

# Care plan for the duckling

These are some of the things the duckling has said about him...

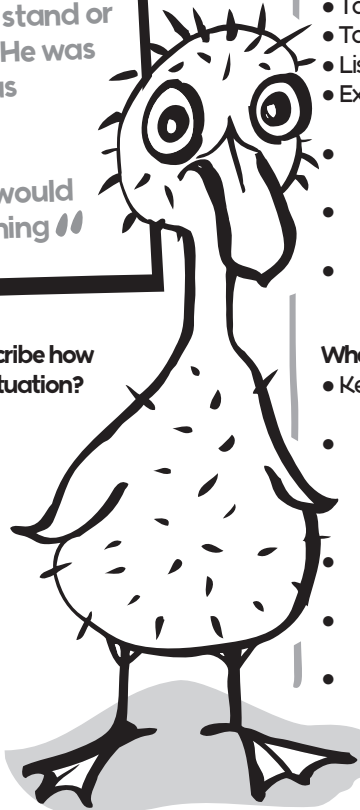
That's a frightfully big duckling

What an ugly-looking fellow that duckling is

He's too big

The poor duckling did not know where he dared stand or where he dared walk. He was so sad because he was so desperately ugly

How we wish the cat would catch you, you ugly thing



What words could you use to describe how the duckling may feel about his situation?

- Stuck
- Lonely

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What words or sentences might he need to hear?

- This time won't last forever
- I'm sorry you're suffering



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What useful things might he do to help him cope? (remember all of these answers are imaginary)

- Take a walk in the fresh air or a swim by himself
- Take a deep breath
- Listen to music
- Exercise



What things might he do that aren't helpful

- Keep his thoughts all to himself

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What would his ideal support network look like:

- A good friend
- Family members

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Achievements:

- Survived by himself
- Good Swimmer

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Hopes for the future:

- Great friendship group
- To be fed lots of bread

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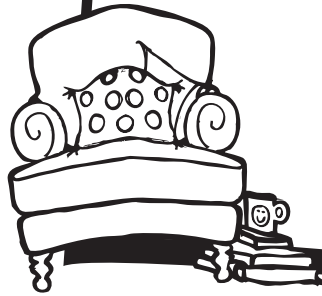
# My care plan

You can add your own drawings, photos or images to this plan

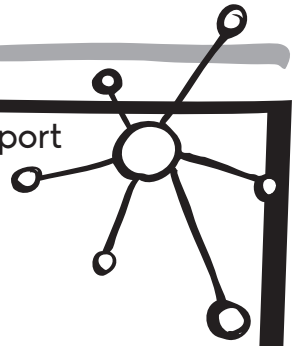
What words could you use to describe how you are feeling at the moment?



What useful things might help you to cope?



What does your support network look like?



What words or sentences might you need to hear?



What things do you do that aren't always helpful to help you cope?



Achievements:



Hopes for the future:

