

My

Life

Book

What is a Lifebook?

A Lifebook is a story about YOU! Your Lifebook is a special story written about you and your family. It will help you understand why you are not with your family.

Your Lifebook will help you talk about your feelings about being in foster care. Sometimes talking about your feelings can be hard and a little scary. Talking about your feelings, even the scary ones, is a good thing. Your feelings help to tell you what you need to take care of yourself. Sometimes we like to pretend we don't have feelings, but we all do. You should always talk to someone you trust about your feelings - maybe a teacher, counselor, social worker, or parent. You should NEVER be ashamed of your feelings.

This Lifebook is also a scrapbook of all the wonderful things you do, see and accomplish while you are in foster care. You will always have it so you can remember those good times.

This is a scrapbook about your family - both your birth family and your foster family. You can talk about the old friends you have and the new friends you make. You talk about the school you go to and who your favorite (or least favorite) teacher is.

This is YOUR Lifebook, all about YOU, just for YOU!! You can put into it whatever you want. Have your friends, foster family and birth family help you with it. Make it special. Make it YOU!!!

M

Name:

y

Address:

c

Phone Number:

a

The Day We Met:

s

Stuff My Case Manager and I Do Together:

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This is how I feel about being in foster care. . .

ALL ABOUT THE DAY I WAS BORN

I WAS BORN ON:

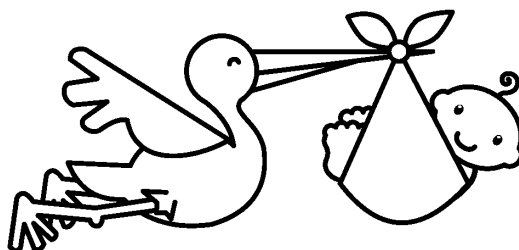
I WAS BORN AT:

I WAS NAMED:

I WAS NAMED THIS BECAUSE:

I WEIGHED:

I WAS INCHES LONG.



ALL ABOUT ME

Things I like to do:

Things I don't like to do:

Things I'd like to see are:

Things I'd like to hear are:

The subject in school I like most is:

The in school I like the least is:

I like to read about:

My favorite thing about being me is:

If I weren't me, I'd like to be:

It makes me happy when:

It makes me angry when:

The thing I think I am the best at is:

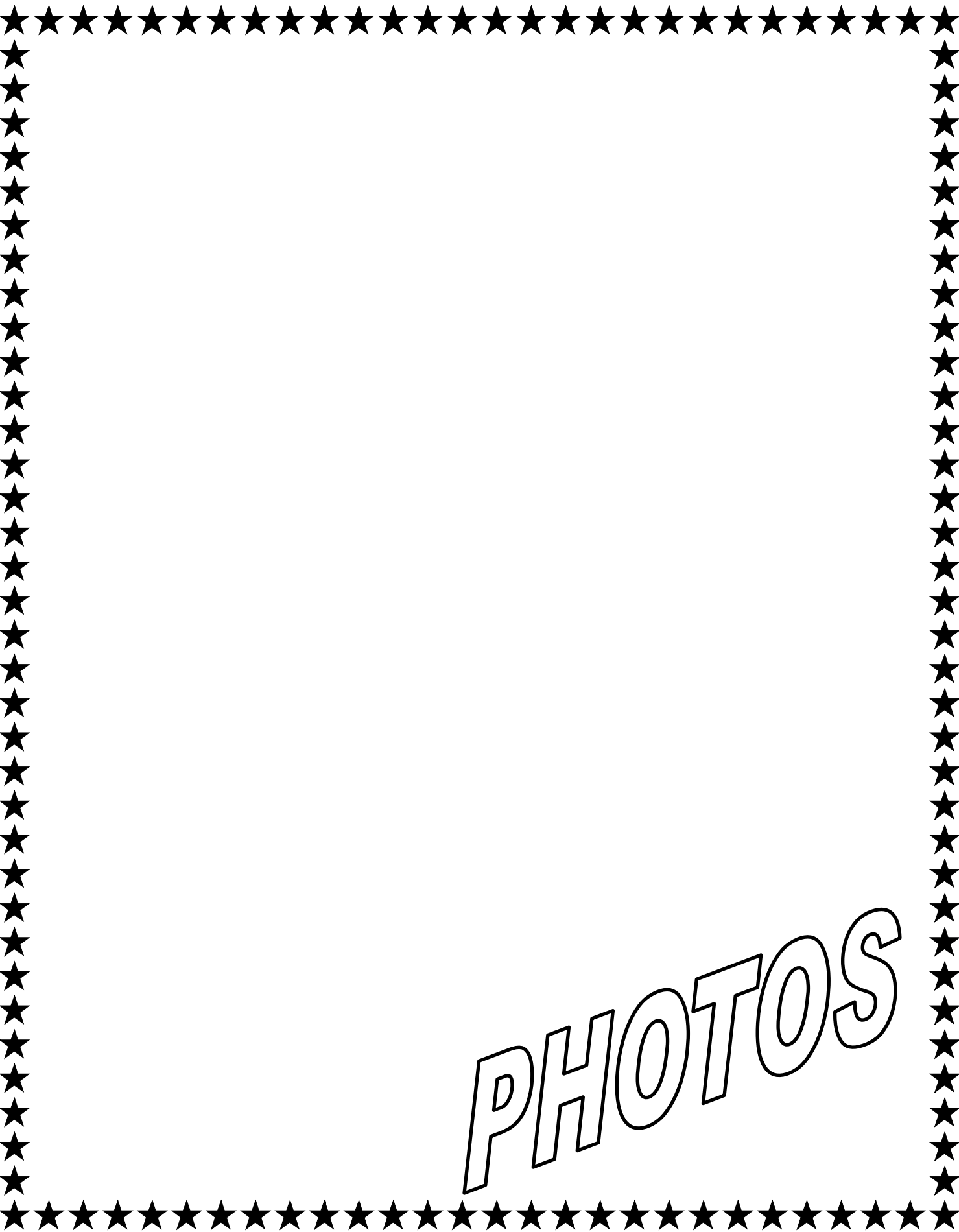
I need more practice on:

Time goes by fastest when:

Time goes by slowest when:

The best thing I have ever done is:

I wish I could:



PHOTOS

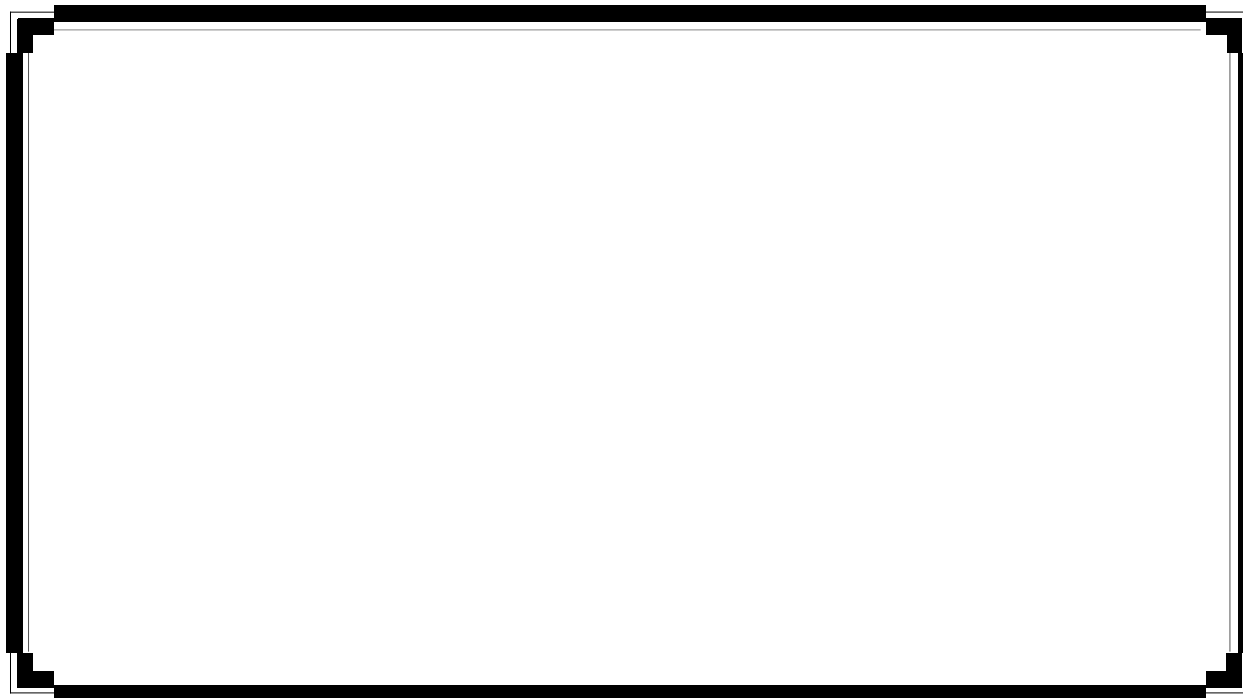
ME

COLOR OF EYES:

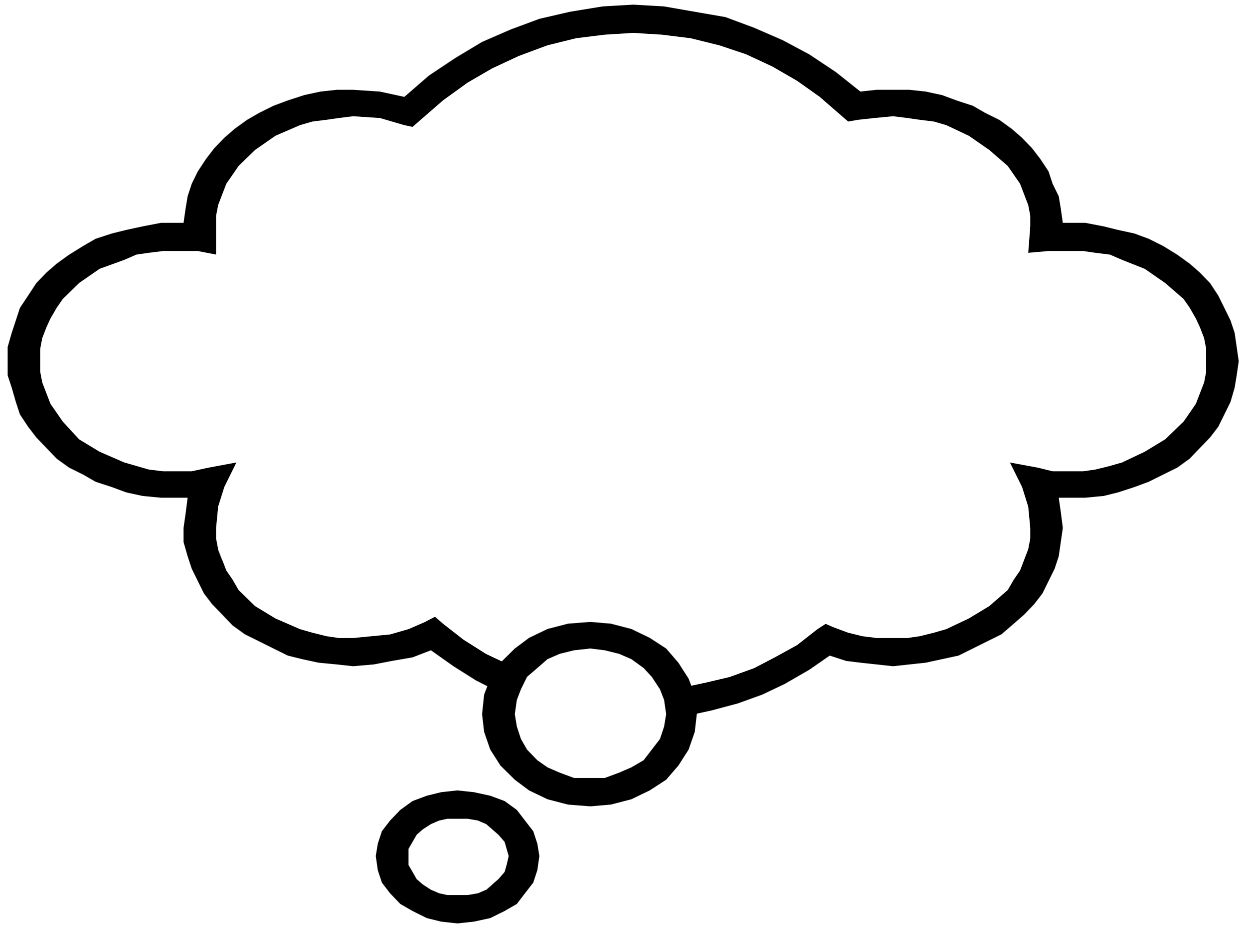
COLOR OF HAIR:

HEIGHT:

WEIGHT:



*WHAT I WANT TO BE
WHEN I GROW UP*



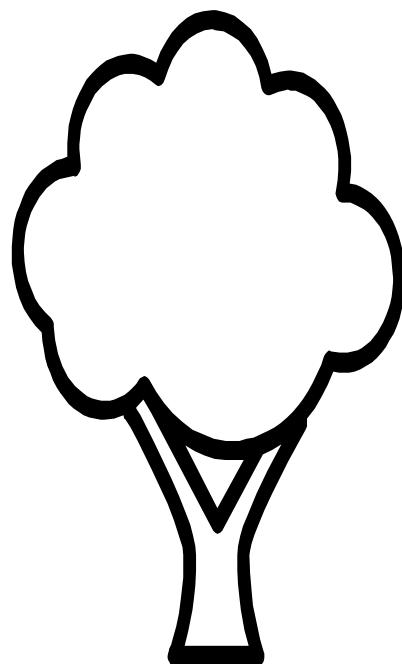
my Mom

MY DAD

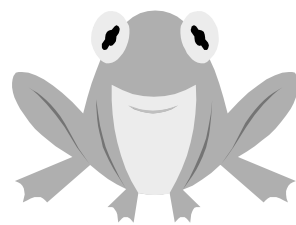
MY
SIBLINGS



My Family Tree



PETS





PETS



PHOTOS

What is a Friend?

I THINK IT IS IMPORTANT FOR A FRIEND TO BE:

CHEERFUL CREATIVE FORGIVING HELPFUL

POLITE SMART

HONEST UNDERSTANDING OUTGOING

KIND FUN CLEAN

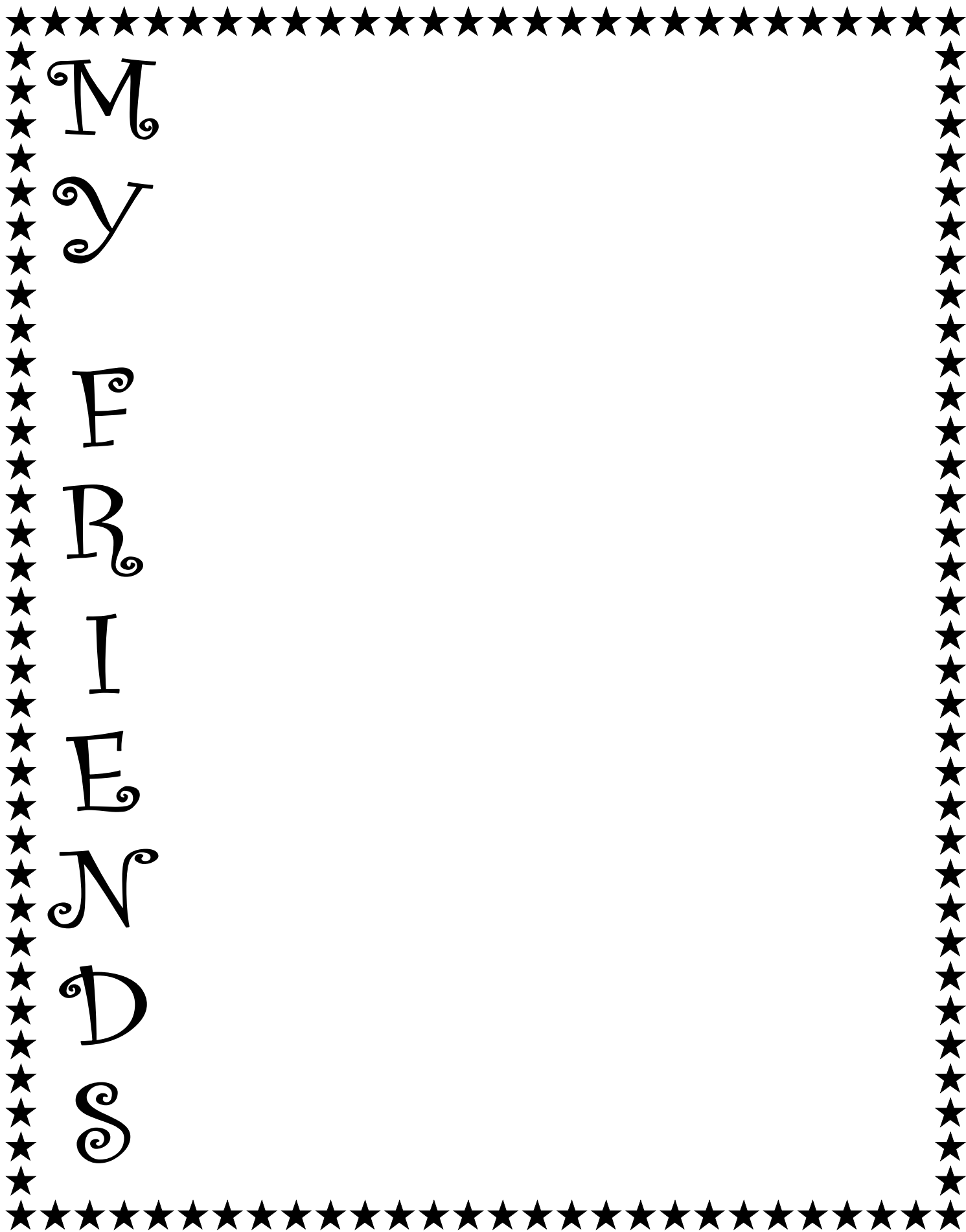
GIVING TRUSTWORTHY FUNNY

My best friend is:

We have been best friends for:

We met:

My favorite thing about my best friend is:



M

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F

R

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MY FRIENDS AT SCHOOL



SCHOOL

My favorite thing about school is:

My least favorite thing about school is:

My best subject in school is:

My favorite teacher is:

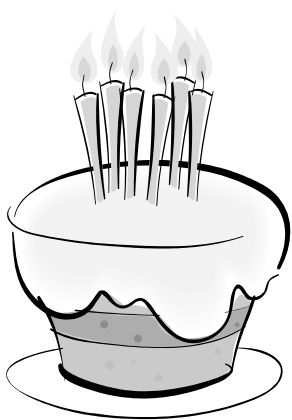
After school



Weekends



Pictures



My Birthday!!



My
Birth
day
s





Pictures

Her name:

M

Her age:

y

Fun stuff we do together:

F

My favorite thing about her:

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My Foster Dad

My Family Family

THEIR NAMES ARE:

I WENT TO LIVE WITH THEM ON:

WE LIVE IN THE CITY OF:

THIS IS SOME OF THE FUN STUFF WE DO TOGETHER:

Other Foster Family Members

Names:

Fun Stuff we do together:

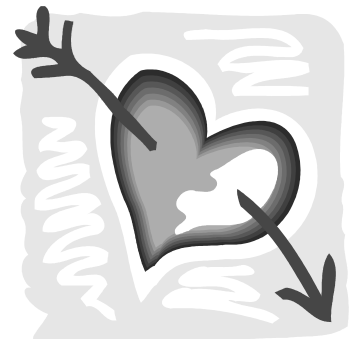
My favorite things about them:





Pictures

Happy
Valentine's
Day









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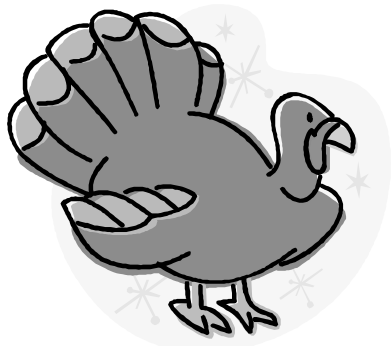
Halloween





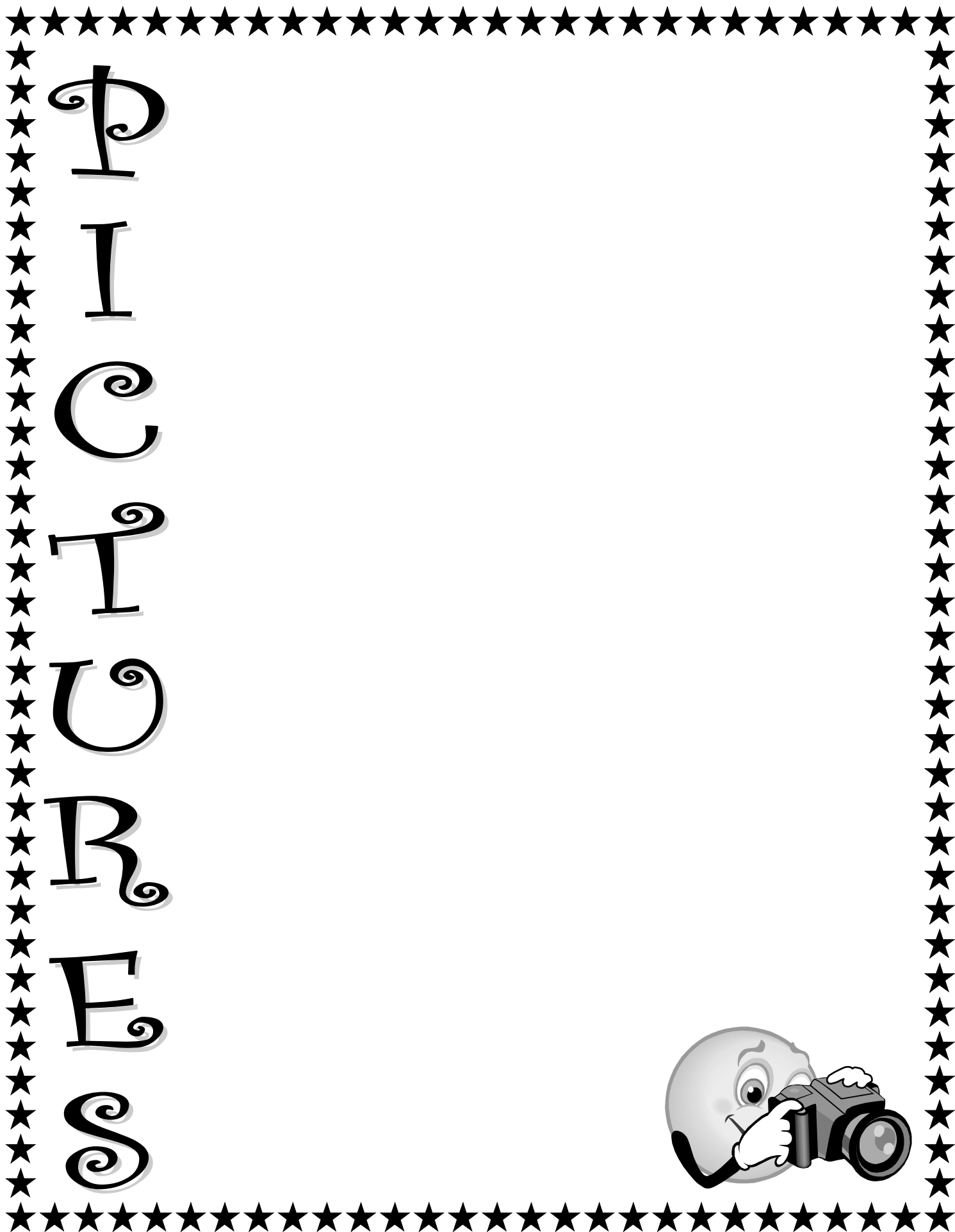
WHAT I AM MOST THANKFUL FOR:

THANKSGIVING TRADITIONS I LIKE:



Christmas





PICTURES





My Favorites

My favorite person:

My favorite place:

My favorite thing:

My favorite animal in the whole world:

My favorite time:

My favorite T.V. show:

My favorite hobby:

My favorite thing to do:

MUSIC



FAVORITE MOVIES



My Favorite Food

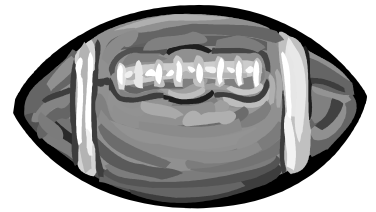


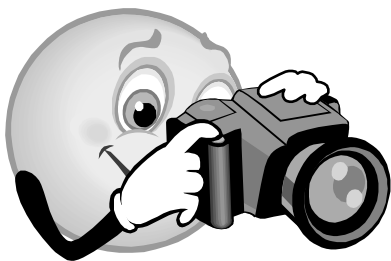
My Favorite Drink





SPORTS

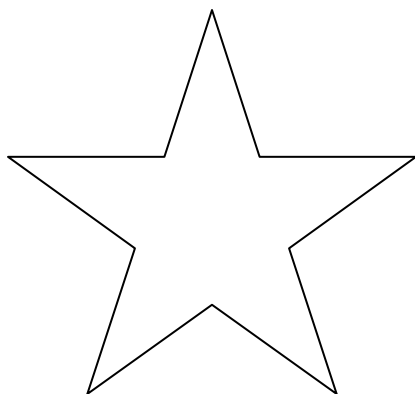




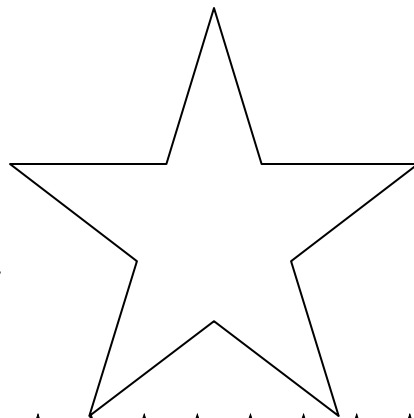
Pictures

SPORTS





FAVORITE
ACTOR



FAVORITE
ACTRESS



I WISH . . .