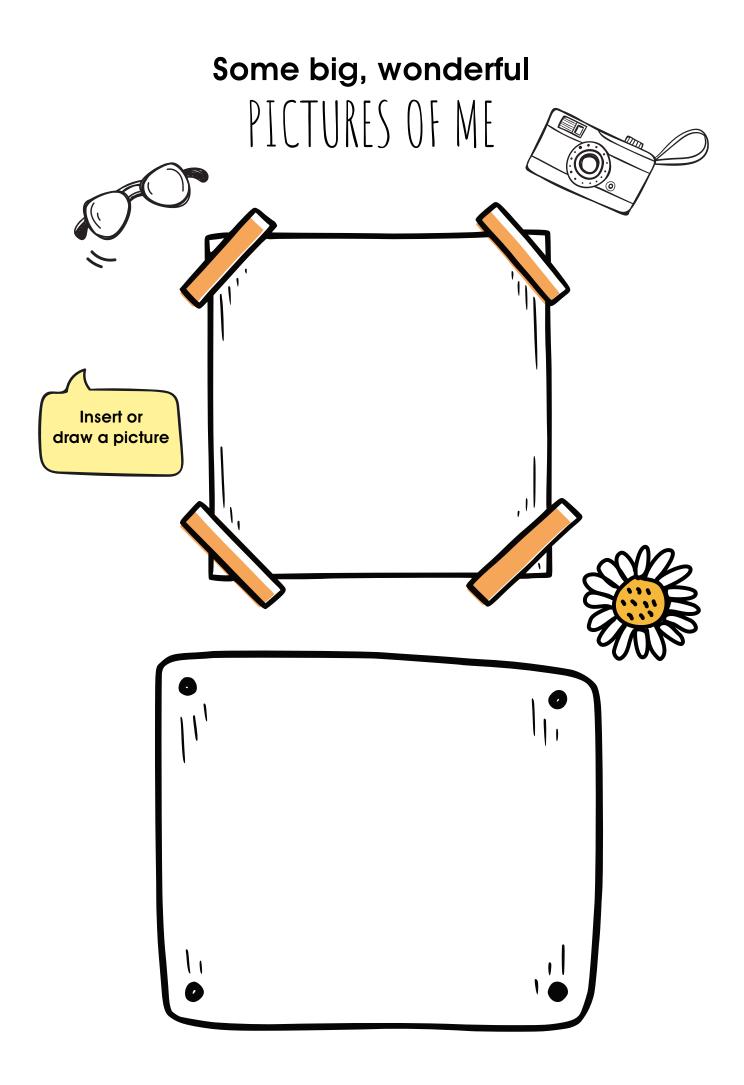


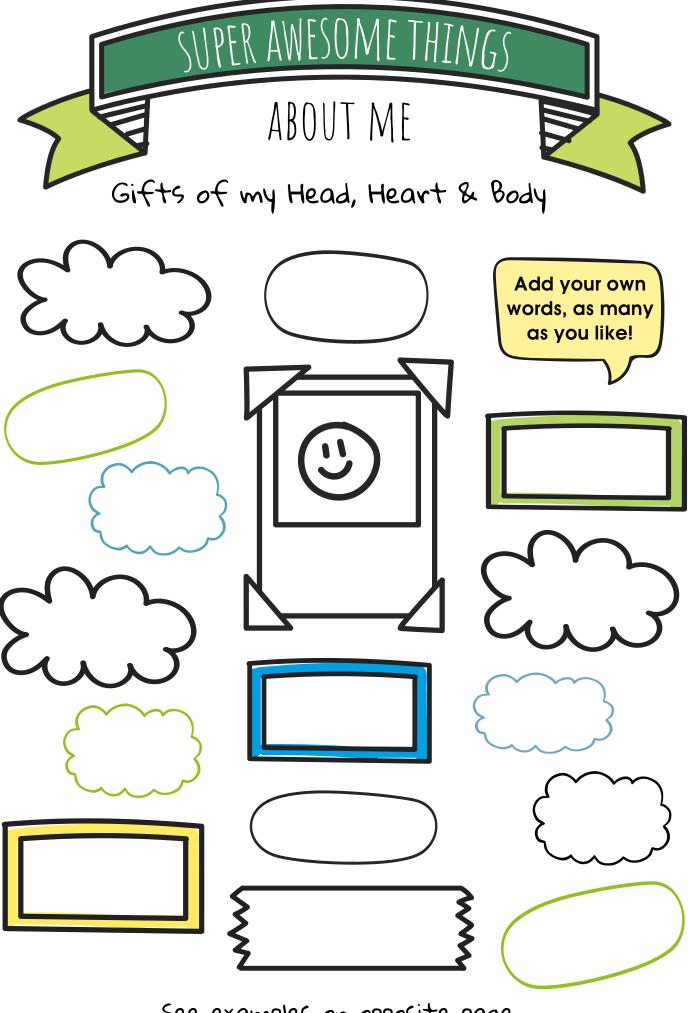


Date: _____ This booklet was prepared by:



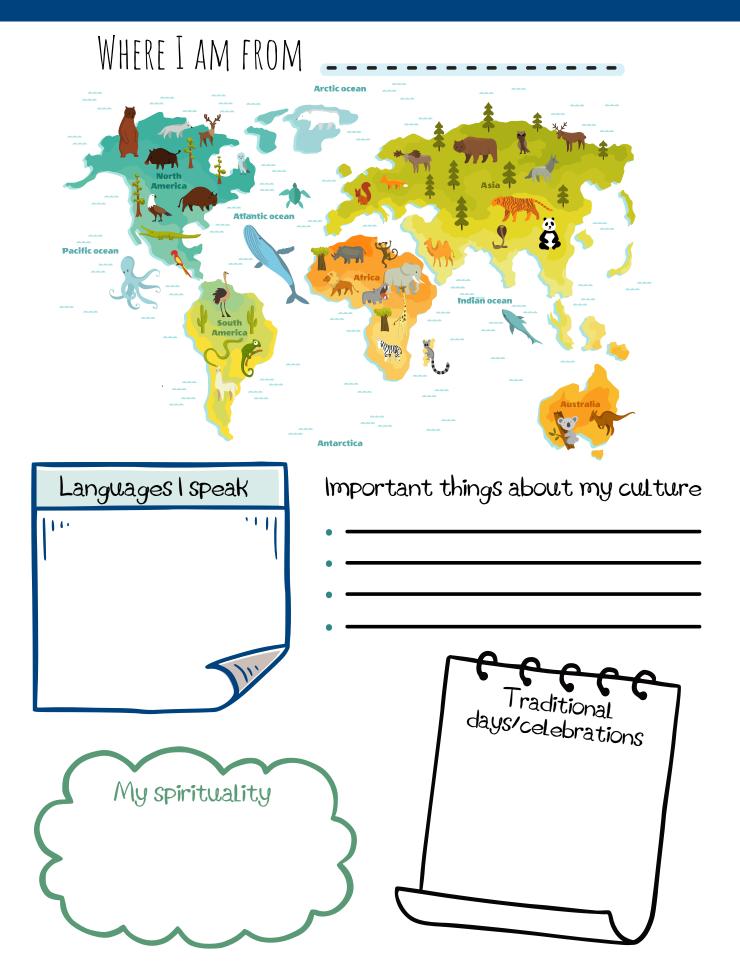
EXAMPLES GIFTS OF MY HEAD, HEART AND BODY

loud	gentle	resilient
natural	amazing	brave
daring	creative	funny
passionate	musical	thoughtful
thinker	strong	heroic
decisive	Kind	generous
empathetic	dramatic	musical
adventurous	sporty	truthful
loving	intelligent	artistic
engaging	entertaining	loyal
Unique	good friend	talented
reliable	calm	creative
helpful	determined	truth teller



see examples on opposite page

MY CULTURE



WHERE IS YOUR FATHER'S MOB FROM? Where Is your mother's mob from?



WHO CAN HELP ME WITH THIS?

Dreams for myself and/or my family and loved ones' dreams for me

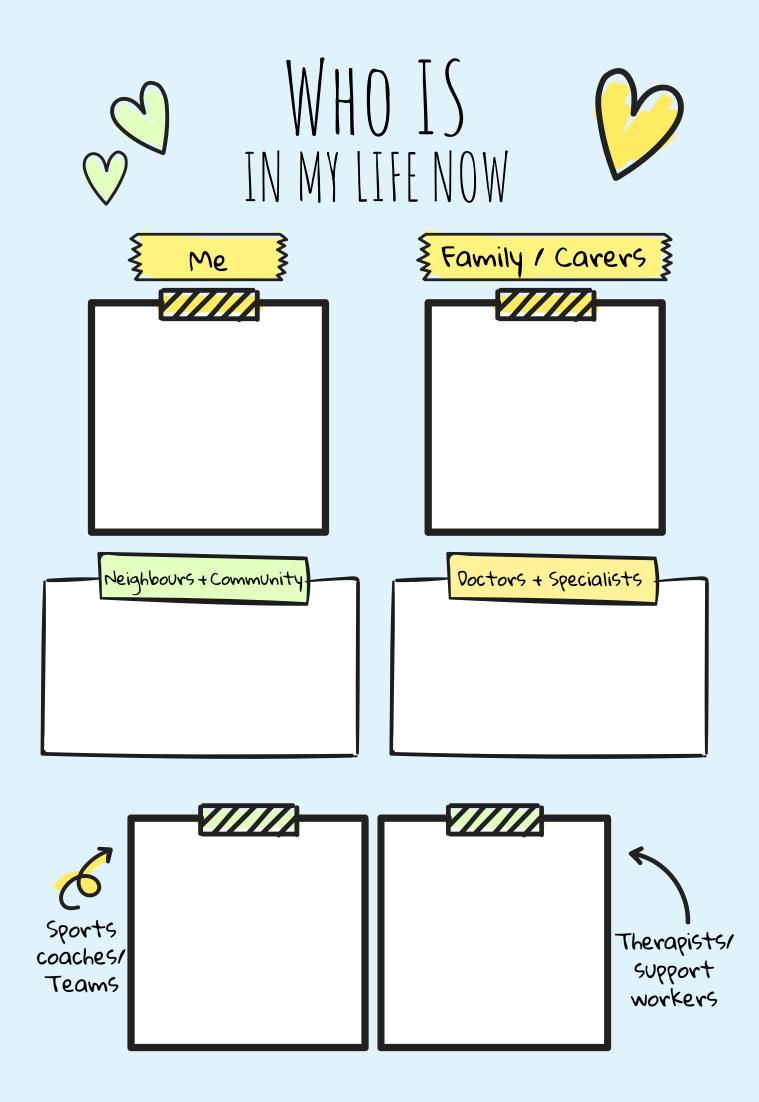
My Dreams

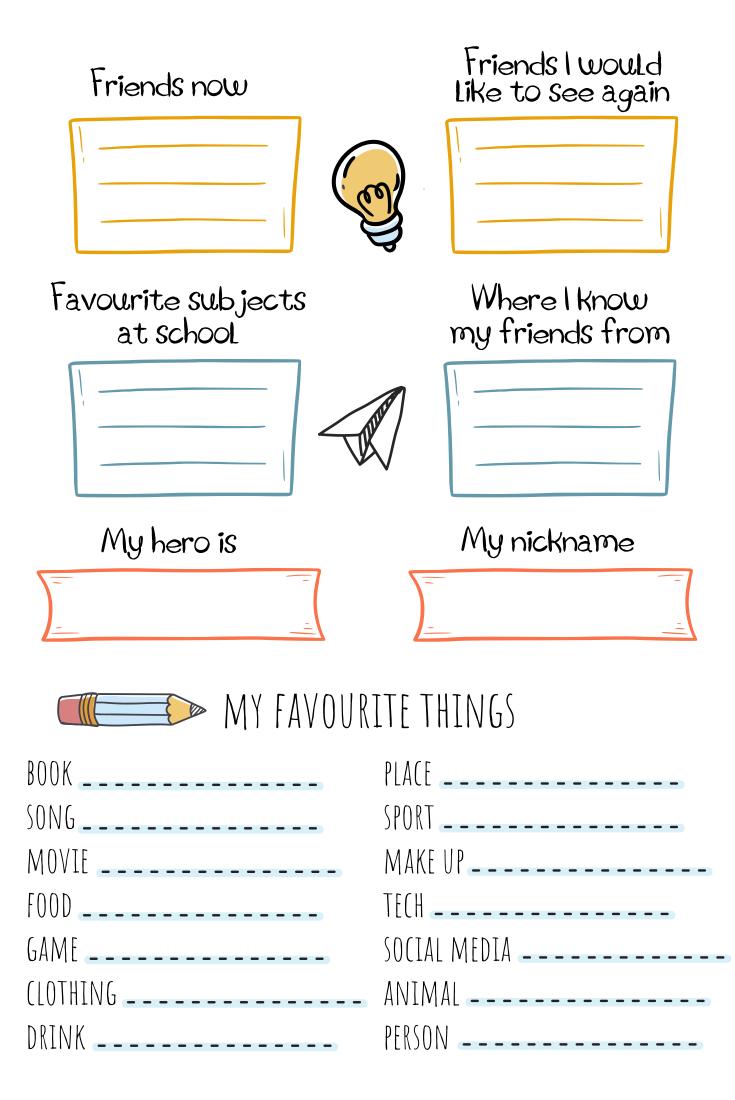
¥ ×

O DREAM

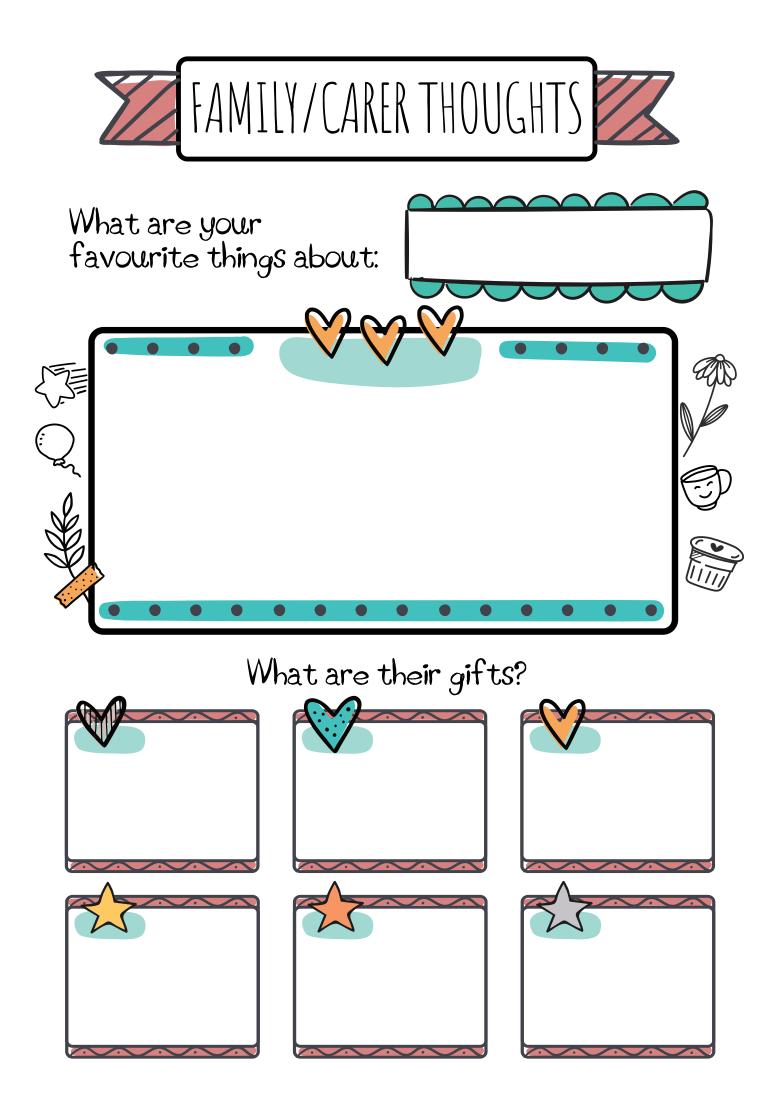
IMAGINE

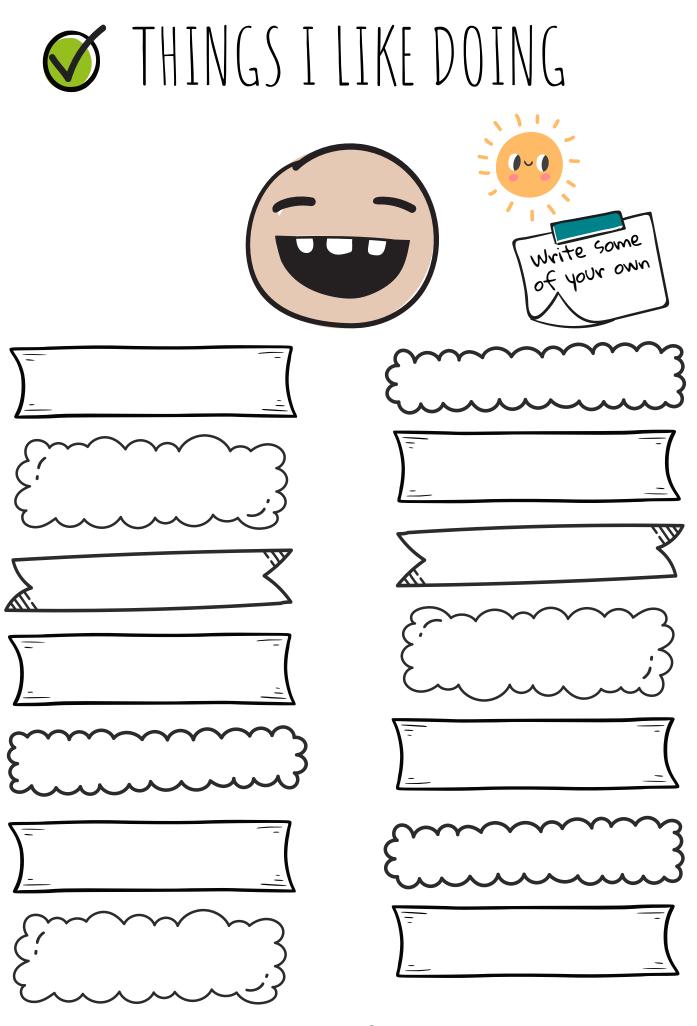
BELIEV





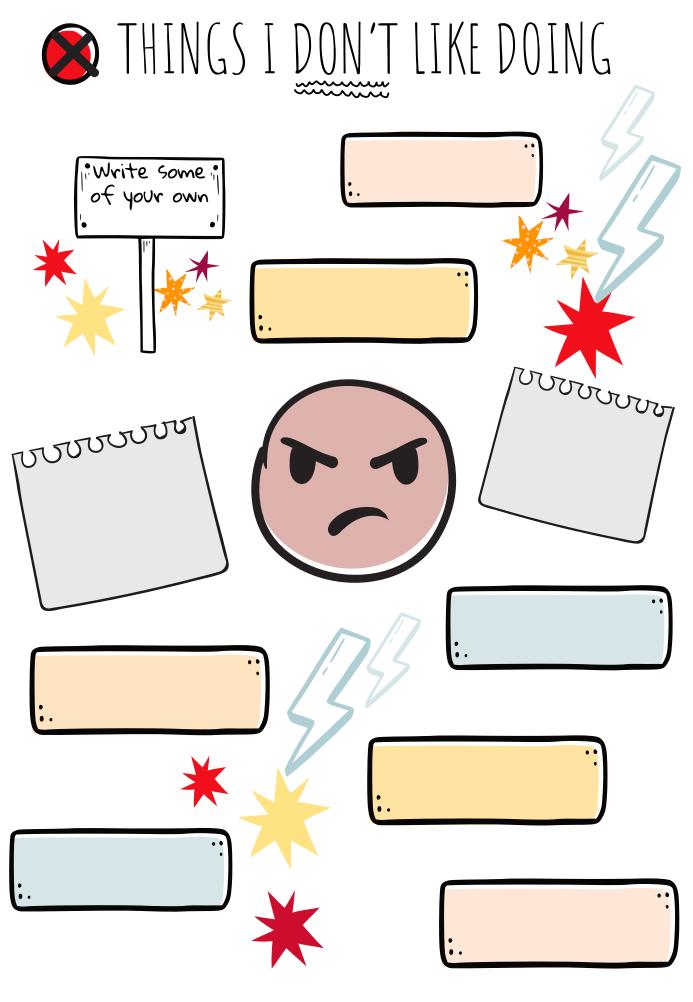






see examples on following page

EXAMPLES		
kicking goals	painting	gardening
camping	sport	playing an instrument
essays	the beach	board
writing songs	cooking	games
	dancing	pizza
massages	sunsets	reading
loud music		exercise
trivia	drawing	invention
sleeping	lego	inventing things
travelling	science	puzzles

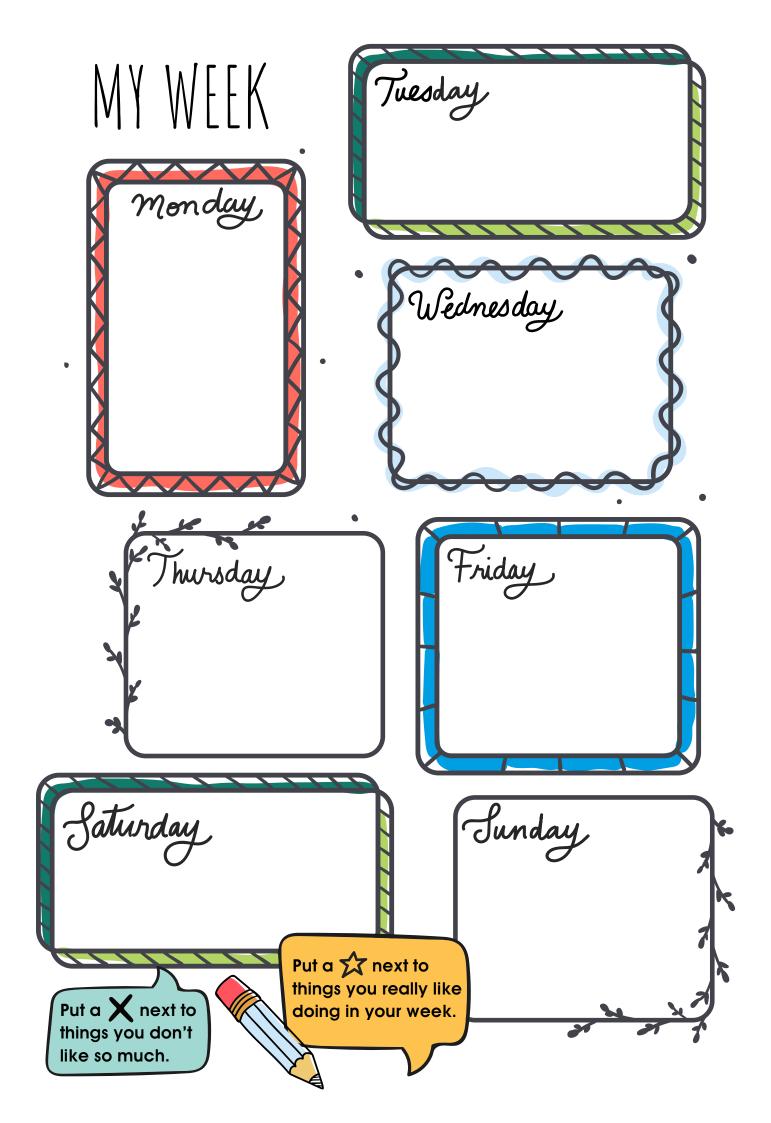


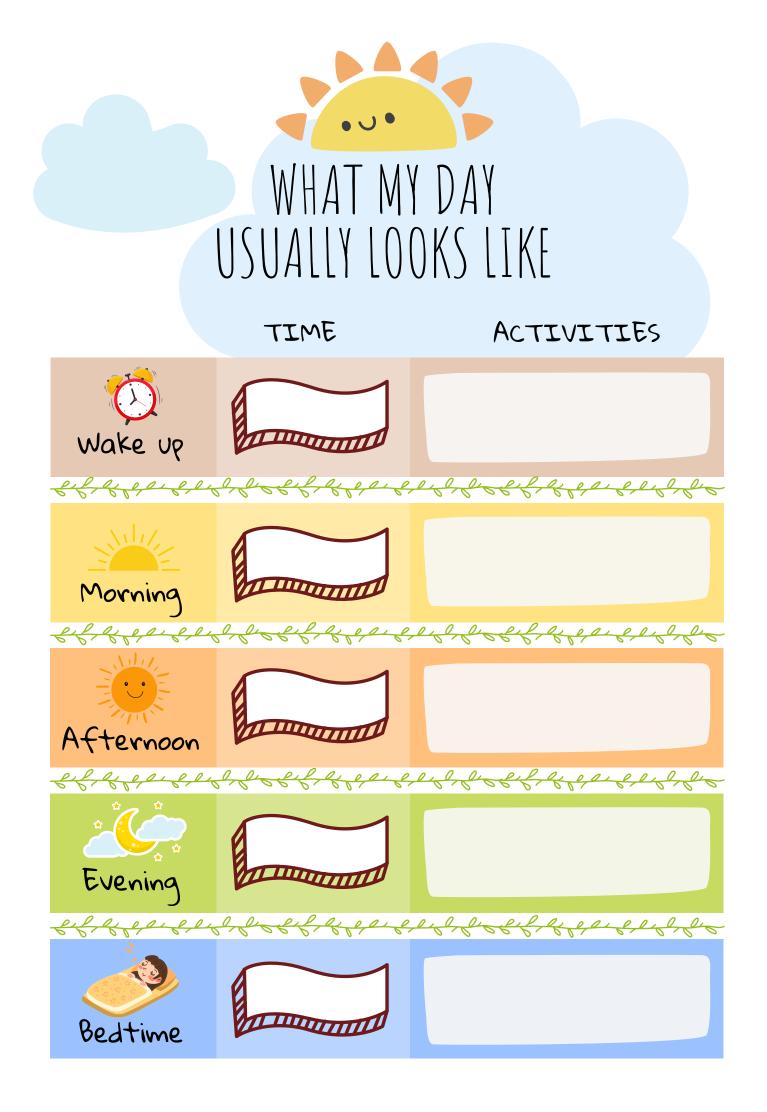
see examples on following page

EXAMPLES

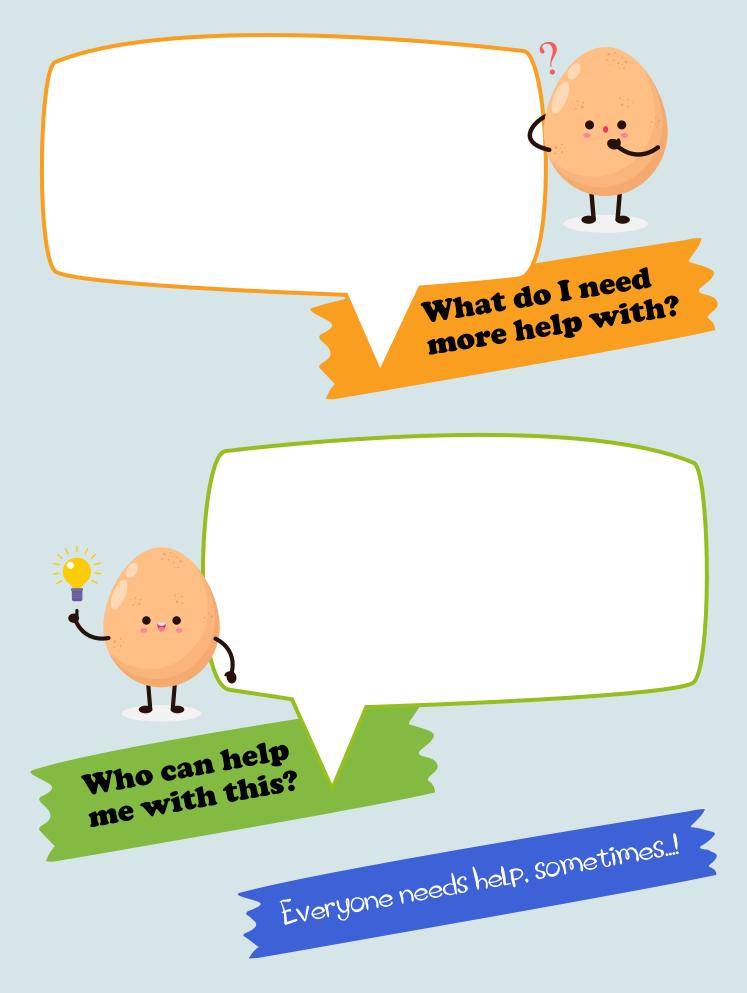
team sports	brushing my teeth	
chores	brushing my hair	
exercising	cleaning up after pets	
worrying	eating vegetables	
haircuts	going shopping	
math	tidying my room	
loud people	waking up early	
cooking	making my lunch	
homework	washing my hair	

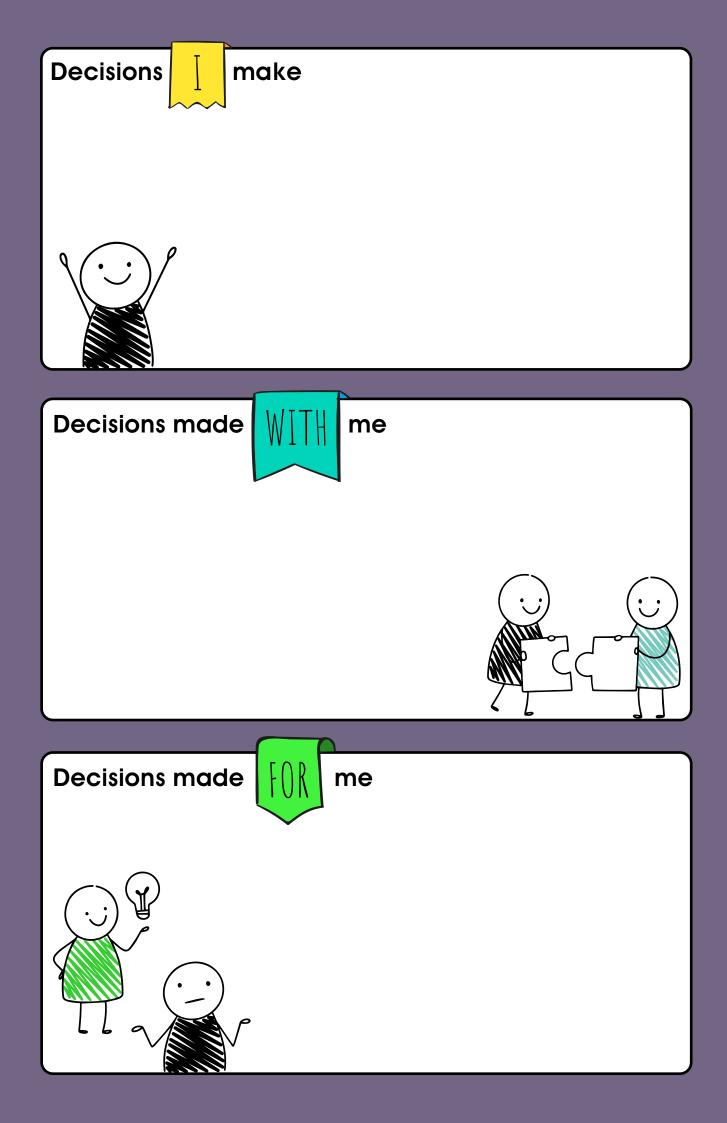










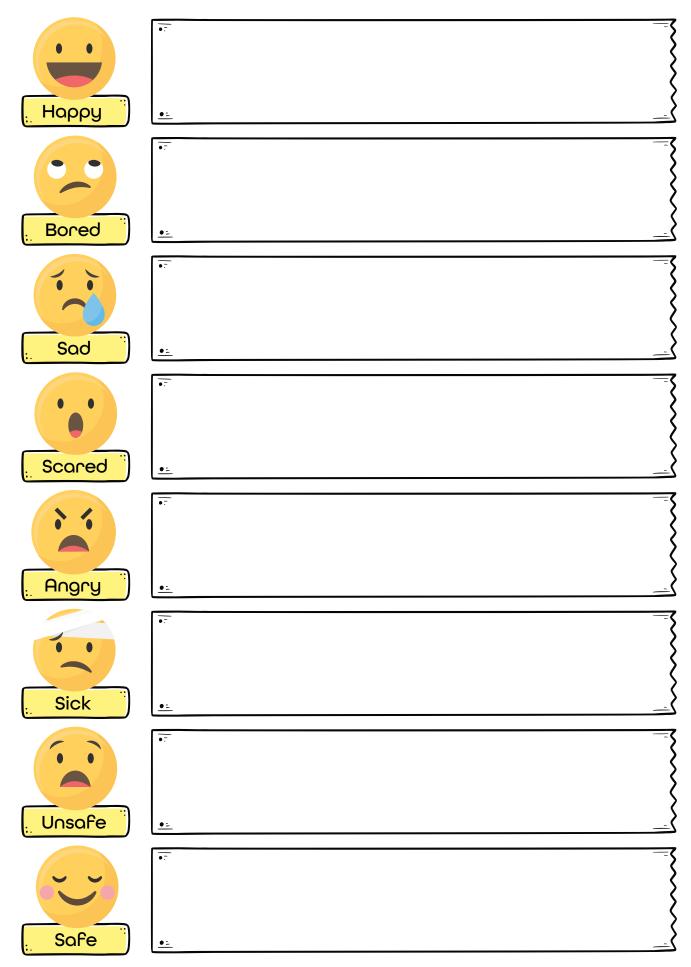


WHAT MAKES ME FEEL..?

	•	
Ηορργ	<u>•</u>	Ś
	•	
Bored	<u>•-</u>	Ś
	•	
Sad	• <u>-</u>	Ś
•••		
Scared	<u>•</u>	3
	• .	
Angry	<u>•-</u>	Ś
	•	
Sick	<u>•</u>	Ś
	•	
Unsafe	<u>•:</u>	Ś
~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	•	
Sofe	<u>•-</u>	

### HOW DO I LET YOU KNOW I FEEL?

(Ways I Communicate - can be words, gestures, behaviour, expressions, sounds)







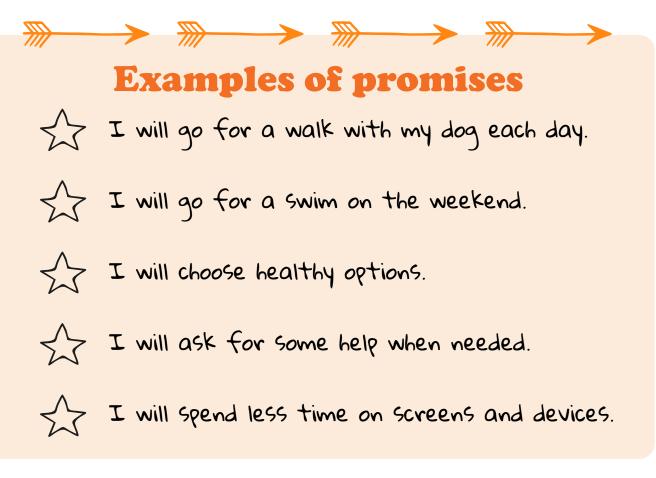


#### Goals I want to achieve



#### Who and what type of help do I need with these?





#### **Examples of goals**



I will swim once a week for one hour to improve my fitness.



I will organise and tidy my room once a week.



I will get dressed and ready each day by myself on time for school.

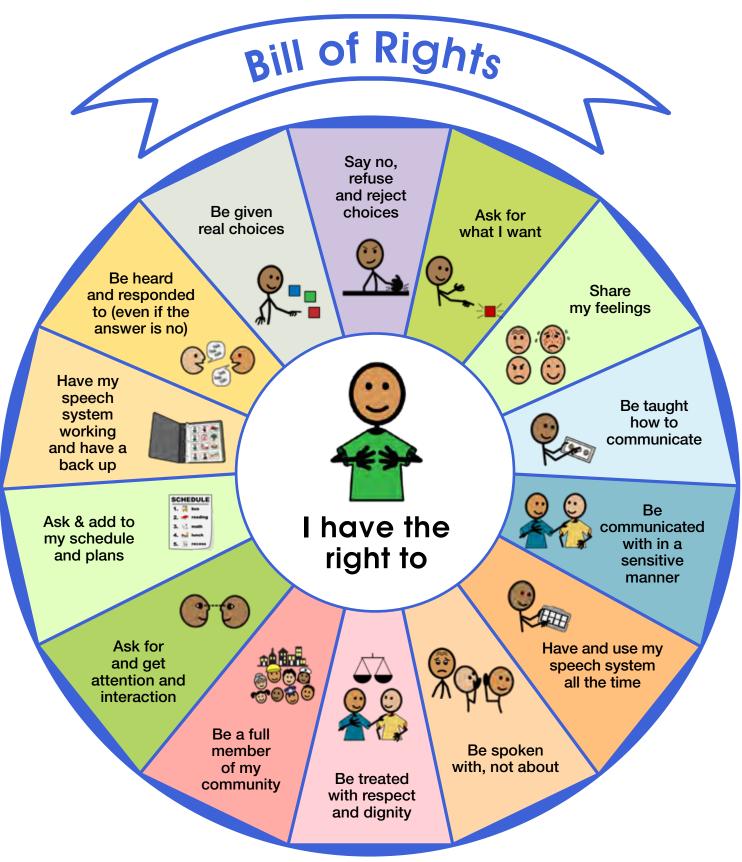


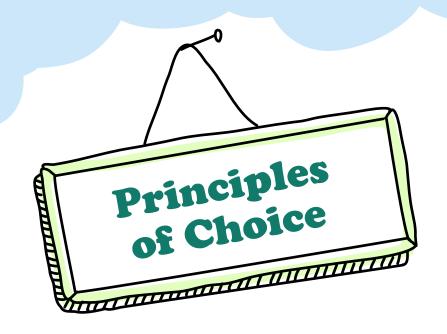
I want to read more books and will spend half an hour reading each day.

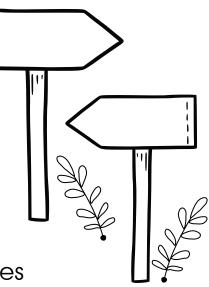


I will plan to meet with my friends in the school holidays.









- 1. I have the right to make choices throughout my day
- $\mathbb{Z}_{\circ}$  I have the right to be who I choose to be
- $\mathfrak{Z}_{\mathfrak{s}}$  I choose my hopes, dreams and goals
- $\mathcal{G}_{\circ}$  All my choices start with my ideas
- S. I make better choices if I have had a chance to try lots of options
- 6. My experiences may be limited by money, experience, or what is possible – but they should not be more limited than others just because I have a disability
- $\mathbb{Z}_{\circ}$  Let me make my own choices as far as I can
- Support me if I need help making my choices or making my choices real
- ٩.
- Choice is a journey, it never stops

# NOTES

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Government of **Western Australia** Department of **Communities** 

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www.waindividualisedservices.org.au

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