

My resource map



What is a „resource map“?

A „**resource map**“ should show what and who can **help with problems**.

Resources are things that people need in order to achieve **goals**.

You can **draw**, **write** or **stick** things in the boxes.

<p>I can do that well </p>	<p>These people help me </p>
<p>That's my name:  _____</p>	
<p>I own this </p>	<p>That helps me in the place where I live </p>



My network map








What is a „network map“?

A „**network map**“ shows how you are connected to other people.

A **network** consists of **people** who can help you.

You can **draw**, **write** or **stick** things in the boxes.

Family 	School and work 
Friendships 	Other people 


Here I am

