



I CAN BE
MYSELF!
Everyone is different.
I can be me.

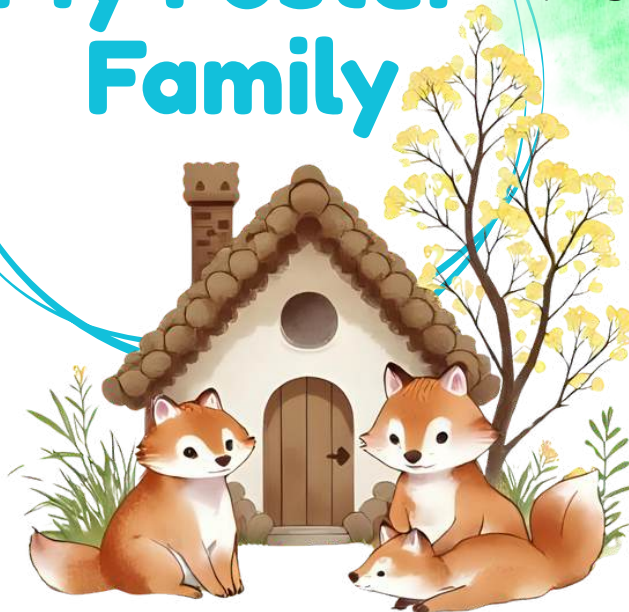


I CAN DO
**THINGS
I ENJOY**
like playing.

I CAN TALK ABOUT
**HOW
I FEEL.**
Someone will listen,
no matter
what I am feeling.



My Foster Family



I CAN FEEL
CALM HERE.
This is a safe and
cosy place.



WE HAVE
**MEALS AND
A ROUTINE.**

Knowing what happens
each day helps me feel settled.

I HAVE MY
**OWN BED
AND SPACE.**



THERE ARE
**KIND
GROWN-UPS**
to look after me.



We use
KIND WORDS.

We speak nicely
to each other.



We
LOOK AFTER THINGS.

We keep toys and
spaces tidy.



We
TRY NEW THINGS.

It is okay if
things feel
different.



We try to be
HONEST.

It is okay to
make mistakes.



**In Our
Family**



We
ASK FOR HELP.

Grown-ups are here
to listen.



We
GIVE PEOPLE SPACE.

We knock and respect
each other's room.



We
JOIN IN AT MEALTIMES.

We sit together when
it is time to eat.



SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM



2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



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