

All about me

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Family and people who are important to me

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My rights and having a say

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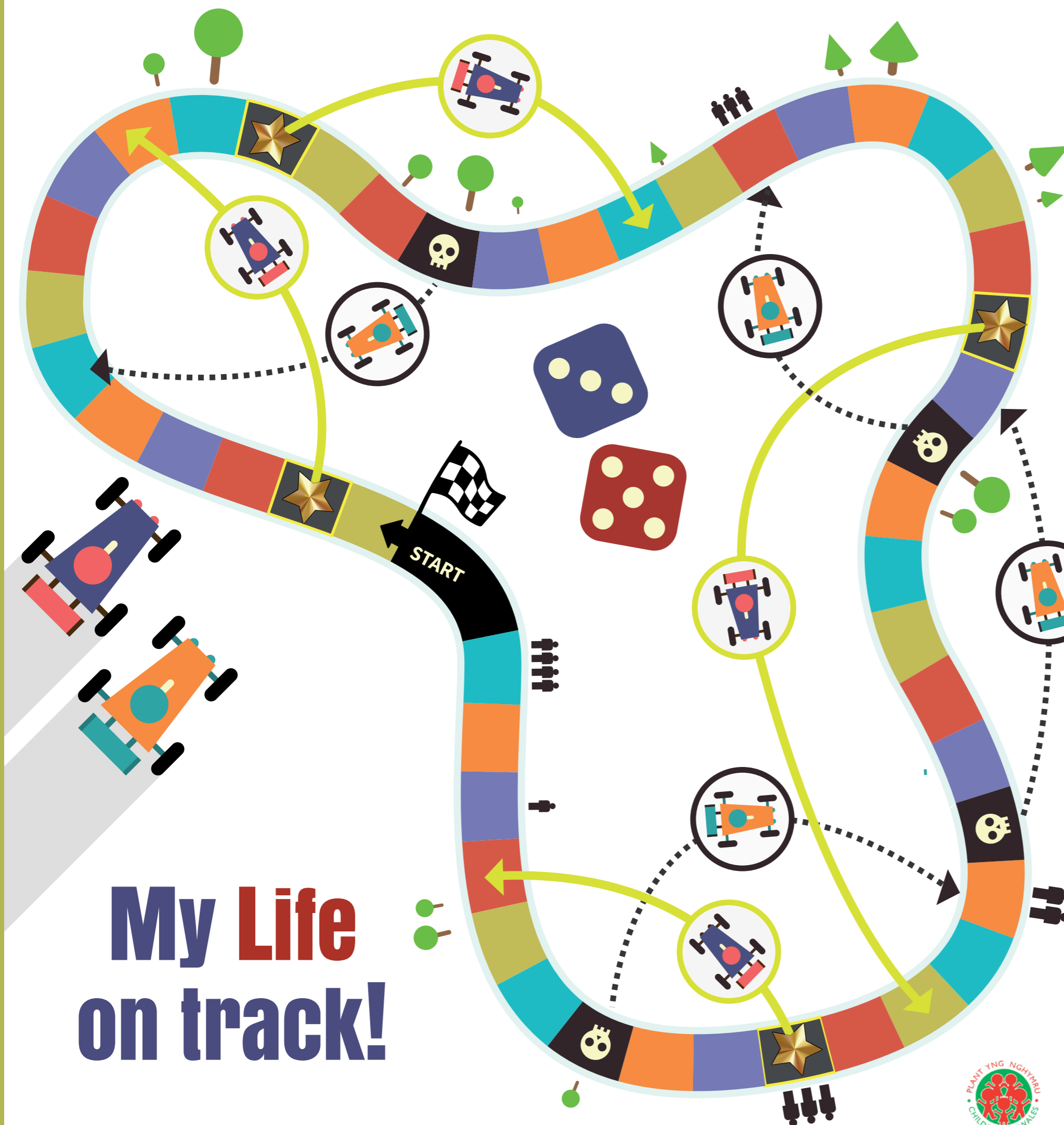
My education and plans for the future

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My health and Well-being

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My Life on track!



My life on track! is a new game for health and social care professionals to use when working with children and young people in care.

It is a simple roll the dice game where children and young people can have a say on what matters to them, ask questions and get involved in care and support planning.

It isn't meant to be too time consuming - it can be played in 5 mins or 30! It can be used during a visit or meeting to break the ice, have fun and start a conversation.

Play and children's rights - why is play so important?

- Play helps children and young people stay safe, healthy and happy
- It gives them opportunities to explore and understand their culture
- It's inclusive and breaks down barriers

Children have a right to play under the **UNCRC (Article 31)**, they also have a right to have a say in decision making and be listened to (**Article 12**). This game bridges the gap between the two and invites professionals working with children and young people to do things differently!

Collaboration and partnership working is one of the key principles of the **Social Services and Well-being (Wales) Act 2014**. Now more than ever, children and young people's voices should be included in care and support planning.

My life on track! Key principles of play:

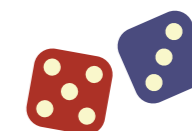
- **Turn taking, sharing, talking** and **reflecting** are key principles of this tool
- There is consideration given to the **power imbalance** between adult and child
- **It's all about relationships!** This game can help establish good engagement and safe boundaries - children and young people value professionals taking time to ask them about them
- **The pass principle** - children and young people (and adults!) can pass any question if they don't want to answer, choice matters to children and young people
- **Write/say/draw** - children and young people decide how they want to answer
- **A mix of fun questions and more serious questions** - visits and meetings shouldn't be too formal
- **Could play anywhere - just print and go.** It's designed to be quick and easy

Who is the game for?

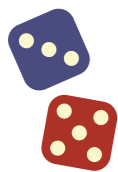
Any professional can use this tool - a social worker, independent reviewing officer, foster parent, nurse, residential worker, advocate - anybody who works with children and young people in care.

How to play

- Youngest player rolls first
- The colour you land on shows which colour question to pick
- Take turns, answer the questions and remember you can write/draw/say and you can always pass
- Move around the racetrack once or up to 5 times - depending on how much time you have
- If you land on a star - you can jump forward on the board. You get a free genie wish - you can ask question about any topic to the other player
- If you land on a skull - you will skid back down the board and wait for your next turn
- We invite you to be creative and reflective - some questions may not apply directly to you, but it might be helpful to think about when you were a child or young person which hopefully will keep the conversation going.



Question Cards



Describe yourself in one word...

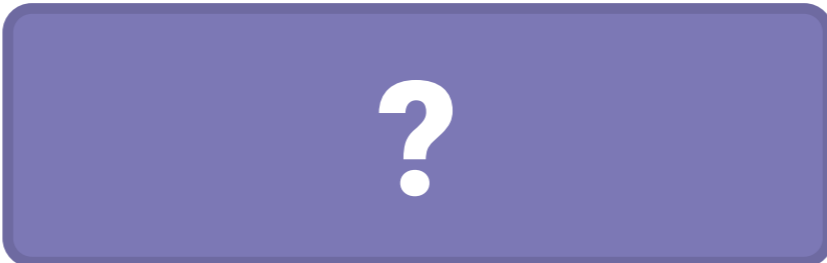
What is your favourite food or drink?

If you could have any superpower what would it be and why?

If you could travel anywhere in the world where would you go?

What do you like doing for fun?

When did you last feel proud of yourself?



Who are the people in your life that you like to spend time with?

What fun activities do you like to do with family or friends?

Where do you like to spend time with your family or friends?

What is your favourite thing about seeing your family?

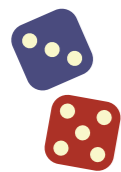
Would you like to see more of any important people in your life? / Would you like to see less of any important people in your life?

Who do you talk to if you need someone to listen to you?

Spare Cards



Question Cards



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I want to know more about...

Can you name one thing you like about where you live?

Do you go to your review meeting?
Would you like to?

Do you know who the Children's Commissioner is? If yes do know what they do?

Do you know what an advocate is?
Would you like one?

Can you name any rights that you have?

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What is your favourite subject in school?

What do you like best about school?

Does anybody help you in school?
Who is that person?

What don't you like about school?

What are you looking forward to in school?

What do you like to eat in school?

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One good thing that's happened to me this week is...

Do you think the food you eat is healthy?

How happy you feel today?

What do you do when you feel unwell?

What exercise/sport do you like to do?

Can you name three health professionals you might see if you needed (i.e. doctor?)