



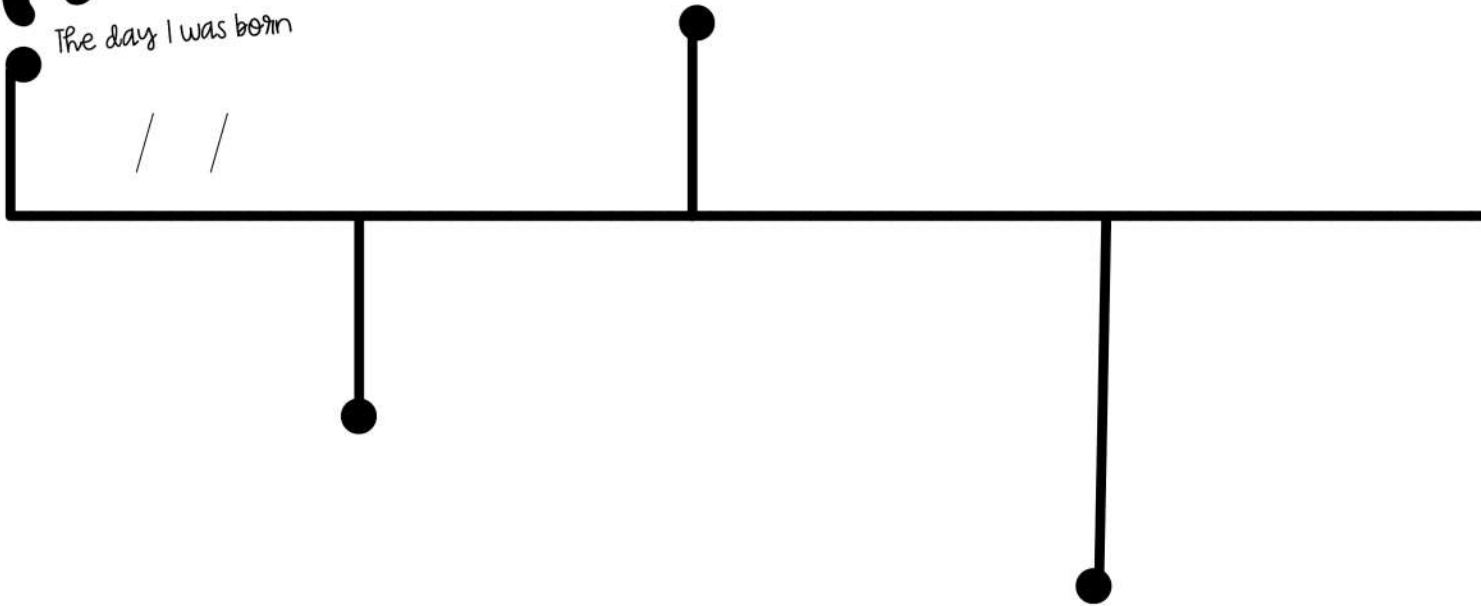
# MY STORY TiMELiNE

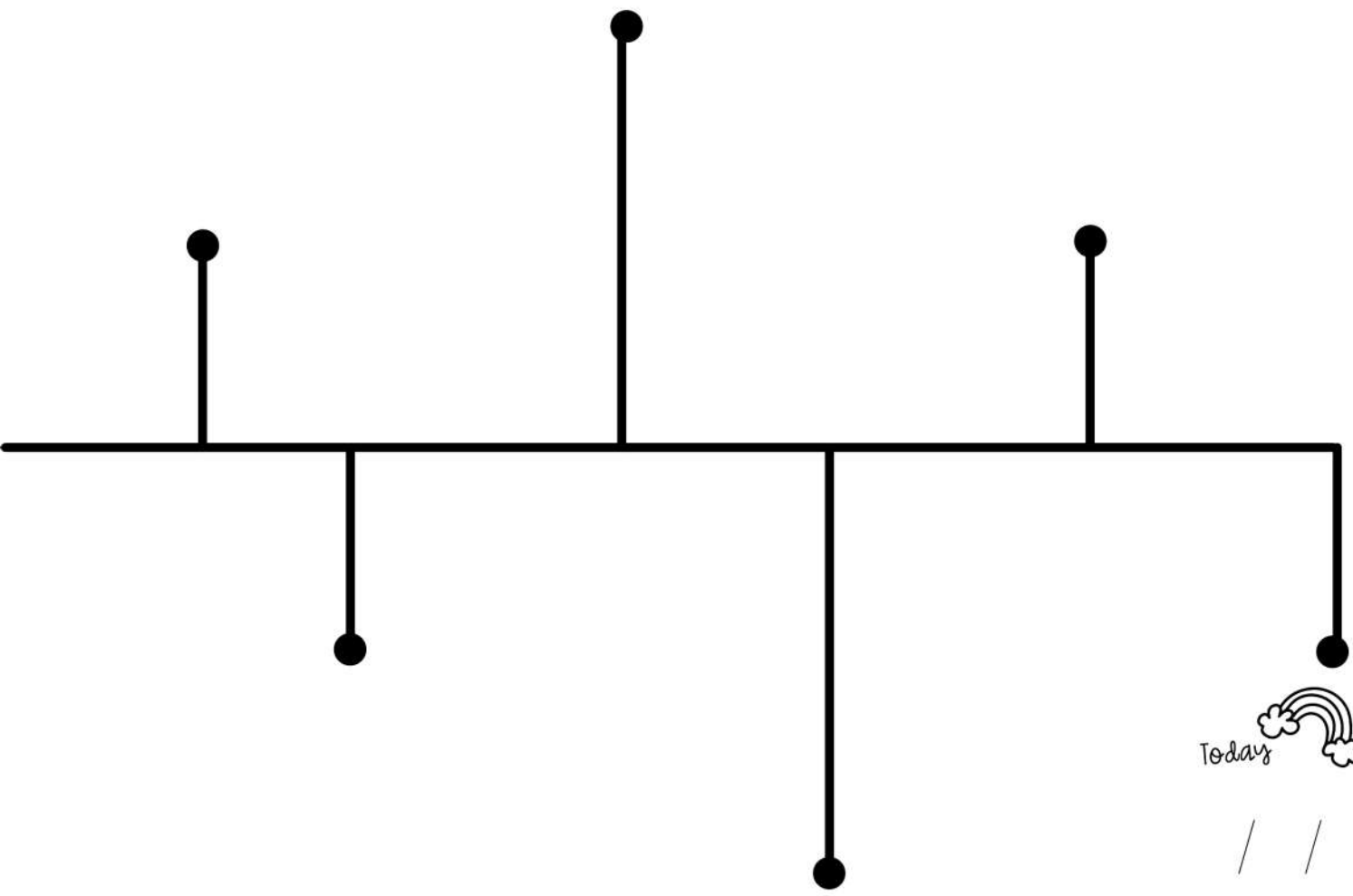
Fill in the timeline from your birthday date until today. Draw pictures of big and small changes plus any special memories in your life as if it were going to be made into a movie. Name each change and memory on the timeline.



The day I was born

/ /







# MY STORY

## Reflection

What is your earliest memory?

My earliest memory is the time...

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Do you have a favourite memory? What makes it your favourite?

One of my favourite memories is...

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It is one of my favourite memories because...

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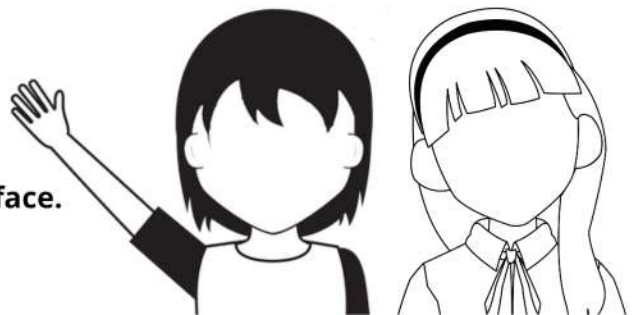
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Thinking about my favourite memory I feel...

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Choose your character and draw this feeling on their face.



In what memory did you try something new or go somewhere you had not been before?

My memory of trying something new or going somewhere new...

Did you like this new thing or place? [tick one]    yes     no

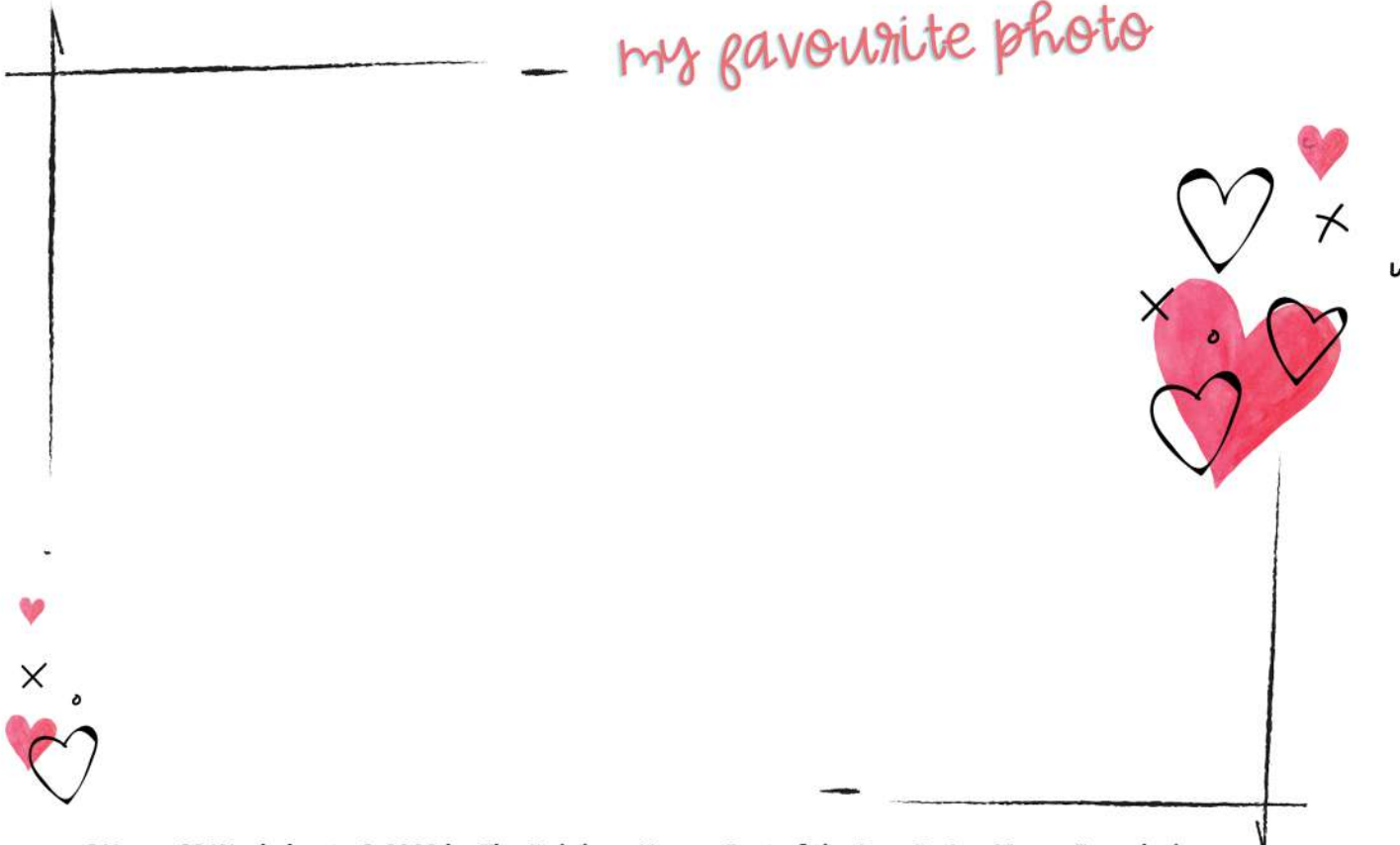
Why? What made you like it or dislike it?

Do you have a memory of a time you were brave, where at first you were scared and had to overcome that fear? What was it?

My memory of a time I overcame my fear by being brave is...

Find or print a favourite photo of yourself ... maybe of your favourite memory or you with a favourite person, pet or thing. Stick or paste it in the box below, if you don't have a picture you can draw it...

*my favourite photo*



## What is your hardest memory?

One of my hardest memories is...

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Was it hard because you lost something important? [tick one]    yes     no

What or Who have you lost?...

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Thinking of what or who you have lost, what made it or them important to you? Fill in the blanks to complete this sentence...

\_\_\_\_\_ is important to me because I

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Thinking of what or who you have lost, what do you MISS about it or them? Make a list...

[maybe it was favourite things you did together, their hugs, special dates like Birthdays and Christmas, how it looked, it's colour, what they said, what it did or what they did]

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If you had a Wishing Jar what WISH would you put in it?  
You're allowed to wish for anything on paper...

*my wish...*





## ABOUT YOUR FAMILY

Find or print a favourite photo of your family BEFORE your big change ... Stick or paste it in the box below, if you don't have a picture you can draw your family...



My family is made up of \_\_\_\_\_ people. They are... [write in their names below according to the picture]

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Although my family has now changed they are still very special because...

_____
_____
_____
_____

