Westmorland & Furness Council

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Resources to Support Children to Understand Their Story and Relationships



There is no right or wrong way to complete these activities. Children may place people in different places over time as relationships change. The aim is to help children think about the important people in their lives, build their sense of identity and belonging, and create opportunities for open and supportive conversations.

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All About Me

All About Me is a great way to learn more about what matters most to a child. It can help you build a clearer picture of their likes, dislikes, interests, important relationships, favourite things and what makes them feel happy and safe.

The child can use the template below or create their own version using drawings, photographs, stickers, magazine cuttings, colours, symbols or anything else they enjoy. Try to tailor the activity to their age and interests, whether that's arts and crafts, sport, gaming, music or technology.



Worksheet 1: All About Me - Younger Children

ALL About Me

My Name is:

People sometimes call me:

The meaning of my name is:



My Favourite Things

Favourite food:

Favourite colour:

Favourite animal:

Favourite TV programme:

Favourite hobby:

Favourite place:

Three Interesting Facts About Me

1

2

3

Things I Am Good At

1

2

3

4

5

Worksheet 1: All About Me

All About Me



My Name

My name is:

People sometimes call me:

The meaning of my name is:

Me

Things I Am Good At

1

2

3

4

5

My Favourite Things

Favourite food:

Favourite colour:

Favourite animal:

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Favourite place:

Three Interesting Facts About Me

1

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3



Narrative Family Tree

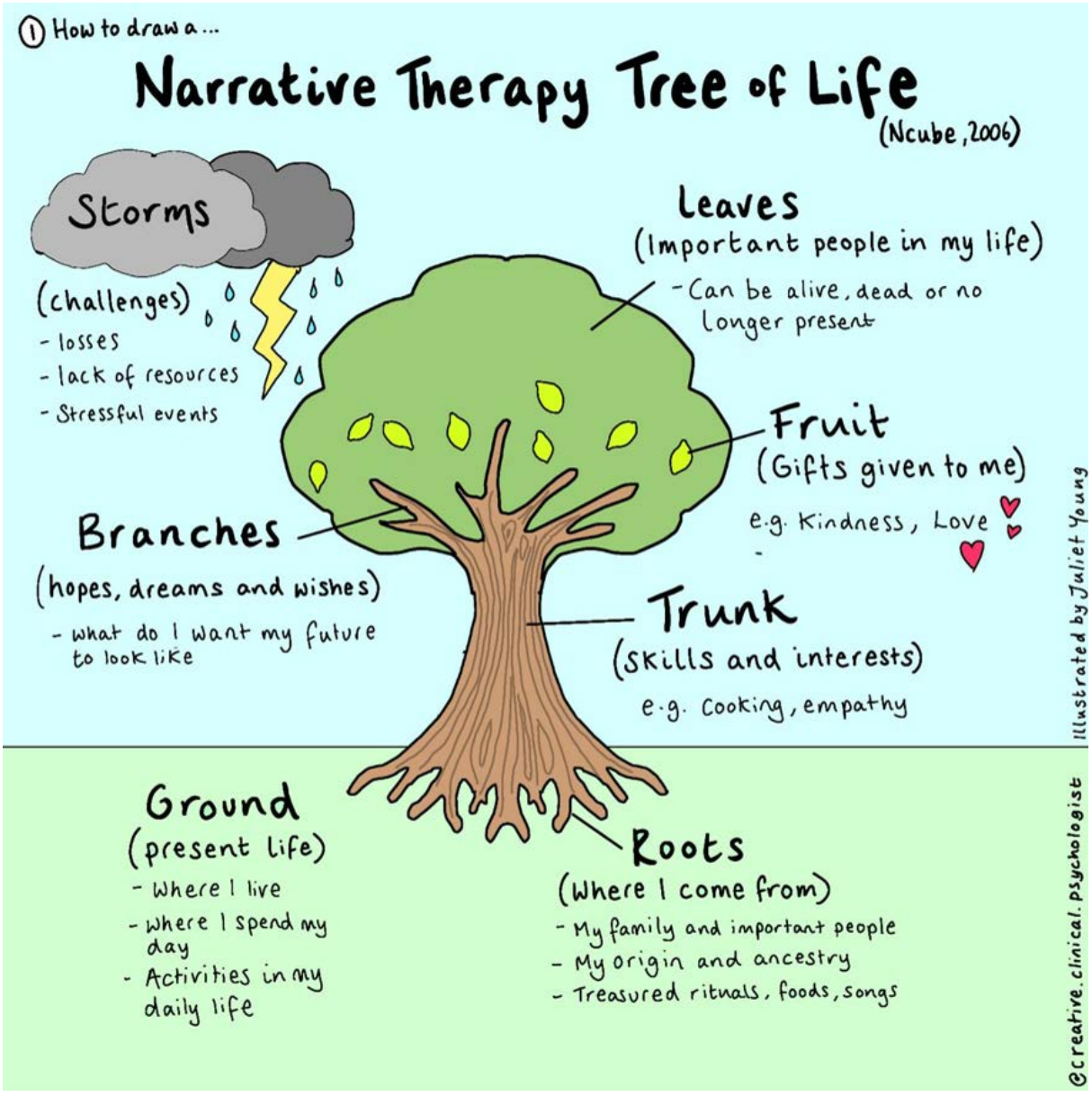
A narrative family tree can help a child understand who is important in their life and how people are connected. Together, you can draw family members, add photos, names, memories, favourite activities, or things that make each person special.

You can use the template provided below or create your own by drawing a tree and adding family members to the branches, like the example shown. Children may enjoy decorating the tree with colours, photographs, drawings, leaves, or symbols that represent important people and relationships.

This can be helpful when a child is:

- Asking questions about their family.
- Trying to understand family relationships.
- Living in kinship care or experiencing changes in who cares for them.
- Exploring their identity, family history, and sense of belonging.

There is no right or wrong way to create a narrative family tree. The aim is to help children understand their story, celebrate important relationships, and feel connected to the people who matter to them.



My Family Islands

My Island is a child-friendly activity that helps children in kinship care explore who they are, what is important to them, and the people they feel connected to. It provides a safe and creative way to talk about identity, relationships, strengths and belonging, while helping carers gain a better understanding of the child's experiences and support network.

Each island represents a different group of people in a child or young person's life. Draw bridges, boats or pathways between islands to show connections.

1. **My Island -** The people, places and things that are important to me, including my strengths, interests, hopes and dreams.
2. **Family Island -** Family members and relatives who are important to me and who I would like to spend time with.
3. **Friendship Island -** Friends and other people I enjoy spending time with and who make me feel supported.
4. **Helpers Island -** People who help, support and care for me, such as teachers, coaches, doctors, nurses, social workers and other trusted adults.

Questions to Explore Together

My Island

- What are some things you are good at?
- What do you enjoy doing?
- What makes you unique or special?
- What is important to you?
- What are you proud of?
- What would you like to do, learn or achieve in the future?
- What helps you feel happy, safe and confident?

Family Island

- Who is part of your family?
- Who are the important people in your family?
- Who do you enjoy spending time with?
- Who do you have happy memories with?
- Who would you like to stay connected with?
- Are there family members you would like to know more about?
- Are there any family traditions, stories or memories that are important to you?

Friendship Island

- Who do you enjoy spending time with?
- Who makes you laugh or smile?
- Who do you feel comfortable being yourself with?
- Who do you like talking to when something exciting or important happens?
- Are there friends you would like to spend more time with?
- What do you enjoy doing together?

Helpers Island

- Who helps you when things are difficult?
- Who do you go to if you are worried, upset or need advice?
- Who helps you learn, grow and achieve your goals?
- Who makes you feel safe and supported?
- Are there any adults you trust and enjoy spending time with?
- Is there anyone else who helps you that you would like to add to your island?

Connection bridges between islands

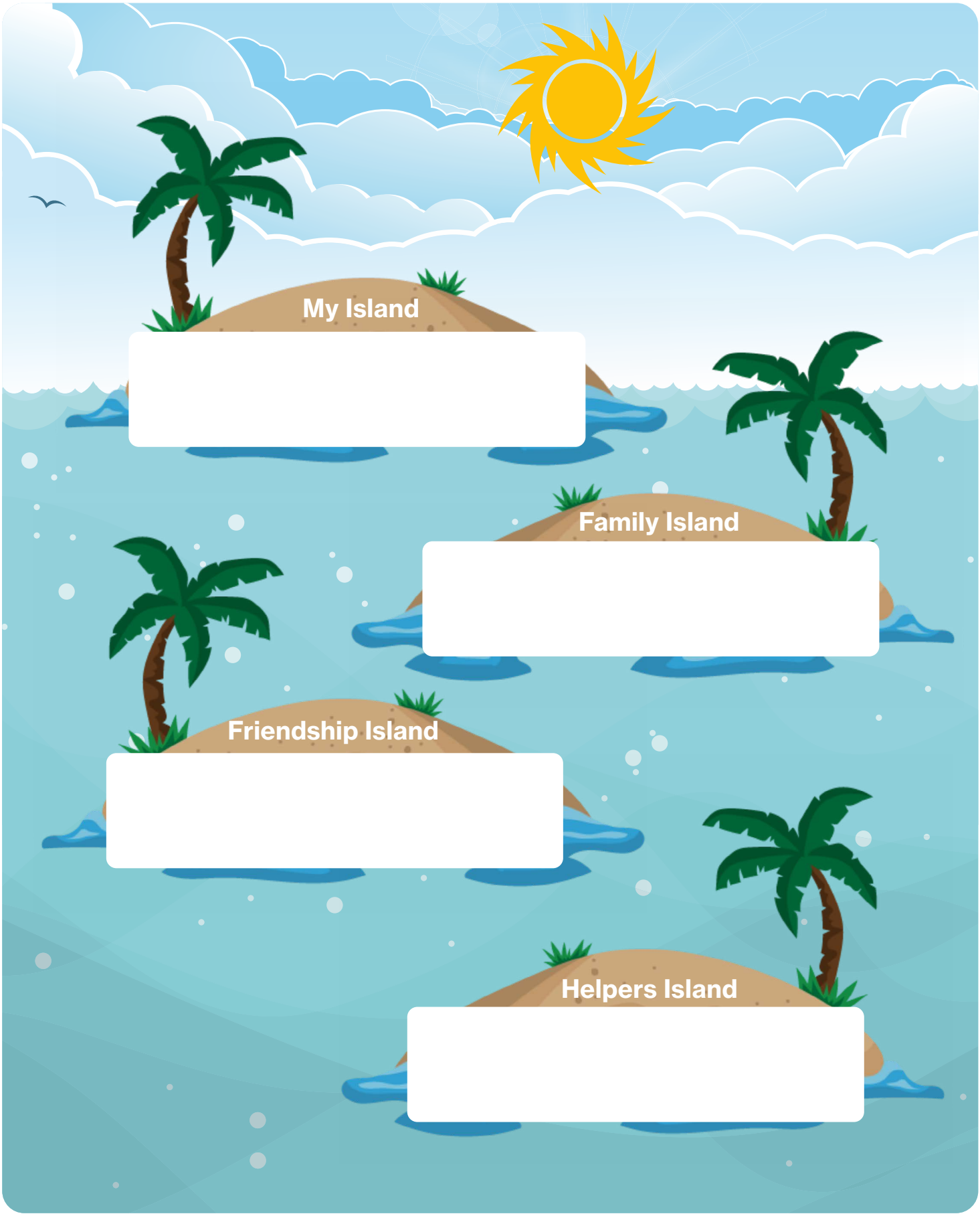
- Who helps me feel safe, supported and cared for?
- Are there people I miss or think about often?
- Who would I like to know more about or hear stories about?
- What family traditions, stories, memories or special moments are important for me to remember?

Or, for younger children:

- Who makes me feel safe?
- Who do I miss?
- Who would I like to know more about?
- What family stories, memories or traditions would I like to keep?



My Family Islands



My Family Islands



My Family Universe

Why Use a Family Universe?

A Family Universe helps children understand their relationships, support networks and sense of belonging. Unlike a traditional family tree, it allows children to show how close they feel to different people and recognise that families and relationships can change over time. This can be particularly helpful for children in kinship care, where important relationships may extend beyond the people they live with.

Draw a solar system with the child at the centre and four orbit rings around them, or use the template provided on the next page. Invite the child to place people within the different rings based on how important or connected they feel to them.

Me
Place yourself in the centre of the solar system.

Inner Orbit
People who are closest to me and support me every day.

Second Orbit
People who are important to me and who I see or speak to regularly.

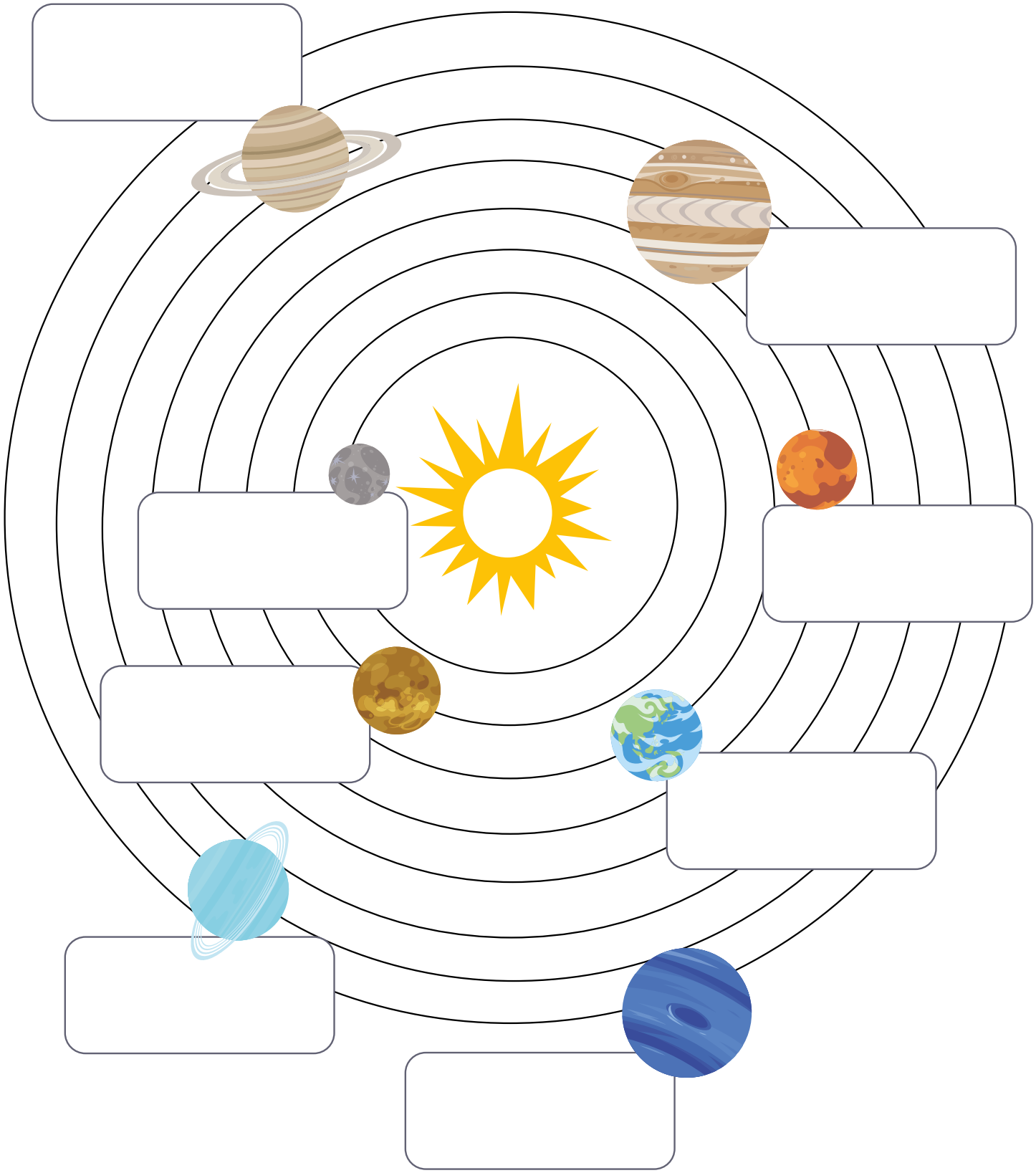
Third Orbit
People who are important to me but who I don't see very often.

Outer Orbit
People, memories, pets, communities or family members who are part of my story.

Questions to Explore Together

- Who are the people closest to you right now?
- Who makes you feel safe?
- Who do you enjoy spending time with?
- Who do you miss?
- Are there people you would like to know more about?
- Who has been important at different times in your life?
- Are there special pets, places or memories that are part of your story?





Safe Hands

The Safe Hands activity helps children identify the trusted adults in their life and think about what makes them feel safe, supported and cared for.

To complete the activity, either:

- Draw around the child's hand on a piece of paper, or
- Use the pre-prepared hand template below.

Ask the child to write the name of one trusted adult on each finger. This could be a family member, teacher, coach, social worker, neighbour, or any other adult who is important to them.

For each person, explore:

- Why do you trust this person?
- How do they help you?
- What makes you feel safe with them?
- When might you go to them for support?

Why Is This Important?

The Safe Hands activity helps children recognise the people they can turn to when they need help, advice or reassurance. It can help carers understand who the child feels safe with, what qualities they value in trusted relationships, and whether there are any gaps in their support network.

The activity can also open up conversations about people the child may not feel safe with and help explore what makes a relationship feel trustworthy, supportive and secure. This can provide valuable insight into the child's experiences, relationships and sense of safety.

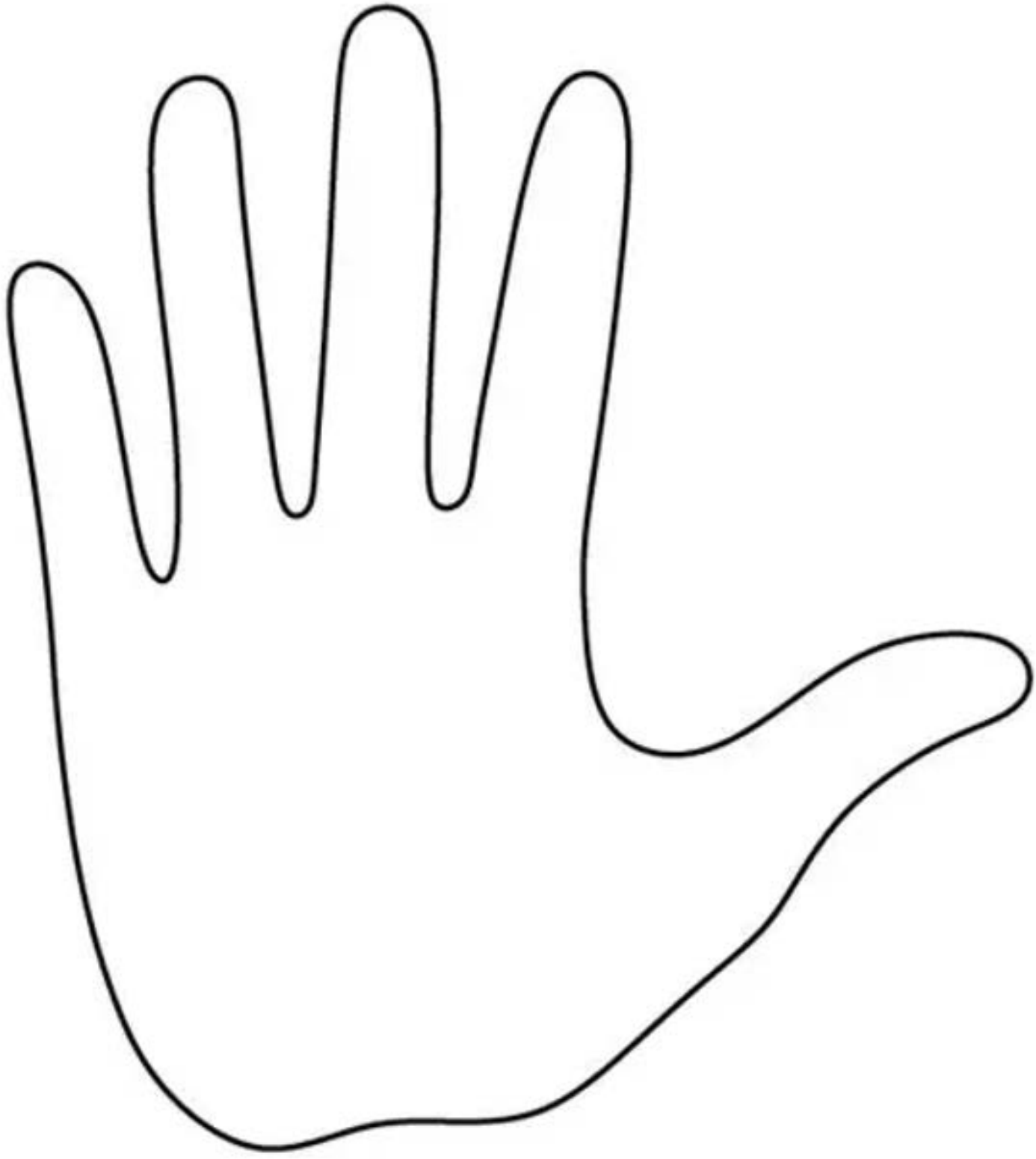
Questions to Explore Together

- Who do you go to when you are worried?
- Who helps you feel safe?
- Who listens to you?
- Who makes you feel better when you are upset?
- Who do you trust to help you solve a problem?
- What makes someone a trusted adult?
- Is there anyone you would like to feel closer to or trust more?

Reflection

After completing the activity, consider:

- Does the child have a range of trusted adults they can turn to?
- Are there any important adults missing from their network?
- What qualities does the child associate with feeling safe and supported?
- Are there opportunities to strengthen existing relationships or build new supportive connections?



My Feelings Thermometer

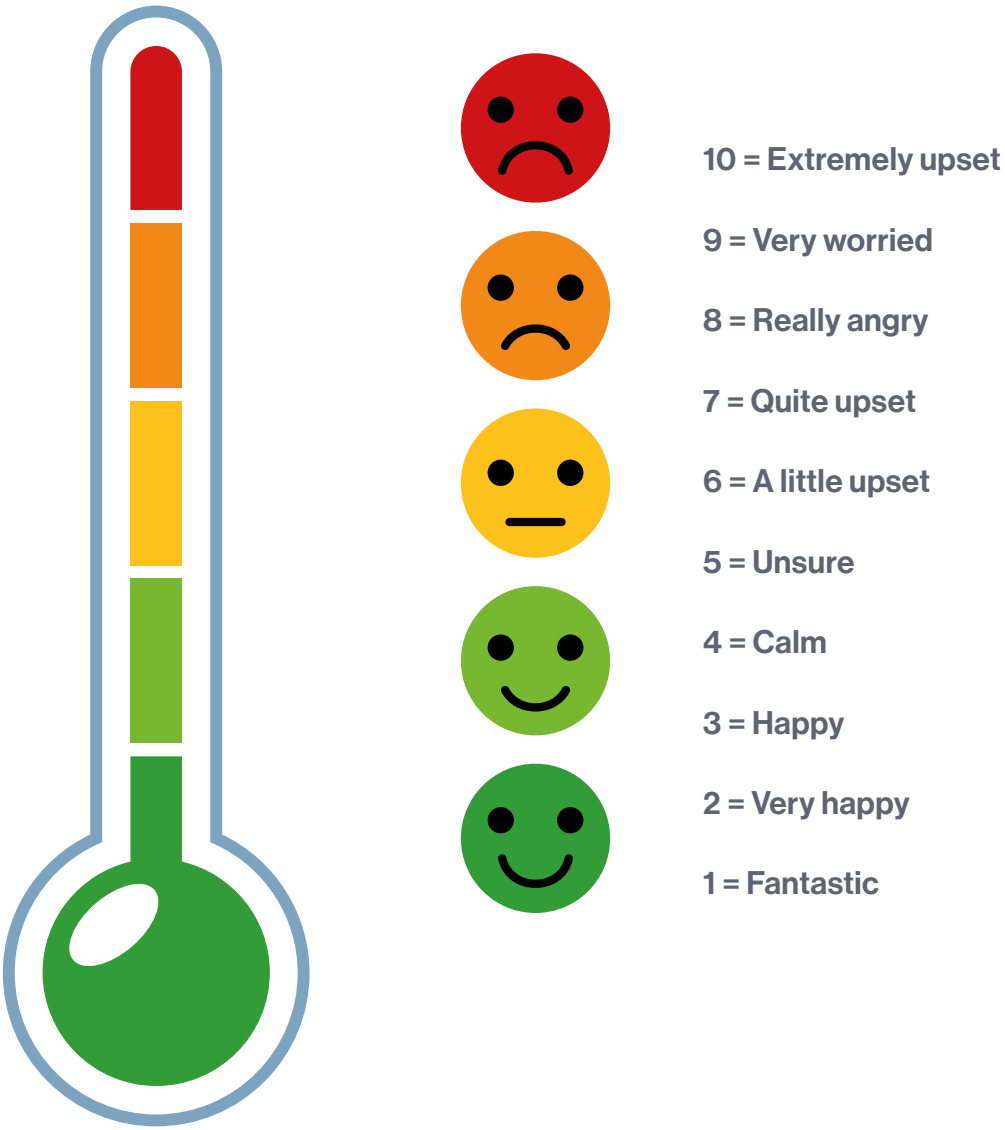
Draw a thermometer on a piece of paper or use the template below. Talk together about different feelings and what they might feel like in our bodies. For example, feeling calm might mean relaxed muscles and a steady heartbeat, while feeling worried, upset or angry might feel different.

Together, decide what the numbers on the thermometer mean. You might choose lower numbers for feeling calm, happy or relaxed, and higher numbers for feelings that are bigger or harder to manage, such as feeling worried, frustrated or angry. This can help children recognise their feelings, talk about them more easily, and think about what might help when emotions start to build up.

Useful questions include:

- What happened?
- How are you feeling right now?
- What might help you move down one number on the thermometer?
- Who could help you?

This activity can help children build emotional awareness, understand their feelings, and identify strategies and supportive people when emotions feel overwhelming.



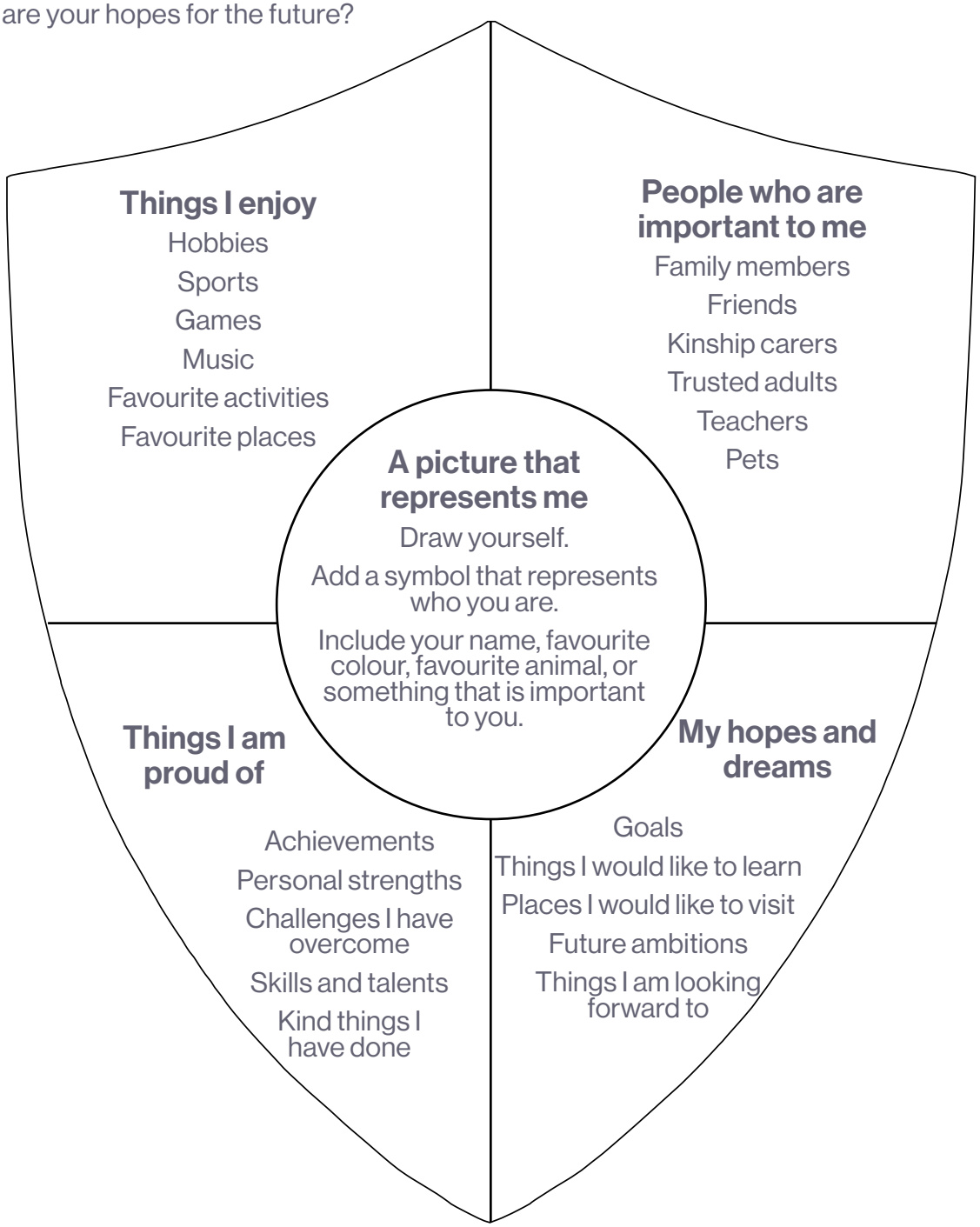
Identity Shield

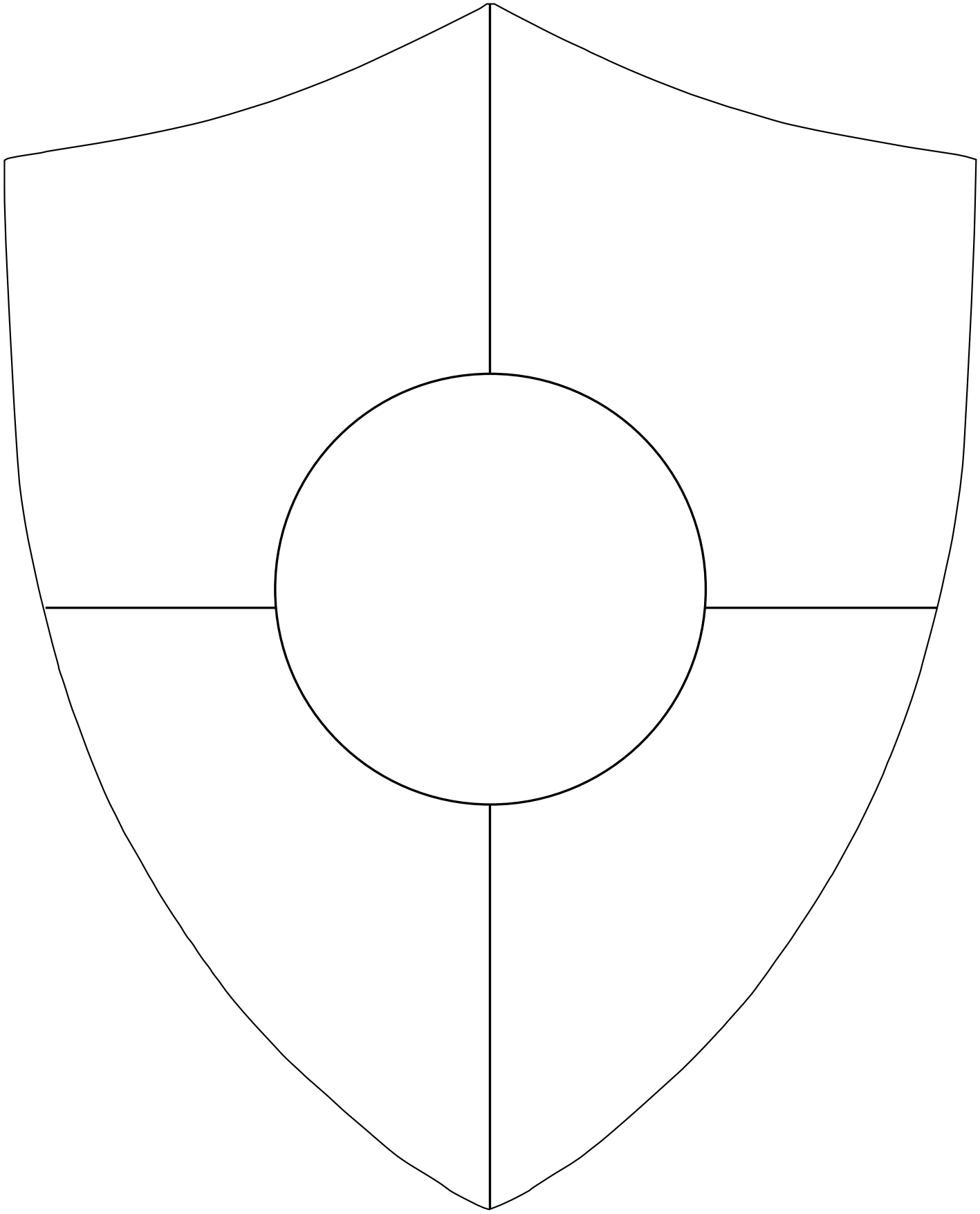
An Identity Shield can help children and young people explore who they are, the people who are important to them, what they are proud of, and what they hope for in the future.

Draw a shield and divide it into five sections or use the template below. In each section, write, draw, add photographs, symbols or pictures that tell the story of who you are.

Questions to Explore Together

- What makes you unique?
- What are you most proud of?
- Who helps you feel safe and supported?
- What do you enjoy doing?
- What is important to you?
- What are your hopes for the future?





My Strengths and Achievements

This activity helps children and young people think about what they are good at, what they are proud of, and the achievements they have made. Focusing on strengths and successes can help build confidence, self-esteem and a positive sense of identity.

You can complete this by talking together and writing down the child's ideas, or by encouraging them to fill it in themselves.

Things I Like About Myself

- I am good at...
- Something I like about myself is...
- One thing that makes me special is...
- I am proud that I...

Things Other People Say I Am Good At

- My family says I am good at...
- My friends say I am...
- A teacher or trusted adult might say I am...

My Achievements

- Something I have achieved recently is...
- Something I worked hard for is...
- A challenge I have overcome is...
- Something I am really proud of is...

People Who Help Me

- People who encourage and support me are...

Looking Ahead

- Something I would like to achieve next is...
- A skill I would like to learn is...

Why is this important?

Children can sometimes focus on the things they find difficult and forget the many strengths and achievements they have. Taking time to recognise what is going well can help children feel proud of themselves, build confidence, and understand that they have people around them who believe in and support them.

Strengths and Achievements

1. Things I Like About Myself

Write or draw thigs that make you feel proud of who you are.

2. Things Other People Say I Am Good At

What do family members, friends, teachers or other trusted adults say you are good at?

3. My achievements

Write or draw thigs that make you feel proud of who you are.

4. What achievement am I most proud of?

Why am I proud of this?

5. People who help and support me

Write or draw thigs that make you feel proud of who you are.

6. Looking Ahead

Something I would like to achieve next:

A skill I would like to learn:

Something I am looking forward to:

My Life Timeline

Important moments in my life

Age 0-5

Age 6-10

Age 11-15

Special Memories to me

A Special Memories Box is a simple way to help children collect and keep the memories, people and experiences that are important to them. It can support children to reflect on their life, celebrate positive experiences, and maintain a sense of identity and belonging.

There are lots of ways to create a memory box. You could:

- Draw and decorate a memory box on a piece of paper and fill it with written memories, drawings or photographs.
- Use an old shoe box and invite the child to personalise it with pictures, stickers, paint or craft materials.
- Create a scrapbook, journal or digital memory book.
- Use any creative format that interests the child.

Children can choose what they would like to include, such as:

- Photographs
- Drawings
- Letters or cards
- Tickets from special days out
- Certificates and achievements
- Favourite quotes
- Family stories
- Small keepsakes or objects that have meaning to them

Why is this important?

Keeping special memories can help children:

- Feel connected to important people and experiences.
- Develop a stronger sense of identity and belonging.
- Celebrate positive memories and achievements.
- Remember family traditions, stories and relationships.
- Reflect on how they have grown and changed over time.

Memory Box Prompts

- Something that makes me smile is...
- A happy memory I would like to keep is...
- Someone who is important to me is...
- A special place I remember is...
- Something I am proud of is...
- A favourite family tradition or celebration is...
- A photograph, drawing or keepsake that means a lot to me is...
- Something I never want to forget is...
- A memory I would like to share with others is...
- A special moment with someone I care about is...

Questions to Explore Together

- What is one of your happiest memories?
- Who are the people you have special memories with?
- What family traditions, celebrations or routines are important to you?
- What are you most proud of?
- Is there a photograph, drawing, gift or object that is important to you?
- What places hold special memories for you?
- What memories would you like to keep safe for the future?
- What would you like other people to know about your story?

There is no right or wrong way to create a memory box. The most important thing is that it reflects what is meaningful and important to the child.



Vision Board

A vision board is a creative way for children and young people to explore what is important to them, their strengths, interests, hopes and dreams for the future.

There is no right or wrong way to create a vision board. Some children may enjoy talking through questions and writing down their ideas, while others may prefer a more creative approach using pictures, photographs, drawings, magazine cuttings, stickers or digital images.

You could create a:

- **Paper vision board** using card, paper, magazines and craft materials.
- **Digital vision board** using a computer, tablet or phone.
- **Written vision board** by asking questions and noting down the child's thoughts and ideas.

Questions to explore together:

- When I am older, I would like to...
- Something I would like to learn is...
- A place I would love to visit is...
- Something I would like to achieve is...
- A skill or talent I would like to develop is...
- Something I am looking forward to is...
- Something new I would like to try is...
- A person I would like to be more like is...
- One thing I would like to do in the next few months is...
- My hope for the next month is...
- My hope for the next six months is...
- My hope for the next year is...
- My biggest dream for the future is...
- Something I would like future me to remember is...

Tips for Kinship Carers

- Let the child lead the activity.
- Focus on strengths, interests and possibilities.
- Be curious and ask open questions.
- Avoid correcting or judging the child's ideas.
- Celebrate the child's goals, no matter how big or small.
- Remember that hopes and aspirations can change over time.

Letter to My Future Self

A letter to your future self can help children and young people reflect on who they are now, what is important to them, and what they hope for in the future.

About Me Today

- How old am I?
- What are my favourite things right now?
- What do I enjoy doing?
- What am I proud of?
- What makes me unique?

Looking Back

- What is my happiest memory?
- What family traditions or memories are important to me?
- What do I want to remember about my life right now?
- What has helped me become the person I am today?

My Relationships

- Who are the most important people in my life?
- Who makes me feel safe, loved and supported?
- Who do I enjoy spending time with?
- What would I like to remember about these people?

My Hopes and Dreams

- What would I like my future to look like?
- What would I like to learn or achieve?
- What job or career would I like to have?
- Where would I like to live?
- What adventures would I like to have?

Messages for My Future Self

- What do I hope you never forget?
- What advice would I give you?
- What strengths do I want you to remember?
- What challenges have I overcome?
- What am I grateful for?

Tip for carers: Encourage the child to include drawings, photographs, favourite songs, quotes, memories, or small keepsakes alongside their letter. The letter can be revisited over time, helping the child reflect on how they have grown, what has changed, and what has stayed important to them.

Dear Future Me,



Today I am _____years old.

About me Today:

Looking Back:

My Relationships:

My Hopes and Dreams:

A message to my future self



Date:

Reflective Journal - for Carers

After completing an activity, take a few minutes to jot down your thoughts on a piece of paper or on your phone.

What stood out to me?

What did I learn about the child?

Who seems most important to them?

Did they share anything that surprised me, worried me, or made me think?

Are there any questions they asked that I couldn't answer?

Is there anything I need to do next?

- [ ] Have another conversation
- [ ] Find out more information
- [ ] Gather photos, memories or family stories
- [ ] Support an important relationship
- [ ] Speak with a professional for advice
- [ ] Revisit the activity in the future

Westmorland & Furness Council

Translation Services

If you require this document in another format (e.g. CD, Braille or large type) or in another language, please telephone: **0300 373 3300**.

للوصول إلى هذه المعلومات بلغتك، يرجى الاتصال 0300 373 3300

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Jeigu norėtumėte gauti šią informaciją savo kalba, skambinkite telefonu 0300 373 3300

W celu uzyskania informacji w Państwa języku proszę zatelefonować pod numer 0300 373 3300

Se quiser aceder a esta informação na sua língua, telefone para o 0300 373 3300

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen 0300 373 3300 numaralı telefonu arayınız