**Graded Care Profile Activity**

Circle each statement with the relevant colour:
Red – Never
Yellow – Sometimes
Green – Always

**Section 1 My care**

|  |  |  |
| --- | --- | --- |
| My house is warm, clean and tidy | I feel safe at home | I have my own bed with clean bedding |
| I have privacy | I look after my siblings | I have clean clothes and shoes that fit me |
| I eat 3 meals a day  | I feel hungry | I eat fruit and vegetables |
| I cook my own meals |  |  |

**Section 2 Health**

|  |  |  |
| --- | --- | --- |
| I have a bath/shower | I brush my teeth  | I go and see the Dr, dentist or opticians when I need to |
| I get given medicine when I don’t feel well |  |  |

**Section 3 Safety**

|  |  |  |
| --- | --- | --- |
| I have a phone/tablet with internet, and I talk to people online  | I stay at home alone | My parents/carers make lots of noise or act funny (shouting, sleepy, silly) |
| I get bullied/ get into fights | I am scared of people who come to my house | I can open the medicine & cleaning cupboard |
| I hear loud noises at home (shouting/banging/arguing) |  |  |

**Section 4 Emotional Warmth**

|  |  |  |
| --- | --- | --- |
| I get hugs & kisses  | I feel sad and cry | I feel special and get praised  |
| I feel scared & hide | I feel happy and laugh | I get angry |
| I talk to my parents/carers | I have people who love me |  |

**Section 5 Guidance & boundaries**

|  |  |  |
| --- | --- | --- |
| I follow the rules | I get smacked  | I get shouted at |
| I get put in time out/ sent to my room/ naughty step | I have a set time to go to bed |  |

**Section 6 Stimulation/Education**

|  |  |  |
| --- | --- | --- |
| I have toys, games & books | I read and do homework | I have fun |
| I go to the park  | I watch TV | My parents/carers help me with homework |
| We see family |  |  |