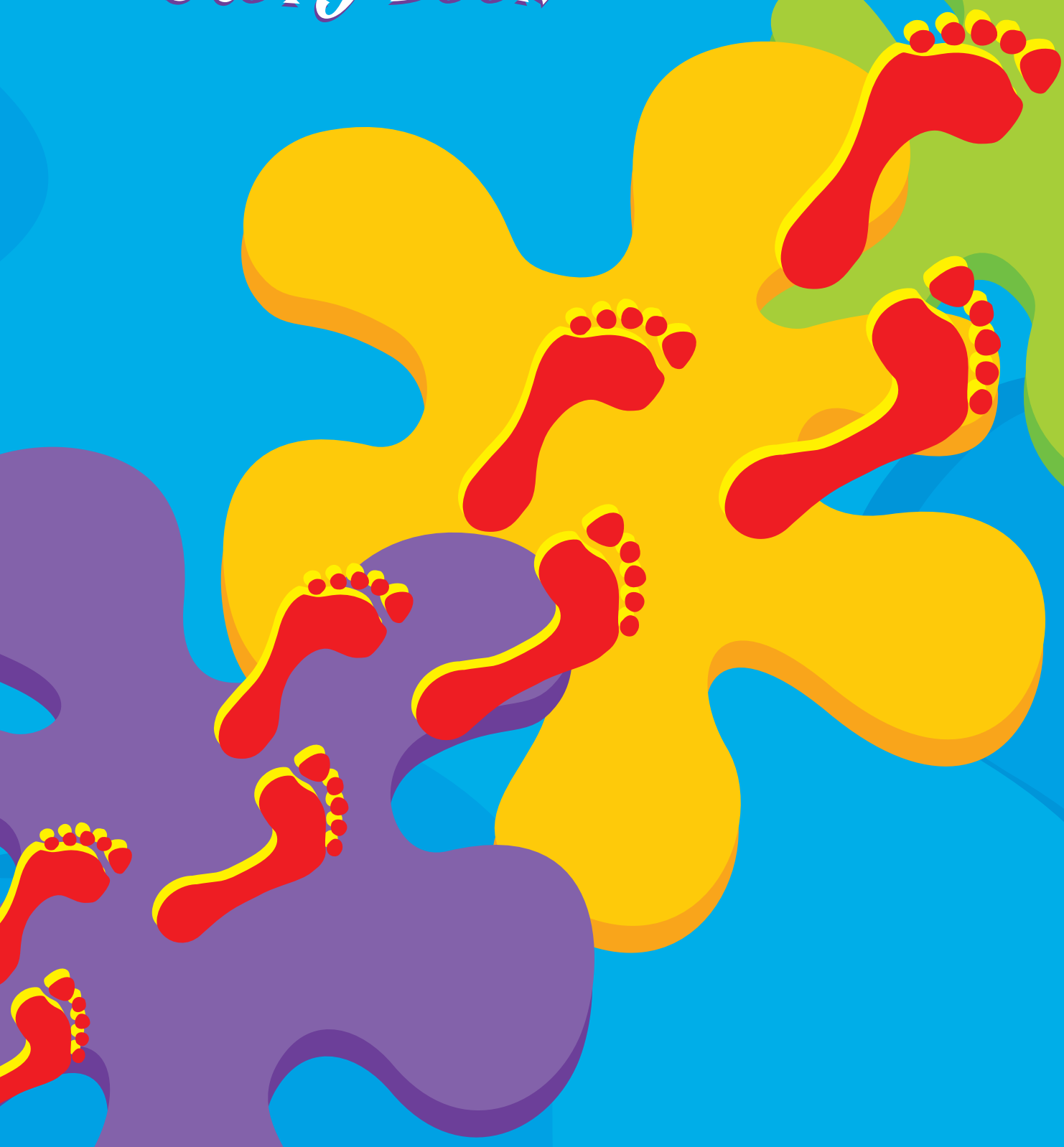


My Life

Story Book



My Life

Story Book

*Stick your
photo here*

This book belongs to

My Life Story Book

Out-of-Home Care Directorate
NSW Department of Community Services
4-6 Cavill Avenue
Ashfield NSW 2131
Tel: 02 9716 2222

First edition 2004
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©2004, 2006 NSW Department of Community Services

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Questions & 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 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 do not 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. This 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 in 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 & 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 & 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 holidays and special trips you have been on. These are just some of the things you might like to add to your 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 if 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 Cultural Heritage

Country my mother comes from

About where my mother comes from

Country my father comes from

About where my father comes from

Language(s) my mother speaks

Language(s) my father speaks

Ways I can have more contact with my parents' culture



My Cultural Heritage

Aboriginal community my family identifies with or belongs to (language/nation/clan/family group)

Mother's family (family name)

Mother's language/nation/clan/family group (eg. Yorta Yorta)

Father's family (family name)

Father's language/nation/clan/family group (eg. Yorta Yorta)

Elder/extended family/significant person or organisations who support my cultural links

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 by myself _____

ran _____

My first word was _____

My first sentence was _____





Health Record



Date _____

Event _____

Date _____

Event _____

Date _____

Event _____

Date _____

Event _____

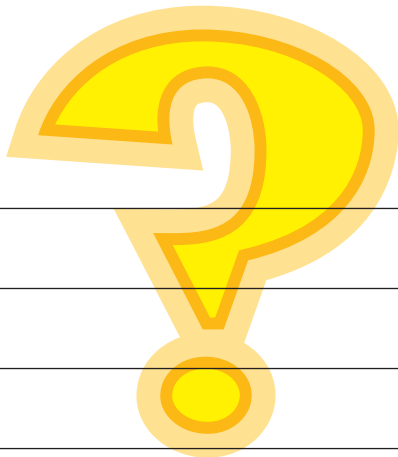
Date _____

Event _____





Why I'm not Living with My Birth Family



A series of horizontal lines for writing, spanning the width of the page. The lines are evenly spaced and extend across most of the page's width.





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

Things I would like to happen when I see my family



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

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Visits with My Family



Things I like to do when I see my family

Places I like to visit when I see my family

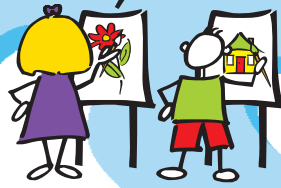
Members of my family who I see

When I see my family I feel

Things I would like to happen when I see my family



Pre-School/Day Care



Name of my pre-school(s)/day care _____

I was in pre-school/day care in _____ (eg. 1991)

My teacher's name _____

Memories of Pre-School/Day Care

Things I like to do

My friends' names



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





Awards & Certificates



Awards & Certificates



Kindergarten



Name of my school(s) _____

I was in Kindergarten in _____

(eg. 1991)

My teacher's name _____

Memories of Kindergarten

Things I like to do

My friends' names



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





Awards & Certificates



Awards & Certificates



Year 1



Name of my school(s) _____

I was in Year 1 in _____

(eg. 1992)

My teacher's name _____

Memories of Year 1

Things I like to do

My friends' names



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





Awards & Certificates



Awards & Certificates





Name of my school(s) _____

I was in Year 2 in _____ (eg. 1993)

My teacher's name _____

Memories of Year 2

Things I like to do

My friends' names



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





Awards & Certificates



Awards & Certificates



Year 3



Name of my school(s) _____

I was in Year 3 in _____

(eg. 1994)

My teacher's name _____

Memories of Year 3

Things I like to do

My friends' names





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





Awards & Certificates



Awards & Certificates



Year 4



Name of my school(s) _____

I was in Year 4 in _____

(eg. 1995)

My teacher's name _____

Memories of Year 4

Things I like to do

My friends' names



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





Awards & Certificates



Awards & Certificates





Name of my school(s) _____

I was in Year 5 in _____ (eg. 1996)

My teacher's name _____

Memories of Year 5

Things I like to do

My friends' names





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





Awards & Certificates



Awards & Certificates





Name of my school(s) _____

I was in Year 6 in _____ (eg. 1997)

My teacher's name _____

Memories of Year 6

Things I like to do

My friends' names



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





Awards & Certificates



Awards & Certificates



Year 7



Name of my school(s) _____

I was in Year 7 in _____

(eg. 1998)

My favourite teacher's name _____

My favourite subject

I like this subject because

Memories of Year 7

My friends' names





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 game

Sports I like to play

People I like to spend time with

Things I like about myself

On the weekend I like to





Awards & Certificates



Awards & Certificates



Year 8



Name of my school(s) _____

I was in Year 8 in _____ (eg. 1999)

My favourite teacher's name _____

My favourite subject

I like this subject because

Memories of Year 8

My friends' names



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 game

Sports I like to play

People I like to spend time with

Things I like about myself

On the weekend I like to





Awards & Certificates



Awards & Certificates



Year 9



Name of my school(s) _____

I was in Year 9 in _____

(eg. 2000)

My favourite teacher's name _____

My favourite subject

I like this subject because

Memories of Year 9

My friends' names





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 game

Sports I like to play

People I like to spend time with

Things I like about myself

On the weekend I like to





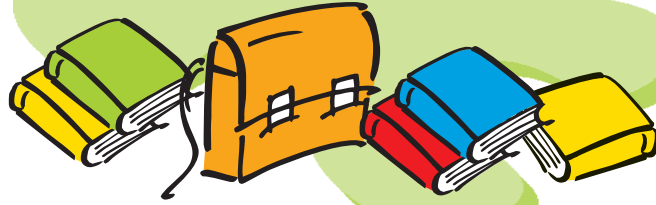
Awards & Certificates



Awards & Certificates



Year 10



Name of my school(s) _____

I was in Year 10 in _____

(eg. 2001)

My favourite teacher's name _____

My favourite subject

I like this subject because

Memories of Year 10

My friends' names



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 game

Sports I like to play

People I like to spend time with

Things I like about myself

On the weekend I like to





Awards & Certificates



Awards & Certificates





Name of my school(s) _____

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

My favourite teacher's name _____

My favourite subject

I like this subject because

Memories of Year 11

My friends' names



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 game

Sports I like to play

People I like to spend time with

Things I like about myself

On the weekend I like to





Awards & Certificates



Awards & Certificates





Name of my school(s) _____

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

My favourite teacher's name _____

My favourite subject

I like this subject because

Memories of Year 12

My friends' names





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 game

Sports I like to play

People I like to spend time with

Things I like about myself

On the weekend I like to





Awards & Certificates



Awards & Certificates



TAFE and other Study



Name of my TAFE/college/training organisation _____

Name of my course _____

I was studying in _____ (eg. 2003)

My favourite subject

I like this subject because

Memories of TAFE/college/training organisation

My friends' names





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 game

Sports I like to play

People I like to spend time with

Things I like about myself

On the weekend I like to





Awards & Certificates



Awards & Certificates



Places I Have Worked



Name of my employer _____

I was working in _____ (eg. 2003)

What my work involved

What I liked about my work

Name of my employer _____

I was working in _____ (eg. 2003)

What my work involved

What I liked about my work

Places I Have Worked



Name of my employer _____

I was working in _____ (eg. 2003)

What my work involved

What I liked about my work

Name of my employer _____

I was working in _____ (eg. 2003)

What my work involved

What I liked about my work

Places I Have Worked



Name of my employer _____

I was working in _____ (eg. 2003)

What my work involved

What I liked about my work

Name of my employer _____

I was working in _____ (eg. 2003)

What my work involved

What I liked about my work

Places I Have Worked



Name of my employer _____

I was working in _____ (eg. 2003)

What my work involved

What I liked about my work

Name of my employer _____

I was working in _____ (eg. 2003)

What my work involved

What I liked about my work

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



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



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



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



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



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

