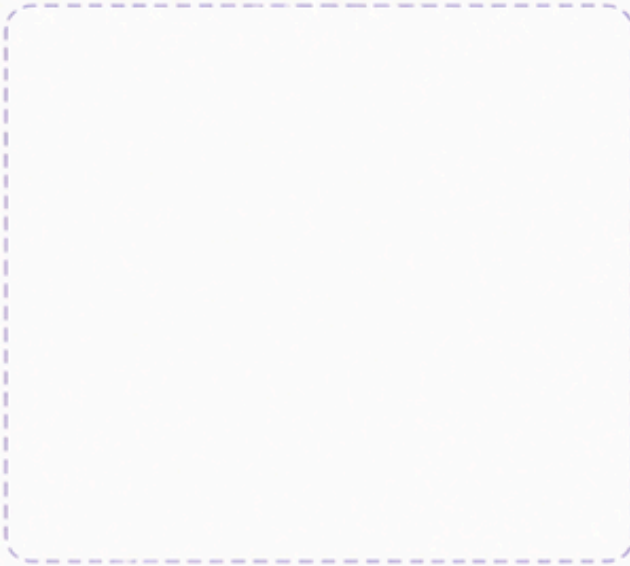
You can draw, write or tick the boxes.

Pebble is here to listen.



1 This is me

Draw a picture of yourself or write things that are important about you.



I am...

(tick or write)

-  Kind _____
-  Funny _____
-  Creative _____
-  Helpful _____
-  Brave _____

2 How I feel today

Circle the face that shows how you feel right now.



Happy



Calm



Excited



Worried



Sad



Angry

3 Things that are important to me

Draw or write about the things that matter most to you.



My family



My friends



My hobbies



My goals






4 People who help me

Draw the people (or pets!) who help you and keep you safe and happy.



5 What helps me feel better?

Tick the things that help you when you have big feelings or tricky days.



Cuddles

☐


Reading

☐


Listening to music

☐


Drawing

☐


Bubbles

☐


Quiet time

☐


Exercise

☐


Talking to someone

☐


Being outside

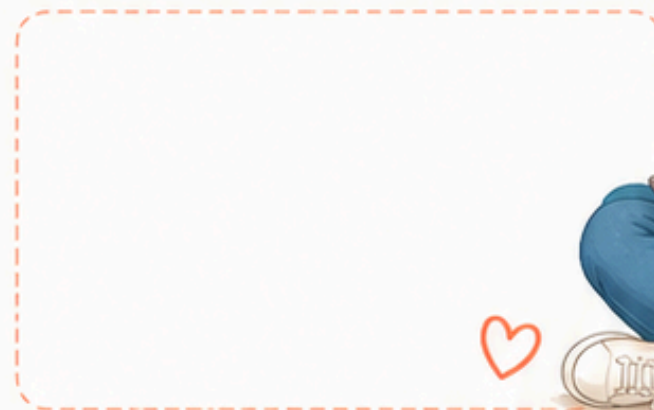
☐


Something else

☐

6 Anything else Pebble should know?

Write or draw anything you want Pebble to know about how you feel or what you need.




Your voice is important. You matter. Thank you for sharing with Pebble.

