



Believe, Strive, Achieve

My Experiences

Experience	Yes/ No (please tick for yes)	Further details
Do I have stairs at home		
Do I have a garden		
Do I share a bedroom		
Do I have siblings		
Who do I live with		
Do I have other family I see regularly (e.g. my mummy/ daddy doesn't live with me but I stay with them every fortnight, my step-sister comes to stay with us every weekend etc		
Do I sit down for a family meal each night, or do I eat at different times to my family members		
Do I get to help out with jobs around the house such as clearing the table, feeding my pet, dusting etc		
Do I have books at home		
Am I read to everyday		
Do I get to help with baking/ cooking		
Do I do arts/ crafts at home		
Do I have a range of toys at home		
Do I normally travel by walking, in a car or bus		



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Do I have experiences of being on a train, boat, aeroplane		
Do I watch TV regularly		
Do I have a tablet/ similar device and if so how often do I use it		
Do I have a bike/ scooter		
Do I go to any other classes/ clubs e.g. dancing, football, swimming, mum and toddler groups		
Do I often play outside e.g. at the park or local playfields, go for walks in the woods or similar		
Do I visit places such as the library, museums, cinemas, theatres, zoos, farms etc (please give more details)		
Do I go to the supermarket/ shops often		
Have I been to the dentist before		
Have I had experience of going to the Dr's/ hospital/ Opticians that I would remember		
Do I have any pets at home		