DIVERSE MINDS
LEARNING & LEISURE CIC

CHILD VERSION

All about me

Things I like, how I feel and what helps me.

Please call me:

You can draw, talk, point or write. Someone you trust can help. Try one page at a time and skip any you do not want to do.

This booklet belongs to you. Your answers can change.

MY INTERESTS

My favourite things

Draw or write about things you like. You can show someone instead.

Something I love doing

A game, a place, an animal or something else.

Something I can show or teach you

Draw it or tell someone a little about it.

Something I would like to try

It is okay to ask someone to help you get started.

Activity: give someone three clues

Choose a favourite thing. Draw or give three clues and let someone guess. Then show them why you like it.

ACTIVITY | MAP A DAY

A day in my world

Draw a path through your day. Add places, people and things you do. You can make up a day if you like.

Your day can start anywhere on this page.

Make your own map key

Add a star where you enjoy yourself. Add a cloud where things feel hard. Draw a bridge where someone can help.

One thing that could make my day easier

Tell or show an adult what you would like.

MY VOICE

Help me tell you

There are lots of ways to tell someone something. Circle ways you like or add your own.

Talking

Writing or typing

Pictures or drawing

Gestures or signing

My communication aid

Someone helping me explain

When words are hard for me

I might need time, pictures or someone to stay with me.

My way to say stop or I need help

Choose a word, picture or signal. Who will notice and help?

Try your help signal with a trusted adult. Ask them to show you what they will do when they notice it.

PERSONAL EXPLORATION

When things feel too much

These things might make me cross, worried or feel too full inside. Circle any that fit. Everyone is different.

- Loud noises
- Lots of people
- Being rushed
- Plans changing
- Not knowing what comes next
- Too many instructions
- Not being listened to
- Arguments or unfairness
- Bright lights or strong smells
- Clothes or touch I do not like
- Feeling hungry, tired or sore
- My own: _____

Something I notice about me

What happens before I feel cross or overwhelmed? You can draw it.

What I might need

Quiet, more time, a clear plan, a break, food or someone to listen.

It is okay not to know yet. A trusted adult can help you notice things and make changes.

MY PREFERENCES

What helps me

People can help by changing what is hard. You can draw or circle ideas before you write.

Things that feel comfortable

Quiet or sound? Space or company? Draw or write your own ideas.

Something grown-ups might miss

I might look okay when something is hard. What would I like them to know?

What I want someone to do when I am upset

Stay nearby, give me space, explain, pause or something else.

Things I would like people to avoid

Touch, lots of questions or something else. It is okay to say no.

If someone hurts or scares you, tell a trusted adult. If they do not help, tell another. You do not have to fill in this booklet to get help.

A PAGE TO SHARE

Please read my page

Pick a few things you want an adult to know. You can share this page and keep the other pages to yourself.

Please remember this about me

Choose what matters most.

One change I would like help with

It can be small. What would make things easier?

What we have agreed

Who will do what, and when?

When we will check back

How will we find out whether it helped?

I want to share this with: _____

Ask before showing my pages to someone else. If you need to share something to keep me safe, tell me what will happen.

FOR THE PERSON SUPPORTING THIS BOOKLET

Use what you learn

Follow their lead

Offer one page at a time. Accept drawing, communication aids, silence or leaving it for another day. Check your understanding and record their own words.

Agree a practical change

Choose a next step together and check whether it helped. Do not make help depend on completing a booklet. Explain when a request cannot be met and discuss another option.

Respect privacy

Explain who will see the booklet and where it will be kept. Ask before sharing it. Do not promise secrecy about a concern for safety. Avoid collecting unnecessary personal details.

Respond to concerns for safety

Listen calmly, take the child seriously and avoid leading questions. Explain the next step. Follow child protection procedures promptly and contact social work or police as appropriate. Phone 999 for immediate danger. [2]

Original prompts for conversation, not an assessment. SHANARRI informs the child and teen content. For young adults, use the prompts flexibly around their own priorities.

1. Scottish Government: wellbeing and SHANARRI

2. NSPCC: responding when a child reveals abuse

Sources checked 29 October 2026. Choose the version that suits the reader; neither version tests ability or maturity.