MY LIFE BOOK

Mae'r ddogfen hon ar gael yn Gymraeg, ac mewn ieithoedd a fformatau eraill ar gais.
This document is available in Welsh, and in other languages and formats on request.

My Birth

I was born on date of birth

at time of day

in place of birth

I weighed weight

I was length long

My Birth Family

My Mothers name

My Fathers name

My Brothers and Sisters names

My Grandparents names

All About Me

My full name is _____

I like to be called _____

Age _____ Height _____ Weight _____

Hair Colour _____ Eye Colour _____

Words that describe me

_____

_____

_____

_____

_____

I look like this

My favorite things

Colour _____ Food _____

People _____

Todays Date _____

How Tall am I?

Keep an ongoing record of how tall you are by entering todays date and your height

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....

My Birthday

My Birthday is on _____

On my last birthday I was ___ years old

I celebrated my Birthday with

_____

_____

_____

We Did

_____

_____

_____

Presents I had

_____

_____

_____

_____

This is me on my Birthday

Insert Photo Here

My School

School _____

Year:_____ Teacher:_____

My friends at school are:

_____

_____

_____

My favourite subjects are:

_____

_____

_____

My least faourite subjects are:

_____

_____

_____

Some things I learned this year:

_____

_____

_____

_____

Things I Like

The things I like the most and the things that make me happy are:

Things I Don't Like

The things I dont like and the things that make me sad are:

My Foster Family

I came to live with the _____ family on _____

Members of the family:

_____

_____

_____

_____

What I like most about living with the family:

_____

_____

_____

_____

_____

Where I Live

I came to live at my new home on _____

The address of my new home is:

_____

_____

_____

_____

The people who live here are:

_____

_____

_____

_____

What I like most about living here:

_____

_____

_____

_____

Holidays

I went on holiday to _____

with _____

The weather was _____

What I did on my holiday

_____

_____

_____

What I liked best about my holiday

_____

_____

_____

_____

_____

_____

Insert a Photo of your holiday Here

Work

I work / worked for _____

My job title is / was _____

I started my job on _____ Until _____

What my job involved

_____

_____

_____

What I liked best about my job

_____

_____

_____

What I didnt like about my job

_____

_____

Why I am not living with my birth family

Visits with my birth family

Date _____

Date _____

Date _____

Milestones

Make a note below of big events that have happened in your life

The first time i _____

_____

_____

_____

The first time i _____

_____

_____

_____

The first time i _____

_____

_____

_____

The first time i _____

_____

_____

_____

Health Records

Make a note below of medical events that have happened in your life

Date _____

Event _____

_____

Date _____

Event _____

_____

Date _____

Event _____

_____

Date _____

Event _____

_____

Date _____

Event _____

_____

Date _____

Event _____

_____

Hopes and Dreams for the Future

In the future I would like to work as a

In the future I would like to go to

My wishes for the future are

Awards and Certificates