

My Lifebook Journal

A Workbook for Children in Foster Care

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Contents

A Note to Adults	v
Introduction	vii
Activity 1 My Self-Portrait	1
Activity 2 When I Was Born	4
Activity 3 My Medical Record	7
Activity 4 My Biological Family	10
Activity 5 My Foster Family	13
Activity 6 My Very Best Friend	16
Activity 7 My Address Book	19
Activity 8 The Schools I Have Attended	22
Activity 9 My List of Favorites	25
Activity 10 The Person I Admire the Most	28
Activity 11 Feeling Proud	31
Activity 12 Very Random Questions	35
Activity 13 My Many Feelings	38
Activity 14 Managing My Anger	41
Activity 15 Anger Emergency Kit	45
Activity 16 The Truth About Lying	48
Activity 17 People Care About Me	53
Activity 18 Things I'd Like to Have	56
Activity 19 My Grown-Up Dreams for the Future	60
Activity 20 My Earliest Memory	63
Activity 21 My Best Birthday Memory	66
Activity 22 My Best Easter Memory	69

Introduction

Dear Reader,

I have written this book especially for you. I hope that you will find this book helpful as you live, learn, and adjust to your placement in foster care. I realize that placement in foster care can be difficult for many reasons. There are many changes that take place in your life that require your cooperation and understanding. Many of the changes are things over which you have no control. You must learn to adjust to a lot of new things such as a different family, environment, group of friends, set of rules, school, and community, to name a few. Sometimes these changes can bring about a wide range of feelings. Feelings such as sadness, fear, and anger can sometimes interfere with your ability to feel happy, adjust well, and feel successful in life.

It is my hope that after completing the activities from *My Lifebook Journal: A Workbook for Children in Foster Care*, you will begin to have a better understanding about yourself, your family and how you can adjust to the changes in your life.

My hope is that you will have fun, use creativity, and enjoy yourself while completing pictures about your life, hopes, dreams, and wishes. These activities show that it doesn't have to hurt or be hard to heal and have fun.

Best wishes on your Lifebook Journey,

Therese Accinelli

"I can shake off everything if I write; my sorrows disappear; my courage is reborn..."

—Anne Frank
Anne Frank: The Diary of a Young Girl

Assignment

Draw a picture of yourself and answer questions about your drawing.

Drawing can be a great way to express yourself. As the artist, you can create your outcome. You select the colors, style, and image to draw! This is your opportunity to capture your own image and express how you might be feeling through artwork.

You can use pen, pencil, crayon, marker, pastels, or paint to complete your self-portrait.

Helpful Hints

It might be helpful for you to look at a photograph of yourself or look in a mirror while drawing your self-portrait.

Take a few minutes before you begin your drawing to clear your mind of any negative thoughts about yourself or your artistic abilities.

Remember

Even if your drawing doesn't turn out exactly as you wanted it, it is uniquely your own. And for that reason alone, it's great!

Extra-Credit Assignment

Photocopy and attach the most recent picture of yourself to this page.

My Self-Portrait

Draw your self-portrait in the frame below.

Looking at your self-portrait, briefly describe what you are thinking, feeling, and doing.



All About Me

Directions

Complete the sentences below:

My full name is: _____

My birth date is: _____

The school I attend is: _____

Currently, I am in the _____ grade.

The color of my eyes is: _____

The color of my skin is: _____

The color of my hair is: _____

My height is: _____

My weight is: _____

Assignment

Complete the information about your birth.

You probably don't remember when you were born, but from the moment of your birth, information about you was put in writing.

When you were first born, the doctors and nurses who delivered you documented your time of birth, weight, and length. They also conducted special tests called APGARs to make sure your body parts and reflexes were working right.

Of course, you were too little to remember all of the information about your birth. Because of this, you will probably need to get some help with this information.

Helpful Hints

1. Ask your biological parent, social worker, or other relative to help you complete the information on the next page.
2. Get a copy of your birth certificate and copy the information directly from your birth certificate.

If you don't have a copy of your birth certificate, you can ask your social worker, biological parents, foster parents, or counselor to help you.

Extra-Credit Assignment

Obtain and attach a photocopy of your birth certificate to this page.

When

(Write in your name here.)

Was Born

First name: _____ Middle name: _____

Last name: _____

Date of birth: _____

City, state, country of birth: _____

Name of hospital: _____

Time of birth: _____

Weight at birth: _____

Length at birth: _____