HELPFUL TOOLS INCLUDED IN ALL-ABOUT-ME BOOKS

(Note: With every page created, use words and/or pictures depending on what is most helpful for the individual and keep it as simple and uncluttered as possible)

1. **List of strengths**
   Eg. I am……. (try to focus as much as possible on character qualities as opposed to physical attributes)

2. **Exploring and understanding my Emotions: happy, sad, angry and fearful/worried**

   One page per emotion including the following:
   a) **What do I look like when I am feeling……?**
      (Include what others see)
   b) **How do I feel inside? (can include physical feeling eg. Butterflies in stomach, etc)**
   c) **What do I say when I feel…..? What do I act like when I feel….?**
   d) **What brings on this emotion?**

3. **What to do when I am feeling sad, angry or fearful/worried?**
   Explore together healthy coping strategies and create a summary page for each emotion.

4. **Include full size pictures of things that are soothing for the individual**
   Eg. Pictures of a sunset, sunrise, flowers, dogs, cats, horses…whatever brings a smile ☺

5. **Make a chart of healthy/unhealthy thought patterns**

UNHEALTHY/UNHELPFUL THOUGHTS	**HEALTHY/HELPFUL THOUGHTS**
Eg. "I'm an idiot!" **Eg. "I'm a loser!"**	**Eg. "I <u>can</u> do this!"** **Eg. "I am….(strengths page)"**

6. **Include any favourite pictures of the individual and those special to them. Also include favourite sayings and/or poems if available.**

   *******These ideas are very individual-specific and dependent on the understanding level of the person you are working with. When each person is able to create their own all-about-me book and have put their own ideas and thoughts into it, they are much more likely to take ownership and use it.**