# ‘I am’ Digital Stories

## Mapping template.

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| What to include, with a few examples | | Your ideas … | File name & Length once filmed |
| **1. Spaces** | **Where do you like to be?**  Outdoor: your garden, the countryside, by the sea  Inside: relaxing on the sofa in your lounge, in your bedroom, cooking in the kitchen. |  |  |
| ‘I’ Statement(s) |  | |  |
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| 2. People and interactions | **Who do you like being with?**  A friend, family, or a favourite pet … and how you like to spend your time with them. |  |  |
| ‘I’ Statement(s) |  | |  |
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| 3. Choices | What do you choose to do … with others or on your own?  Painting, crafts, reading, the crossword, video games cinema, going to the gym, watching TV, reading, arts and crafts, video games. |  |  |
| ‘I’ Statement(s) |  | |  |
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| **4. Objects and interests** | **What are you really interested in and what makes you feel good?**  This could be anything: music/film/sport etc., that you do or you’re a fan of, or something you know a lot about, an unusual hobby, or perhaps a long bubble bath or a duvet day! |  |  |
| **5. Communication and expression** | **How do you like to communicate with people?**  Do you like to talk or meet online, in the pub, in cafés, when out for a walk? Do you prefer to avoid phone calls and use emails or text messages instead? Do you use other ways to communicate? |  |  |
| 6. Support | **What do you find challenging or stressful and how do you manage it?**  e.g., Going to the dentist, afraid of spiders, flying, crowds, small spaces etc. |  |  |
| ‘I’ Statement(s) |  | |  |
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| 7. Skills | **What are you good at?**  Maybe you are great at Minecraft, Crosswords or Sudoku? Maybe you are a great friend, or good at running, or organising parties?  Sharing an unusual skill would be fun, e.g., being able to complete a Rubik’s cube, tell a joke, doing keepy uppies! |  |  |
| ‘I’ Statement(s) |  | |  |
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