My Life Story Map

My story is mine. I belong, and all my feelings are okay.

Name: _____ **Date:** _____

1 How I feel right now

Tick all that fit. Two feelings can be true at once

- [ ] Happy
- [ ] Sad
- [ ] Mixed up
- [ ] Mad
- [ ] Worried
- [ ] Missing someone
- [ ] Safe
- [ ] Loved

2 Tricky times

Tick the ones I want help with

- [ ] Bedtime
- [ ] Visits
- [ ] Family tree tasks
- [ ] Birthdays
- [ ] Holidays
- [ ] New places
- [ ] Nosy questions
- [ ] Goodbyes

3 My people and my questions

Write or tell a grown up who can write it for me

People I live with: _____

People I care about: _____

A question I have: _____

Something I wonder about: _____

4 Always me

Draw something I love or I am good at, wherever I live

This is me:

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My Belonging Plan

What helps me, what I say, and who I can tell.

Name: _____ **Date:** _____

1 Things that help me

Pick 2 or 3 and share them with my grown up

- [ ] A hug or high five
- [ ] My special things
- [ ] Calm breathing
- [ ] A bedtime routine
- [ ] Photos of my people
- [ ] Kids like me
- [ ] Saying how I feel
- [ ] Doing what I love

2 My words

Practice them out loud with my grown up

If someone asks nosy questions I say: _____

When I miss someone I can: _____

When I feel big feelings I tell: _____

Grown ups I trust: _____

3 My weekly check in

Color a box each week

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
I said how I feel	☐	☐	☐	☐	☐	☐	☐
I asked a question	☐	☐	☐	☐	☐	☐	☐
I did something I love	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Feelings support, not legal or clinical advice

Let the child set the pace. Never push for details of hard memories. Say clearly that it was not their fault.

Speak kindly about birth family. Check with the caseworker or therapist before sharing story details or contact plans.

Watch for sleep, behavior or worry that lasts. Ask the pediatrician or a trauma informed therapist for help.

Crisis: call or text 988. Danger: 911.

Adult notes: what my child said, questions for the caseworker or therapist, what to share with the school

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