



MINISTRY OF LABOUR AND SOCIAL PROTECTION
STATE DEPARTMENT FOR SOCIAL PROTECTION
DIRECTORATE OF CHILDREN SERVICES

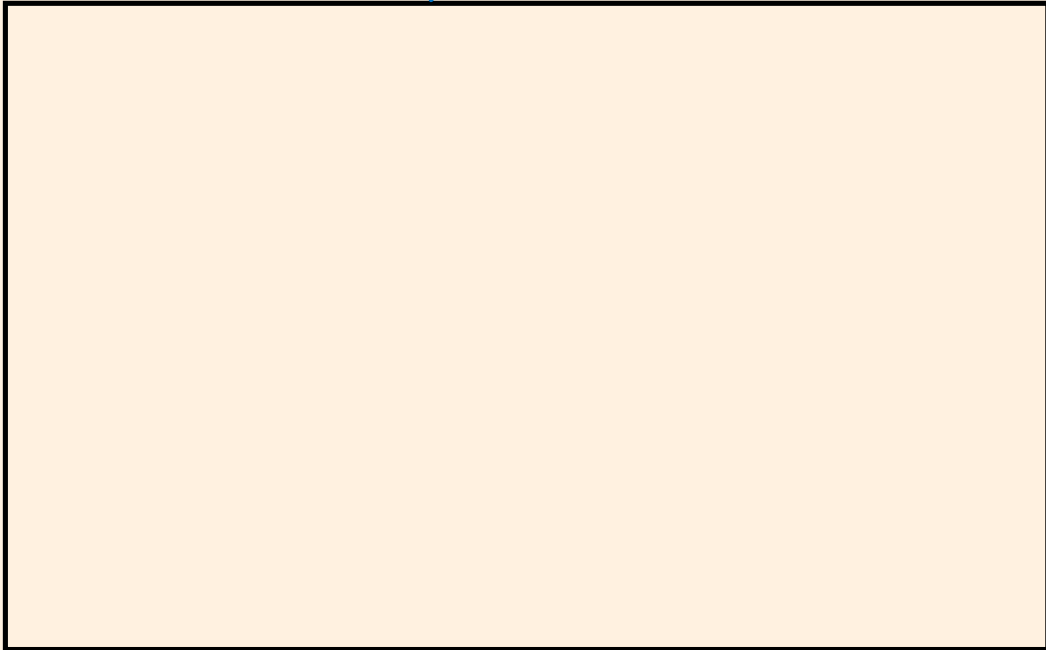
MY LIFE STORY BOOK

*This Book
Belongs To*

Name

My Life Story Book

My Photo



Preamble

Dear Child,

At the Ministry of Labour and Social Protection, we are committed to supporting children in Kenya, especially those separated from their families. We are proud to introduce **My Life Story Book**, designed to help children like you understand and document your life journey.

This book will guide you in exploring your past, understanding your present, and preparing for your future. It's meant to help you make sense of your history and build your sense of identity. It will also support those who care for you in understanding your unique experiences.

My Life Story Book follows Kenyan laws and regulations, ensuring that your life story is handled with care and respect. Whether you are returning to family, moving to another form of care, or preparing to leave care, this book will help you on your path forward.

We hope that by using **My Life Story Book**, you will feel supported and better equipped to face the future with confidence.



Dr. Alfred N. Mutua E.G.H
Cabinet Secretary
Ministry of Labour and Social Protection

Foreword

The Kenya Children's Assembly is a platform where children converge from National, County and Sub-County levels to deliberate on pressing issues affecting them. They engage in decision-making processes as well as policy formulation, all centered around the four pillars: child participation, child development, child protection and life & Survival, where the voices of the children are empowered and taken into account. Making the children of Kenya, seen, heard and engaged is especially important through participation.

As KCA, we are delighted and honored to be part of this great initiative in developing the "My Life Story" book, which will have a significant impact on the life of a child. This book will help you walk through your past, present and future experiences and help you overcome any strongholds.

As we were developing this book, we considered factors such as being child-friendly, engaging, exciting and fun. Trust us, it's not a mistake that you are holding this book, for it suits you!

We applaud the tremendous efforts of the Government of Kenya for introducing the "My Life Story" book to help us children understand and document our life journey, as well as build a sense of identity.

As your president and other KCA leaders, we urge you, our fellow children, to feel free with the book. Openly express whatever you want, regardless of your experiences, whether good or bad. Explore it to the fullest, and most importantly, HAVE FUN, GUYS!



H.E Samuel Smith

President, The Kenya Children's Assembly

Utangulizi

Bunge La Watoto wa Kenya ni jukwaa ambalo watoto hukutana kitaifa, Kata na Kata Ndogo kujadiliana kuhusu maswala nyeti yanayo waathiri.

Wanahusishwa katika kutoa maoni na hata mbinu za kanuni zinazo hitajika zote zikiangazia pembe nne zikiwemo na Kuhusishwa kwa Watoto, Ukuwaji wa Watoto, Utetezi wa Watoto pamoja na Uimarishaji maisha na kusalimika kiasi cha usikivu wa sauti za watoto na uzingatiaji wa sauti hizo. Kuonekana kwa watoto wa Kenya, kusikizwa kwao na kuhusishwa au kusikizwa kwao kwa mambo yanayo wahusu.

Kama Bunge La Watoto wa Kenya tunafurahia na kuheshimika kuwa sehemu ya ari kuu la kuandika kitabu cha "Hadithi ya Maisha Yangu" kitakacho guzia maswala muhimu kwenye maisha ya mtoto. Kitabu hiki kitakusaidia kuangazia wakati uliopita, uliopo na ujao na kukusaidia kuepuka vizuizi na kuvunja ngome zinazoweza kuwa mbele zetu.

Tulipokuwa tunatayarisha kitabu hiki tulijumuisha mambo kama kuwa rafiki wa mtoto, kumjumuisha, kumpendeza na burudani. Tuamini! Bila shaka hujakosea kwamba unacho hiki kitabu mkononi mwako maana kinakufaa sana.

Kwa taadhima tunashukuru juhudi zote za serekali ya Kenya kwa kuangazia kitabu hiki cha "Hadithi ya Maisha Yangu" kutusaidia sisi watoto kuelewa na kunakili safari ya maisha yetu pamoja na kujenga hisia ya kujielewa.

Mimi kama rais wenyu na viongozi wengine wa bunge la watoto tunawaomba nyinyi kama watoto wenzetu kuwa huru kukitumia hiki kitabu. Kwa uwazi mdhahirisha mahitaji yenyu bila kuaibika, mkielezea mapito yenyu, lolote lile baya ama zuri, mjieleze kwa Ukamilifu na la muhimu zaidi, WAPENDWA MFURAHIE



H.E Samuel Smith

President, The Kenya Children's Assembly

Questions & Answers about My life story Book

Q. Hey Sifa, how are you?



Amani

I am doing okay.



Sifa

Q. That is beautiful. Would you teach me about My Life Story Book?



Pendo

It will be my joy and pleasure to tell you about My Life Story Book. Come along and let us learn together.



Sifa

Questions & Answers about My life story Book

Q. What do I do with my life story book?



Amani

Write everything about yourself and your memories in this book



Sifa

Q. Why is my life story book important?



Baraka

As you grow up, you may not be able to remember all the events and things that happened in your life. This book will help you remember important things from your childhood and be able to look back on it as you grow older



Sifa



Questions & Answers about My life story Book

Q. Where do I keep my book?



Amani

Put your book in a safe place or ask your guardian to keep it for you



Sifa

Q. When do I write or add something on my book?



Baraka

You can write or add something to it anyday you want to write on it. Make sure you write and put every important memory of childhood.



Sifa



Questions & Answers about My life story Book

Q. Who can help me with My life story book when I need help?



Amani

You are free to choose who to help you e.g Caseworker, friend, Caregiver, cook or anyone else. They can help you get photos, certificates to put in the book or anything else you would like



Sifa

Q. What will happen to my life story book if I leave from one place to another?



Baraka

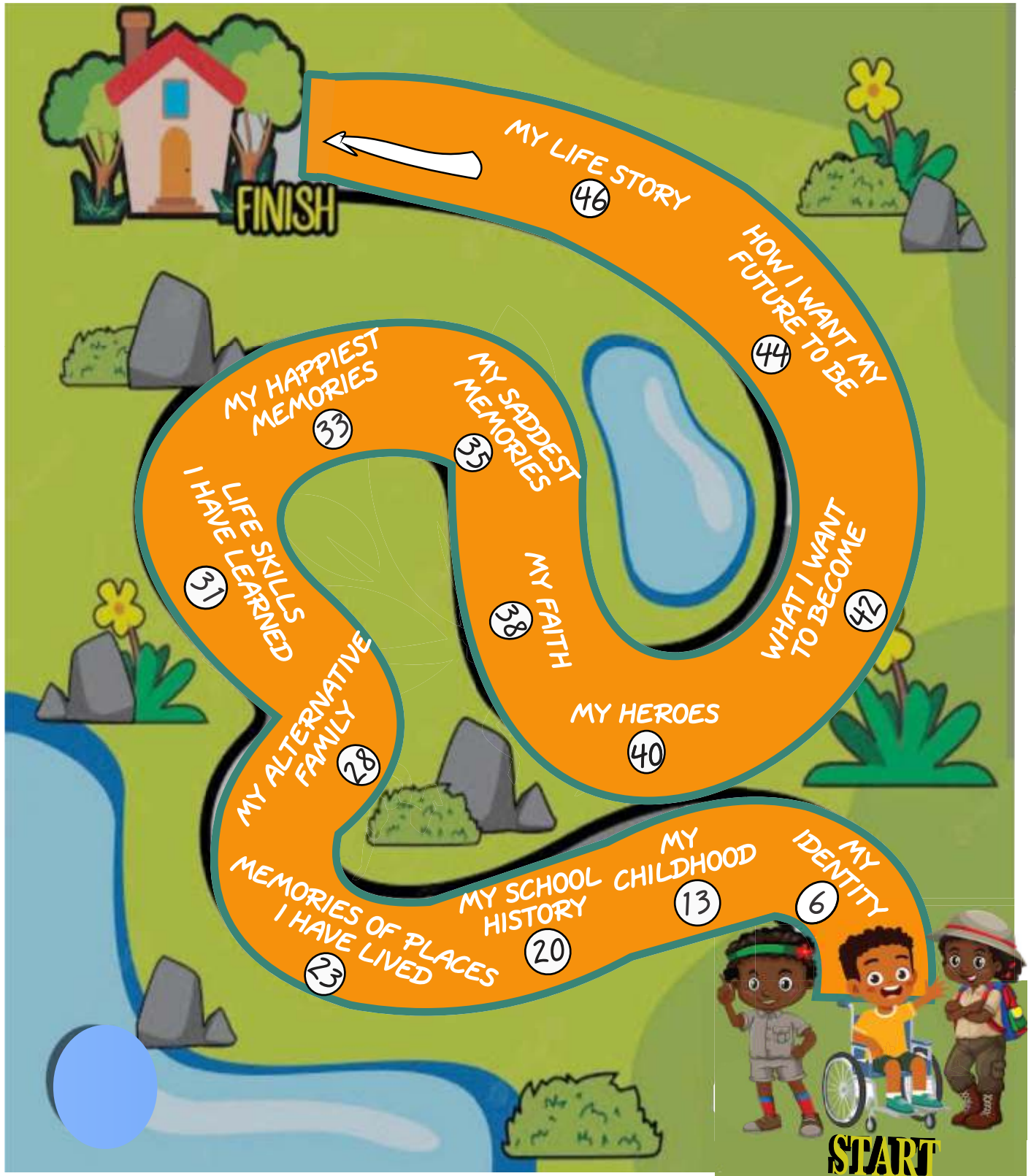
When you move, your book should go with you. if you have given it your Care giver or Case worker ask for it or ask them to send it to you.



Sifa



My Life Journey



MY IDENTITY

Who am I?

My Name

Nicknames / Other Names I am known by

Birth Date

My Place of Birth

Word(s) that best describe me

My Current Age

Younger Me

Add a photo here



Things I like

Subjects

Lined writing area for Subjects

Games/Sport

Lined writing area for Games/Sport

The foods I love most

Lined writing area for The foods I love most

My hobbies

Lined writing area for My hobbies

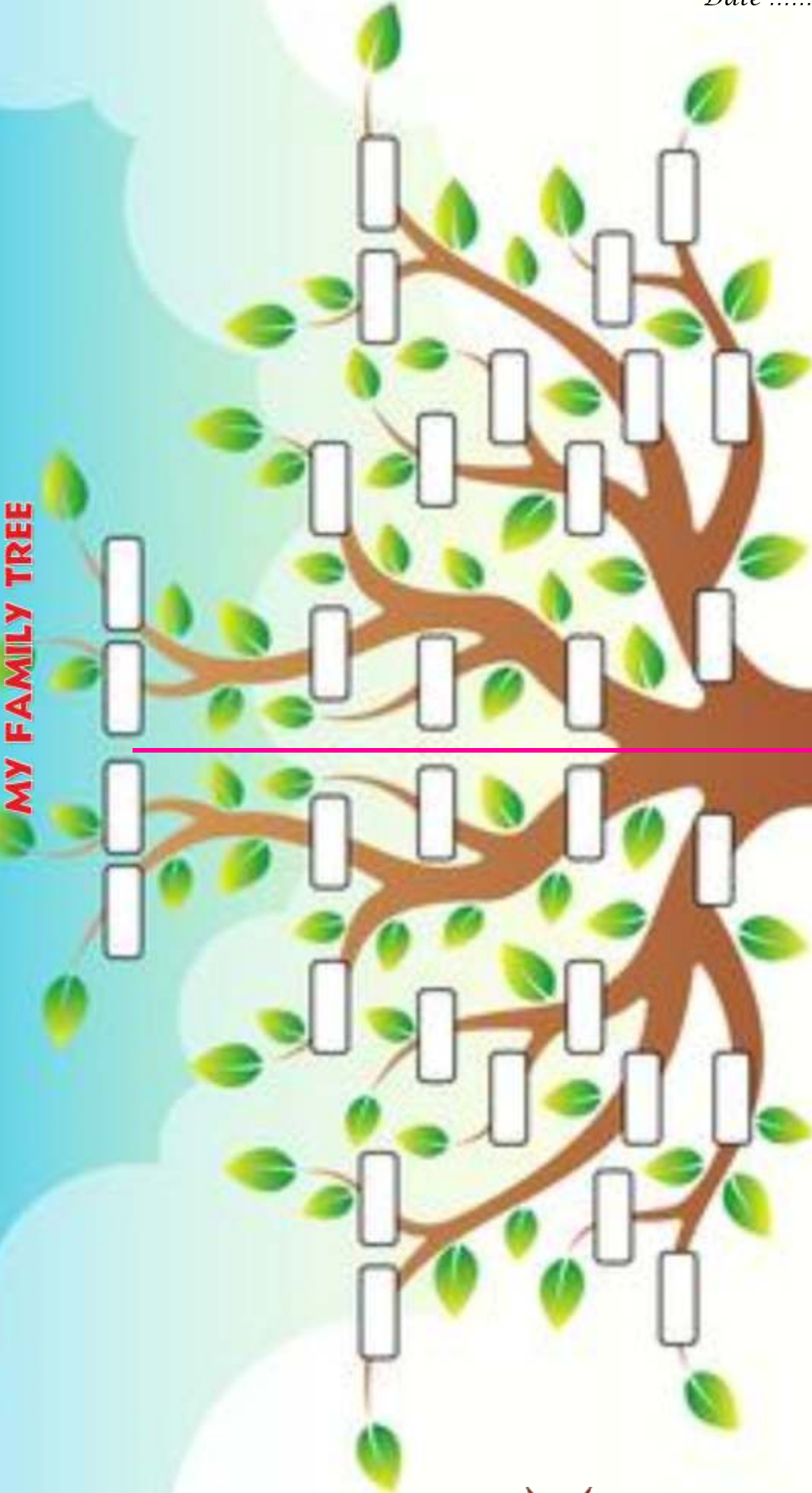


MY FAMILY TREE

MY ALTERNATIVE FAMILY

MY BIOLOGICAL FAMILY

ME



My Family

What would you like to say about people you consider as part of your family?

Handwriting practice area with 10 horizontal lines.

Where do they live. Write anything about them

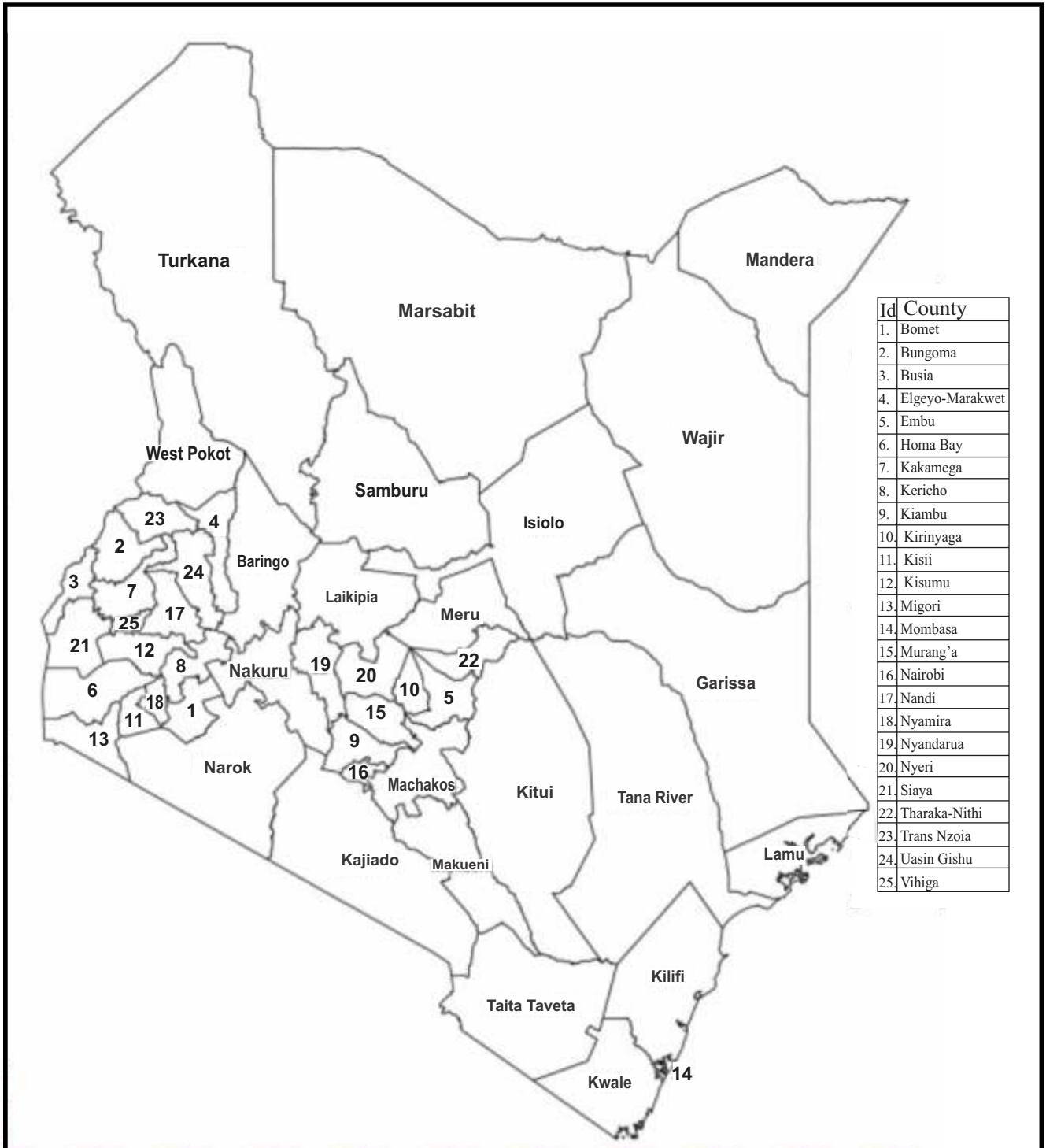
Handwriting practice area with 10 horizontal lines.



Date

Where Am I From?

Colour My County



My County _____

My Sub-County _____



MY CHILDHOOD

Where did I live when growing up?

Lined writing area for the student's response.



What did I like when growing up?

A series of horizontal blue lines for writing, overlaid on a large, faint outline of a smiling child's face.



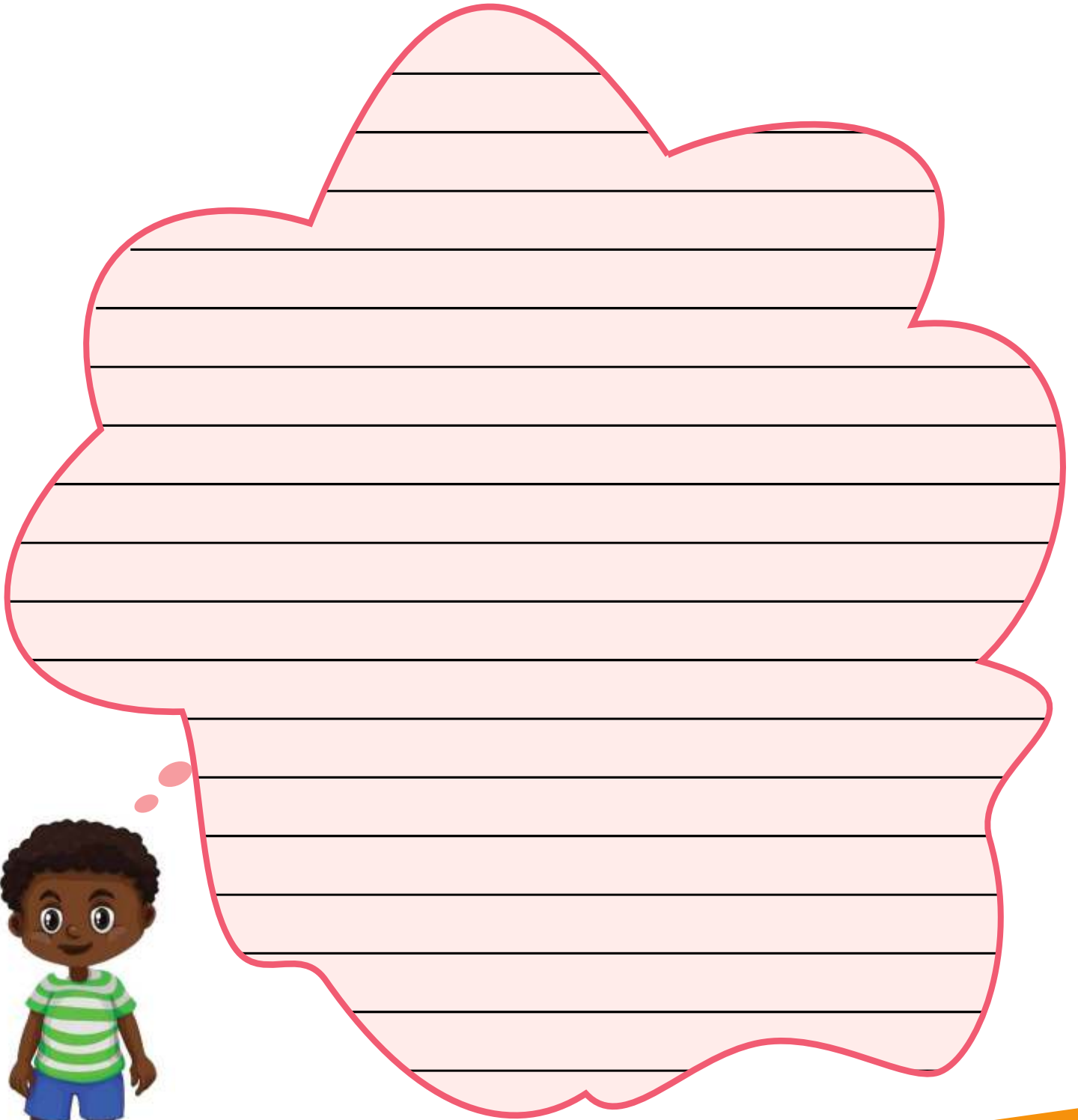
What didn't I like when growing up?

Handwriting practice area with blue horizontal lines. A large, faint outline of a baby's face is visible in the background, serving as a guide for the writing area.



Date

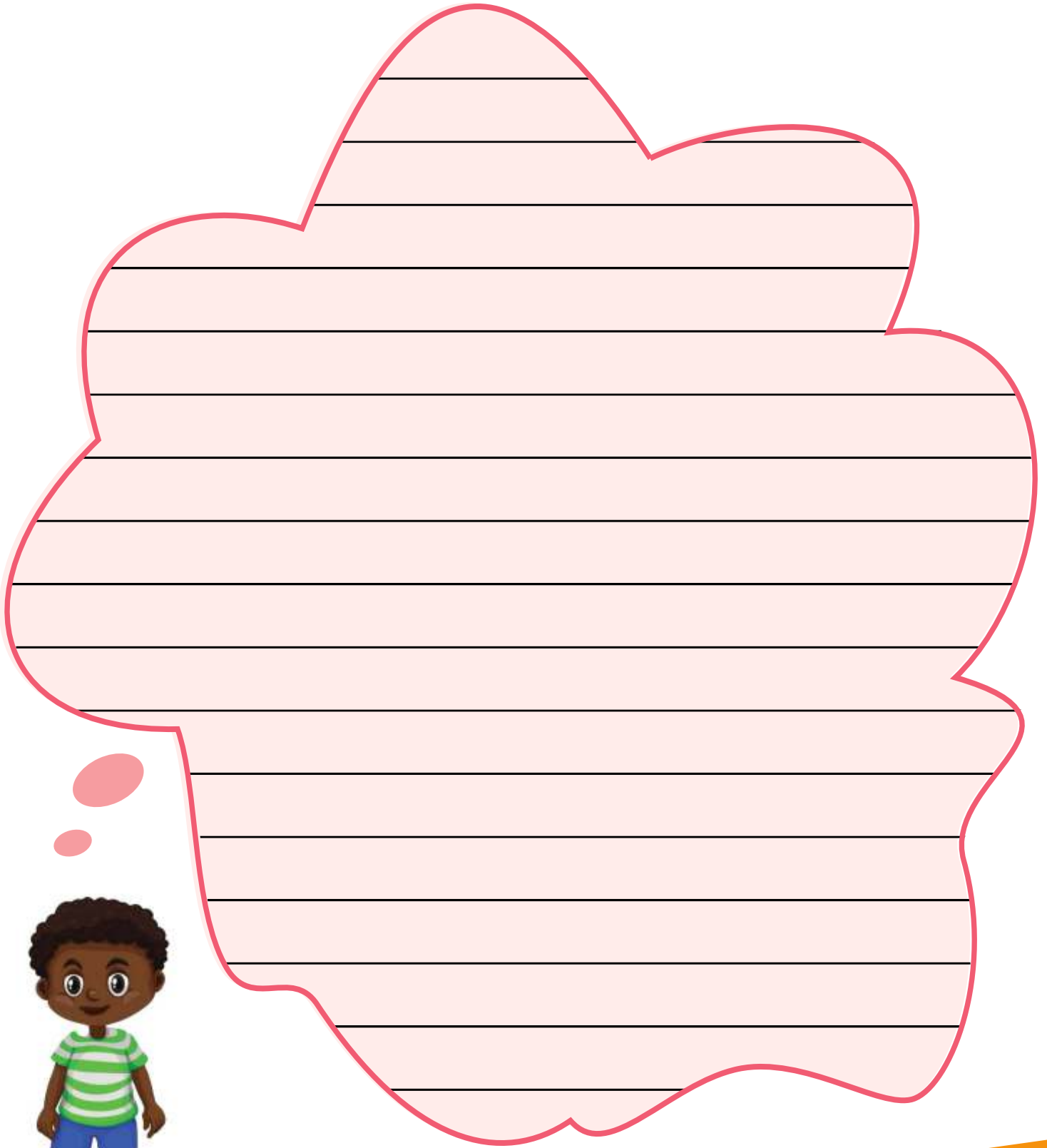
*Things that happened when I was young
that I will never forget.*





Date

Memories of places I have lived





My School Friends

My Favorite Teachers

Lined writing area for 'My School Friends' with 12 horizontal lines.

Lined writing area for 'My Favorite Teachers' with 12 horizontal lines.

My favorite Subjects

Lined writing area for 'My favorite Subjects' with 10 horizontal lines.



A large rectangular area with a blue border, containing several horizontal lines for writing.

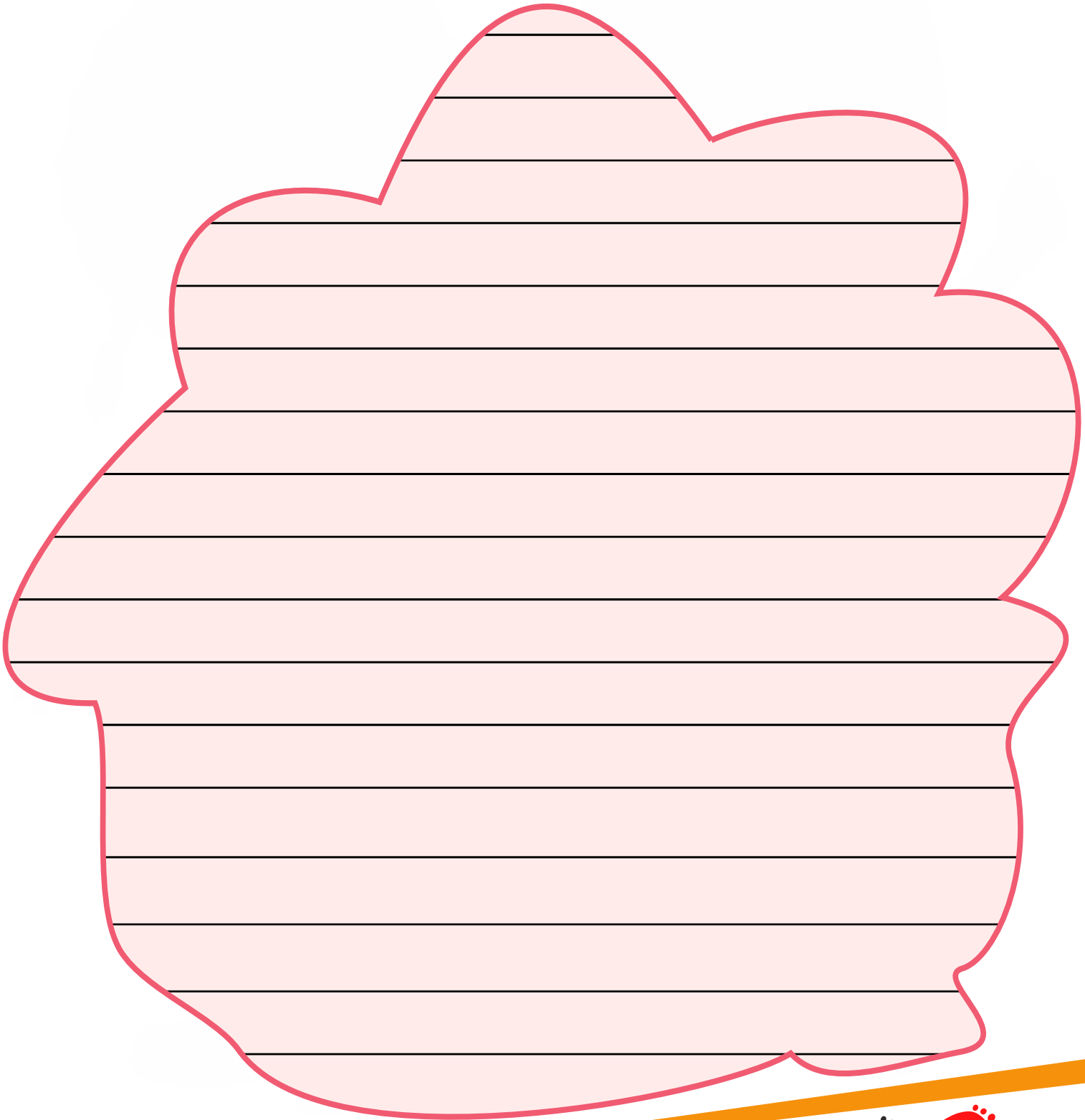
Add Photo

A large rectangular area with a light blue border, intended for adding a photo.



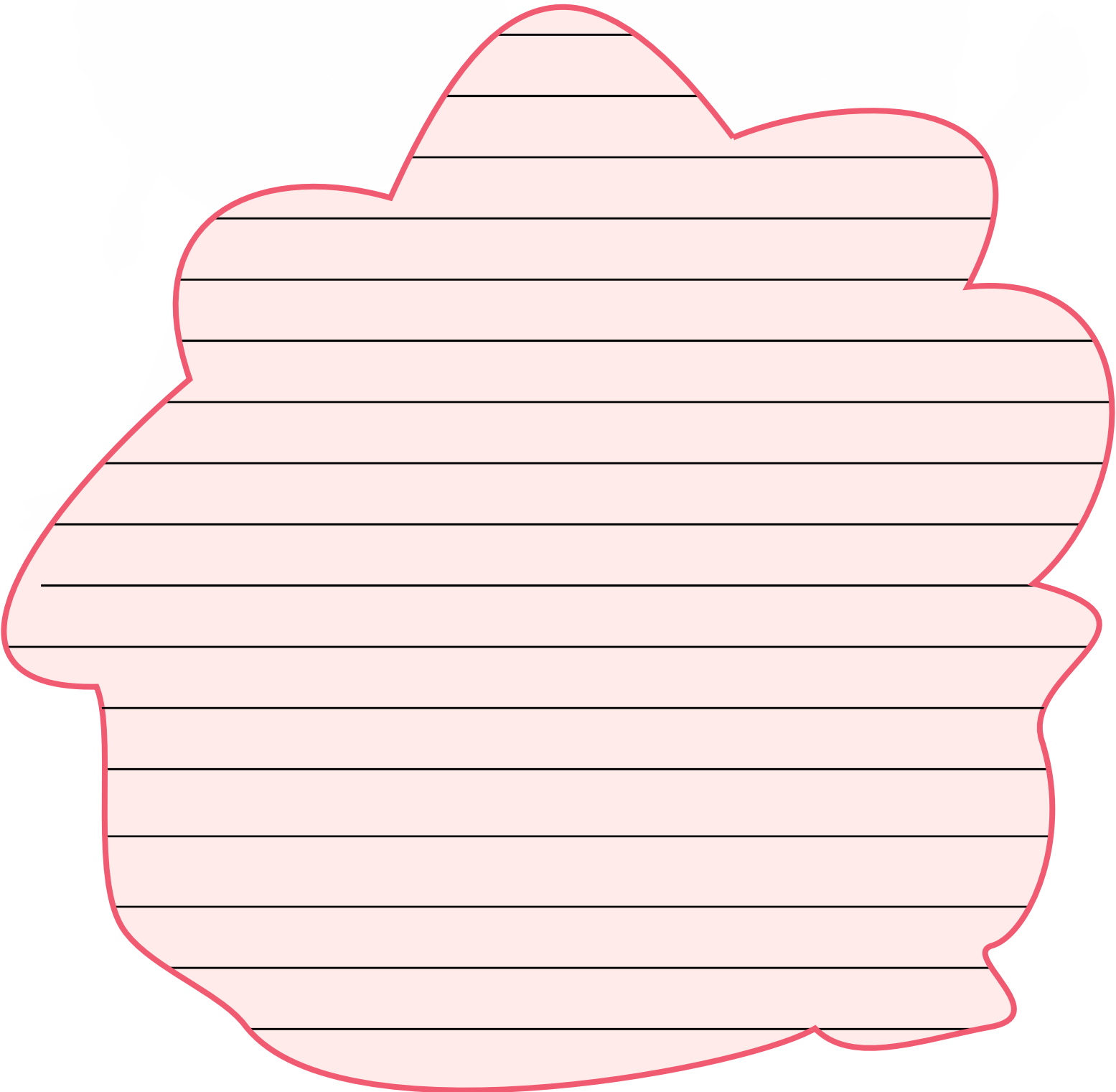
Date

Why I like living in our home

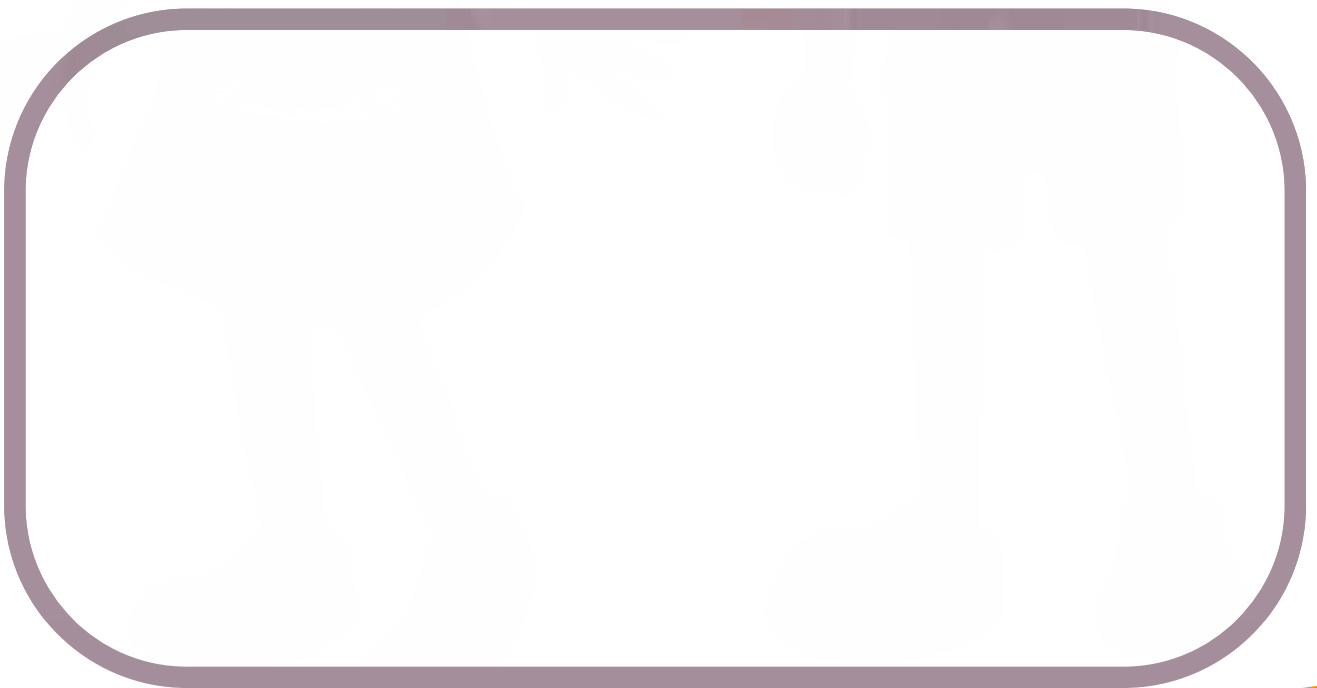


Date

What *makes* me feel *sad* about this *place*



Add Photos





Family Word Search



R	G	R	A	N	D	F	A	T	H	E	R	K	G	S	W	U
Z	J	Q	Q	X	K	I	I	S	Z	T	V	J	A	U	N	T
M	N	I	E	C	E	W	D	G	L	M	D	P	I	F	D	I
H	E	Q	V	K	C	A	D	E	X	V	F	D	B	A	U	I
O	P	S	I	S	T	E	R	R	C	U	A	T	F	M	B	W
P	H	E	H	B	W	C	T	Z	S	S	T	K	Q	H	D	Z
N	E	L	I	B	U	I	L	B	U	Z	H	N	U	I	S	L
I	W	Q	H	B	N	C	F	W	A	U	E	N	U	O	U	X
A	A	H	L	Y	C	O	U	S	I	N	R	W	S	A	I	Q
X	K	F	K	R	L	Z	N	N	M	A	A	F	O	O	E	L
K	Q	M	F	Y	E	O	F	T	R	V	E	N	R	V	F	B
L	Y	X	J	I	J	K	Z	Q	N	R	G	U	P	W	W	C
E	N	D	P	X	W	F	D	I	E	H	R	D	X	Z	F	G
M	T	A	F	J	N	X	K	V	B	M	A	K	H	R	T	U
X	E	U	U	M	O	T	H	E	R	Z	N	Y	K	E	Z	M
F	Y	G	U	S	R	X	J	Y	O	R	D	K	L	L	V	M
P	K	H	O	Z	P	B	W	W	T	Z	M	Q	I	A	U	U
P	A	T	M	J	Z	H	A	T	H	R	O	F	E	T	N	N
T	Z	E	J	G	H	K	C	H	E	S	T	K	S	I	S	B
Y	H	R	P	N	F	D	R	O	R	P	H	Z	S	O	Q	T
Z	P	J	U	W	W	B	X	H	N	A	E	K	C	N	N	X
W	S	N	S	I	B	L	I	N	G	Q	R	Q	S	O	N	A

MOTHER

FATHER

SON

DAUGHTER

SISTER

BROTHER

AUNT

UNCLE

COUSIN

RELATION

GRANDFATHER

GRANDMOTHER

SIBLING

NEPHEW

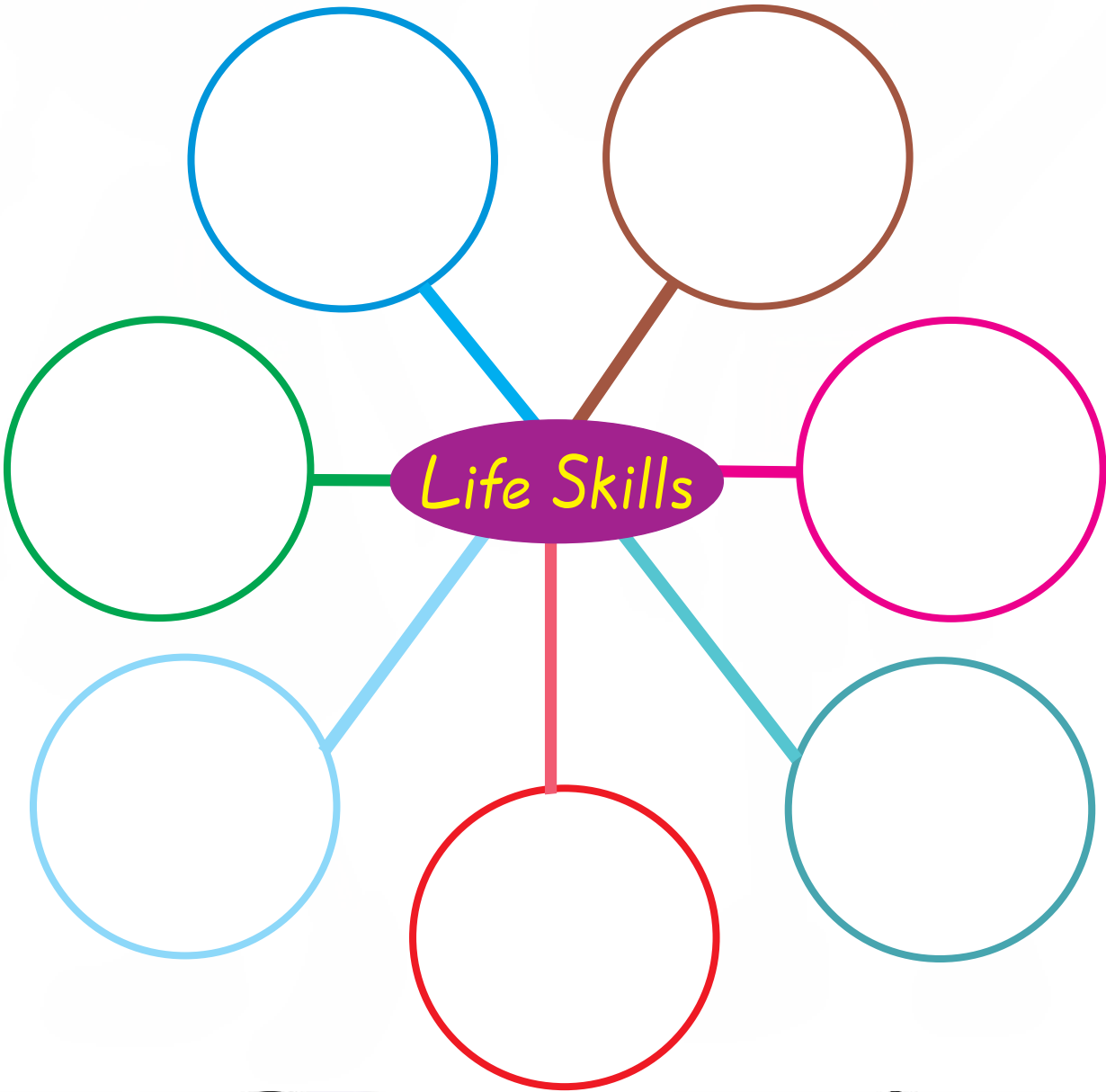
NIECE



LIFE SKILLS I HAVE LEARNT

Life skills are abilities to do certain things that I acquired through learning or an experience I went through.

Here are some of the skills I have attained so far



Life Skills

Handwriting practice area with a purple border and a white background containing ten horizontal lines.

Handwriting practice area with a purple border and a white background containing ten horizontal lines.

Handwriting practice area with a pink border and a white background containing ten horizontal lines.



HAPPIEST MEMORIES

Write or add photos of my happiest memory



A large rectangular area with rounded corners and a light purple border, containing eight horizontal green lines for writing. The background of this area is a faded image of two children, a girl on the left and a boy on the right, standing side-by-side.





Write

Handwriting practice lines consisting of seven horizontal blue lines within a rounded rectangular frame.

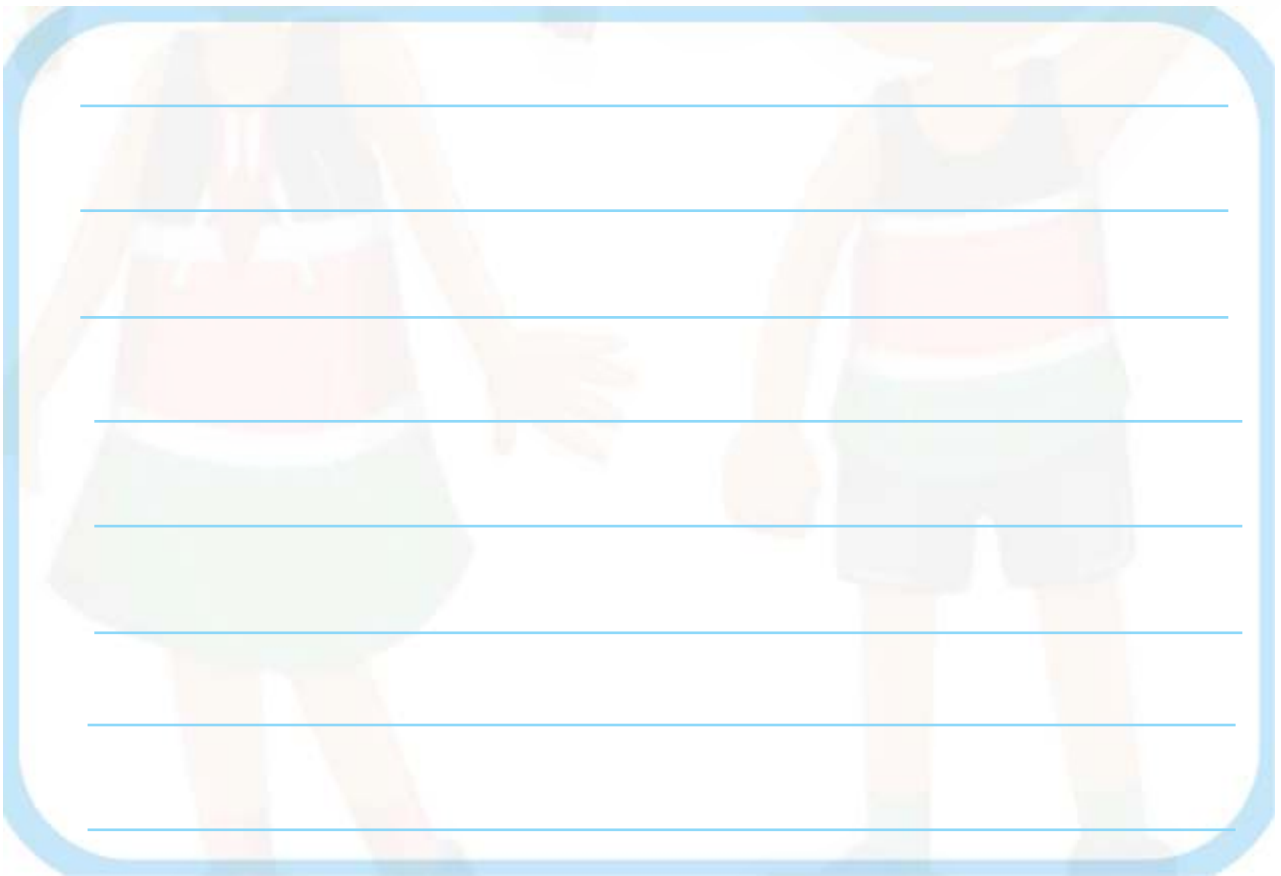
Add photo or draw.



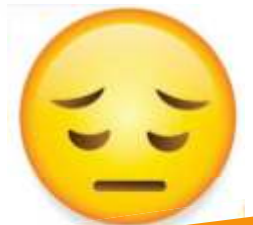
SADDEST MEMORIES



Write or add photos of my saddest memory



"Happiness can always be found, even in the darkest of times." - Mr. Dumbledore



Blank writing area with horizontal lines and a sad face emoji.

Add photos or draw



Fun And Games



EMOTIONS

WORD SEARCH

Find the words listed below and mark them.



D	E	A	E	X	C	I	T	E	D	A	S
C	O	N	F	U	S	E	D	Y	E	D	U
A	B	G	O	T	U	V	S	Z	N	F	R
U	F	R	U	S	T	R	A	T	E	D	P
P	G	Y	H	C	I	J	D	I	R	H	R
S	K	O	L	A	S	U	V	R	V	A	I
E	P	M	U	R	A	T	I	E	O	P	S
T	N	Q	R	E	W	O	Y	D	U	P	E
B	O	R	E	D	U	Z	E	D	S	Y	D

- HAPPY
- SAD
- CONFUSED
- FRUSTRATED
- BORED
- NERVOUS
- SURPRISED
- UPSET
- SCARED
- ANGRY
- EXCITED
- TIRED



MY FAITH

What do I believe in? Where do I worship? .



I am a

A large rounded rectangular area with horizontal lines for writing. In the bottom right corner of this area, there is a small silhouette of two children kneeling in prayer, identical to the one in the top left.



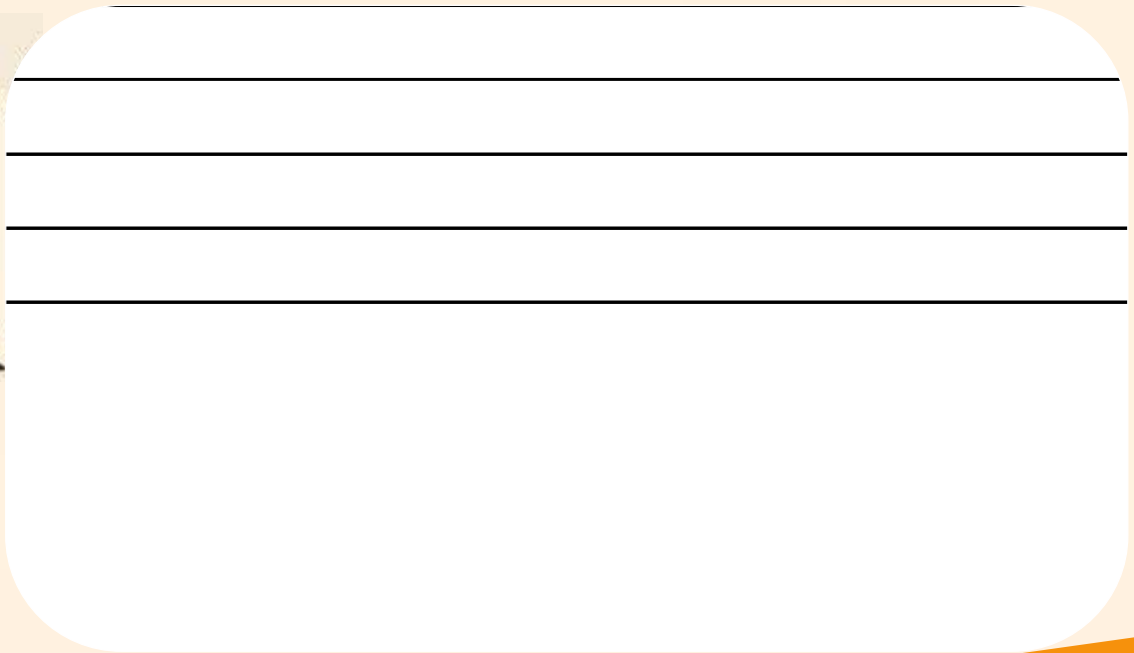
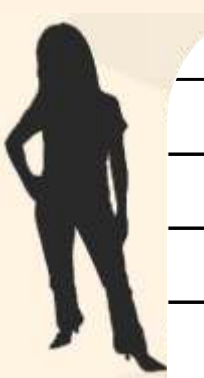
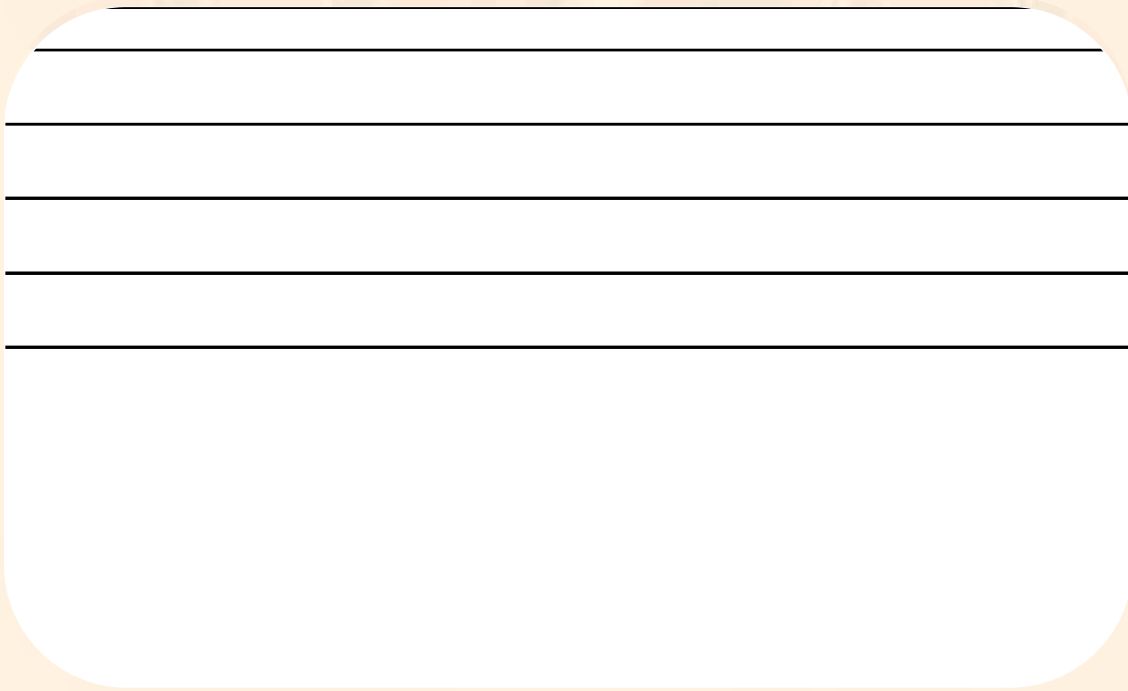
Things I do in my place of worship

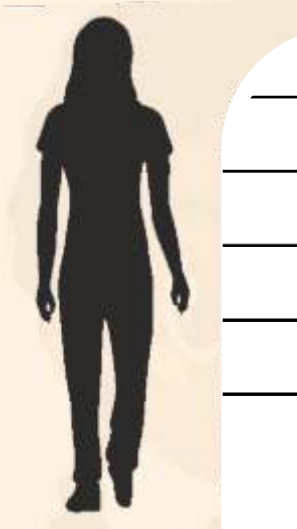
Handwriting practice area with ten horizontal lines.



MY HEROES

Write, add photos or draw





A large white rounded rectangular area with four horizontal black lines, intended for writing.

A large white rounded rectangular area with five horizontal black lines, intended for writing. In the bottom right corner of this area, there is a black and white illustration of a person sitting in a wheelchair, facing right.



WHAT I WANT TO BECOME

When I grow up this is the kind of work i want to do.



Date



HOW I WANT MY FUTURE TO BE

I dream of a bright future, and this is the kind of life I want.



A large, rounded rectangular area with a light green border, containing several horizontal green lines for writing.



Handwriting practice area with 10 horizontal lines inside an orange rounded rectangle.

Handwriting practice area with 7 horizontal lines inside a blue rounded rectangle.



MY LIFE STORY

My Notes

I will fill the following pages with;

- ✓ *Anything that I want to remember.*
- ✓ *Anything I enjoy doing.*
- ✓ *Anything special that happens in my life journey.*



Date

MY LIFE STORY



MY LIFE STORY



Date

MY LIFE STORY



Date

MY LIFE STORY



Date

MY LIFE STORY



Date

MY LIFE STORY



Date

MY LIFE STORY



Questions & Answers about My life story Book

Q. Hey Sifa, where can we report cases of violence or get help?



Amani

A. For gender-based violence, call 1195. For emergencies, use the police hotlines 112 or 999 or 911.



Sifa

Q. And what about missing children or anonymous tips?

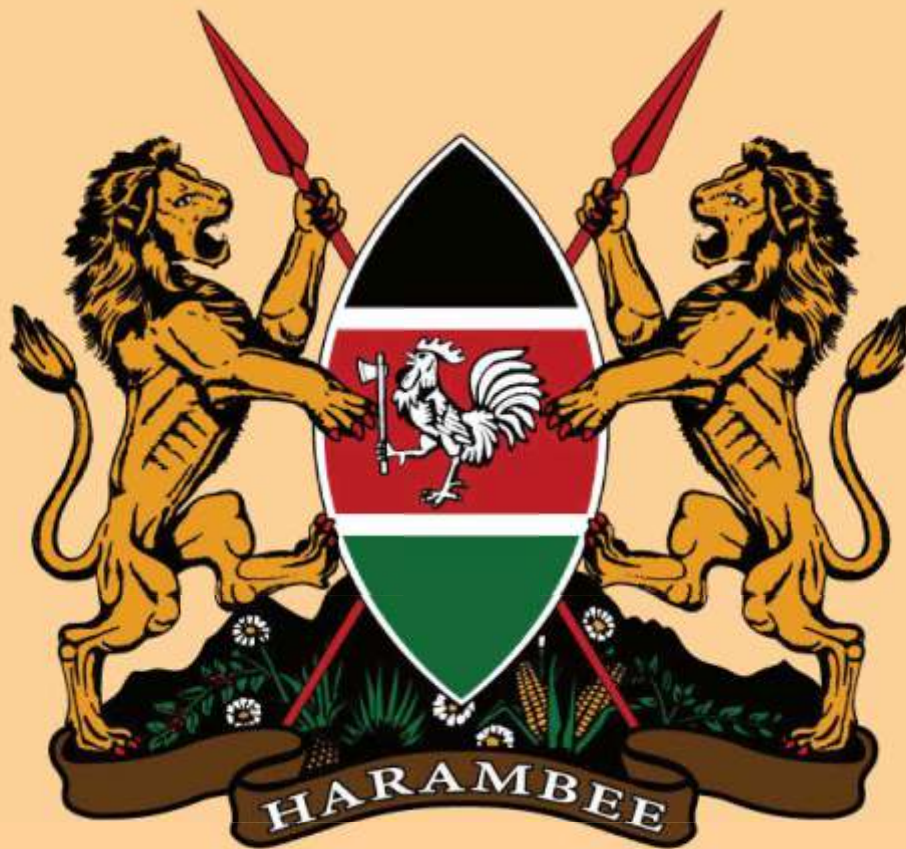


Pendo

For missing children, call 0800 22 33 44. For anonymous tips, use Fichua kwa DCI at 0800 722 203. You can also reach the National Child Helpline at 116 or WhatsApp 0722 116 116.



Sifa



REPUBLIC OF KENYA



My Life Story Book developed in collaboration with the Kenya Children Assembly members and Children in Alternative Family Care in Kenya.

