

## **Me and My World - River of Life**

### **Benefits of using this tool**

Helping the child reflect on their personal experiences and influences and what they would like to change in the future.

Using the River of Life in subsequent reviews can help promote an understanding of the child's history, adding to the river over several reviews to explore significant life events and what may have changed since the last review. This might help promote continuity for the child, particularly if they experience and change of social worker, IRO or carer.

### **Suggested materials**

Large piece of paper | Felt-tip pens, crayons | Post-it notes | Stickers

### **Using the tool**

Child or someone in the network draws a river

IRO streams leading into the river which represent positive experiences and influences which may have been important to the child since the last review.

The child and network can add events and occasions to the River of Life.

Using symbols metaphorically to represent and aid discussion:

'Rough waters' - as a way of talking about difficulties and challenges over the last review period. and invite the child and network to consider what these might be.

'Calm waters' - to consider positive events that could be enhanced / increased / introduced.

'Ripples up stream or down stream' – to consider where the river might be heading over the next review period, hopes, ambitions for the immediate future and how everyone can work together to achieve this (the plan).