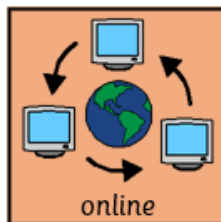




There are lots of ways for me to stay safe when I am at home.
There are lots of things adults do for me, but there are things I can do for myself.



I need to remember to be safe by agreeing to time limits and not adding people without my parent/carer's permission. I know not to share my personal details online.



I need to remember that if I go into my community, I can stay safe by staying with my adults; or staying with people I know. I know not to go into people's houses without my adults permission. I know not to go with strangers. I know that there are safe strangers who can help me if I need it, like police officers.

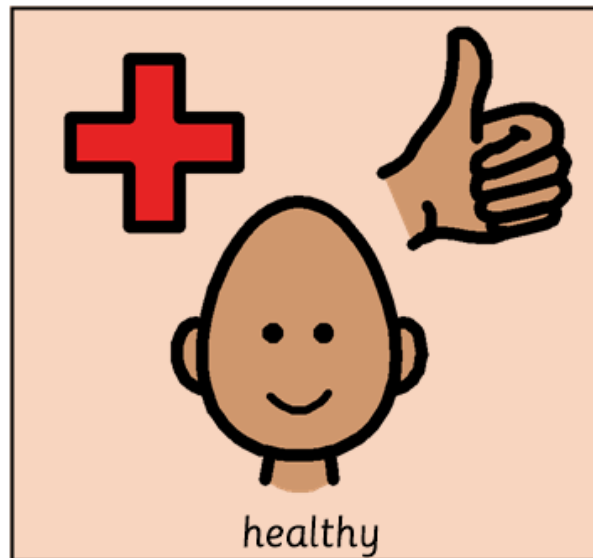


I can get myself dressed, eat my breakfast lunch and dinner. I can have baths or showers. I can go to bed at my usual bedtime. All of these will help to keep me safe.

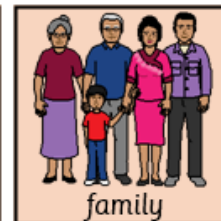
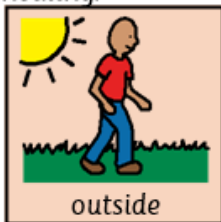




There are lots of ways for me to stay healthy when I am at home.
There are lots of things adults do for me, but there are things I can do for myself.



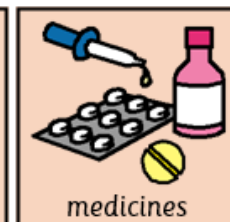
I can exercise during the day. It is important for me to exercise as it keeps my body and brain healthy. I can go for a walk with my family outside. I can go to clubs that help to keep me active and healthy.



Keeping in touch with family and friends will help me to stay healthy. I can phone, text, email or video call them. I can also visit them and go out with them with my adults permission.

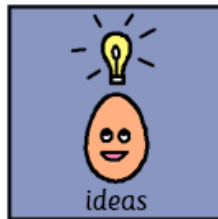
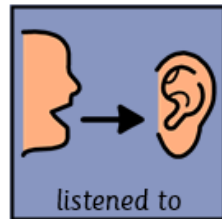
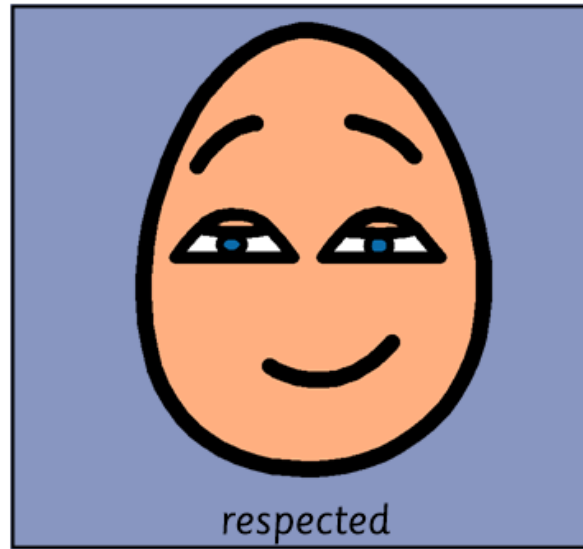


I can stay healthy by having a healthy diet. I make sure I don't eat too much or too little. I go to sleep at my normal bedtime and get up when I normally would. I can take medicine when my adult or doctor tells me I should.

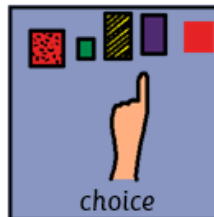




There are lots of ways for me to feel respected when I am at home.
There are lots of things adults do for me, but there are things I can do for myself.



I can feel respected when I am given the opportunity to be listened to. My feelings are valid but I might need help to express them. I am respected when adults give me boundaries.



I can feel respected when I am given what I need to succeed.

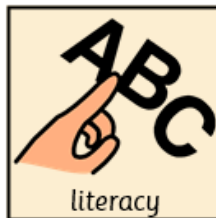
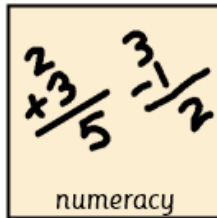


I am respected when I am supported, encouraged and challenged. I am also respected when I am given the opportunity to try things myself.





There are lots of ways for me to keep achieving when I am at home.
There are lots of things adults do for me, but there are things I can do for myself.



I can read and write stories or comics at home. I can do different puzzle and problem solving games. I can share with my adults about what I have been learning and doing in school.



I can develop my skills. I can try memory games or try things by myself. I can learn to do things for myself that is appropriate for my stage of development. I might try to velcro my shoes or tie my laces.

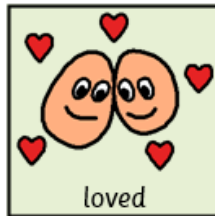
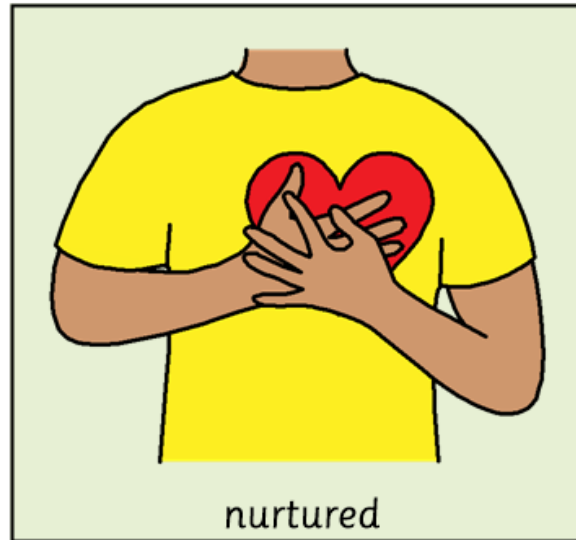


I can try something new. I might try to learn a new language or to cook or to play basketball. I might even try new foods.

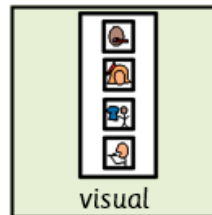




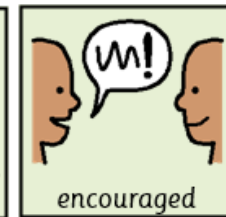
There are lots of ways for me to feel nurtured when I am at home.
There are lots of things adults do for me, but there are things I can do for myself.



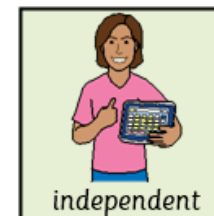
I know that I am loved by my family and my friends. I know that I may not always be able to see them but that does not change how they feel about me.



I am growing up and learning new things. I am learning more about me and this is good. I am learning about what I need to keep me healthy mentally and emotionally.



I am being nurtured by my family, friends and teachers. They are nurturing me by helping me to develop the skills I need for the rest of my life. They are giving me boundaries and allowing me to develop by giving my stage appropriate independence and decision making.



Communication Friendly @SchoolsNlc

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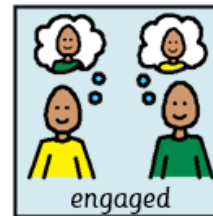
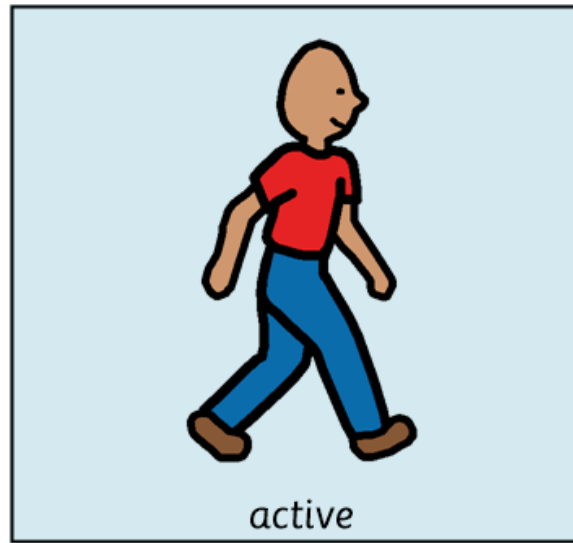




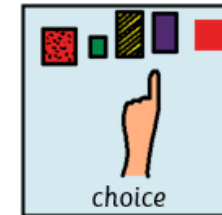
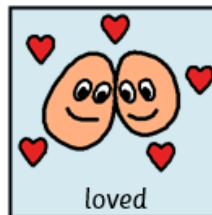
There are lots of ways for me to stay active when I am at home.
There are lots of things adults do for me, but there are things I can do for myself.



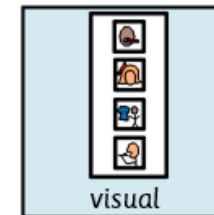
I can stay active at home by making full use of opportunities that my adults give me. For example if they ask me if I want to bake a cake. I can find different hobbies that I haven't tried before such as drawing or sports.



I can be active by being involved in activities around the house such as washing the dishes. I can be active by spending time with my family and talking to them about what they like.



Being responsible for making sure I wear my glasses or hearing aids; eating healthy or using visuals to help me become independent allow me to have an active part in my life. I am able to make choices about things that matter to me.





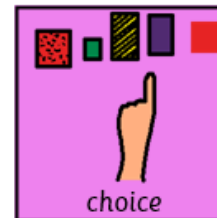
There are lots of ways for me to be responsible when I am at home.
There are lots of things adults do for me, but there are things I can do for myself.



I am responsible for completing any learning activities I am given. I may feel lots of different feelings and have lots of thoughts - how I react to these thoughts and feelings are up to me. I am responsible for respecting the boundaries people set and not overstepping or ignoring these boundaries because I do not like them.



I need to be responsible for making good choices and trying to help out by being more independent like remembering to brush my hair. I can be responsible by supporting and encouraging my family.

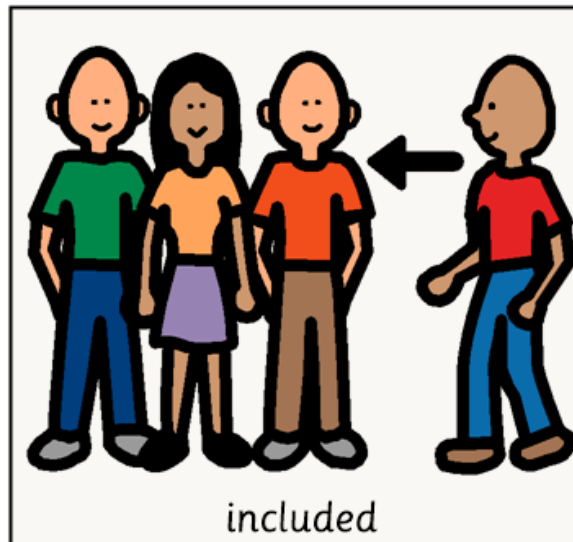


There are lots of opportunities for me to be responsible by helping with chores and looking after my things such as folding my clothes and putting away my toys when I finish playing. I can also be responsible by recognising that different people need different things to help them manage life.





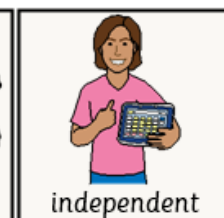
There are lots of ways for me to feel included when I am at home.
There are lots of things adults do for me, but there are things I can do for myself.



I can be included by arranging times to speak to or see my friends. I can be included by getting a message or letter or postcard to let me know someone is thinking of me and remembers me. It is important for me to be encouraged in life.



I am included when I am involved in making choices and when someone talks and listens to me.



I am included when I am given the help I need and when I am given responsibility. I am included when I am allowed to try things and am given opportunities that others may think I can't do. I am included when I am considered capable and competent.

