

# Moving on up!

## Managing the transition from Primary to Secondary School **AN ACTIVITY WORKBOOK**

Name:

My Primary School:

My Secondary School:



# INTRODUCTION

The journey from Primary to Secondary School is a very exciting one. It will involve new experiences and some changes for both you and your family. This activity workbook is designed to help you prepare for the transition. Through the summer holidays, you should complete as little or as much of it as you see fit. Some activities will require input and guidance from an adult.

The workbook is split into different areas:

## **This Is Me**

Activities to help you develop your self-esteem and feel confident about yourself.

## **Coping with Change**

Do you have any worries about moving up? Develop problem solving skills and coping strategies.

## **Saying Goodbye**

A chance to think about your Primary School memories and how Secondary School will be different.

## **Making the Journey**

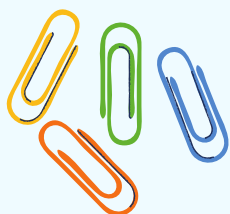
A chance for you to plan your journey to school and think about how to stay safe.

## **Friends**

Top Tips for making friends. Here you can think about what qualities make you and others a good friend.

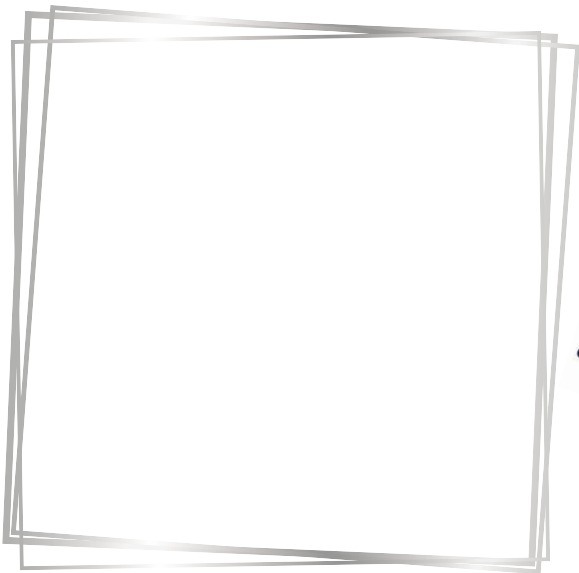
## **Getting organised**

An opportunity to think about important school information e.g. equipment, uniform and timings of school day.



# THIS IS ME

What would you like your new form tutor to know about you?



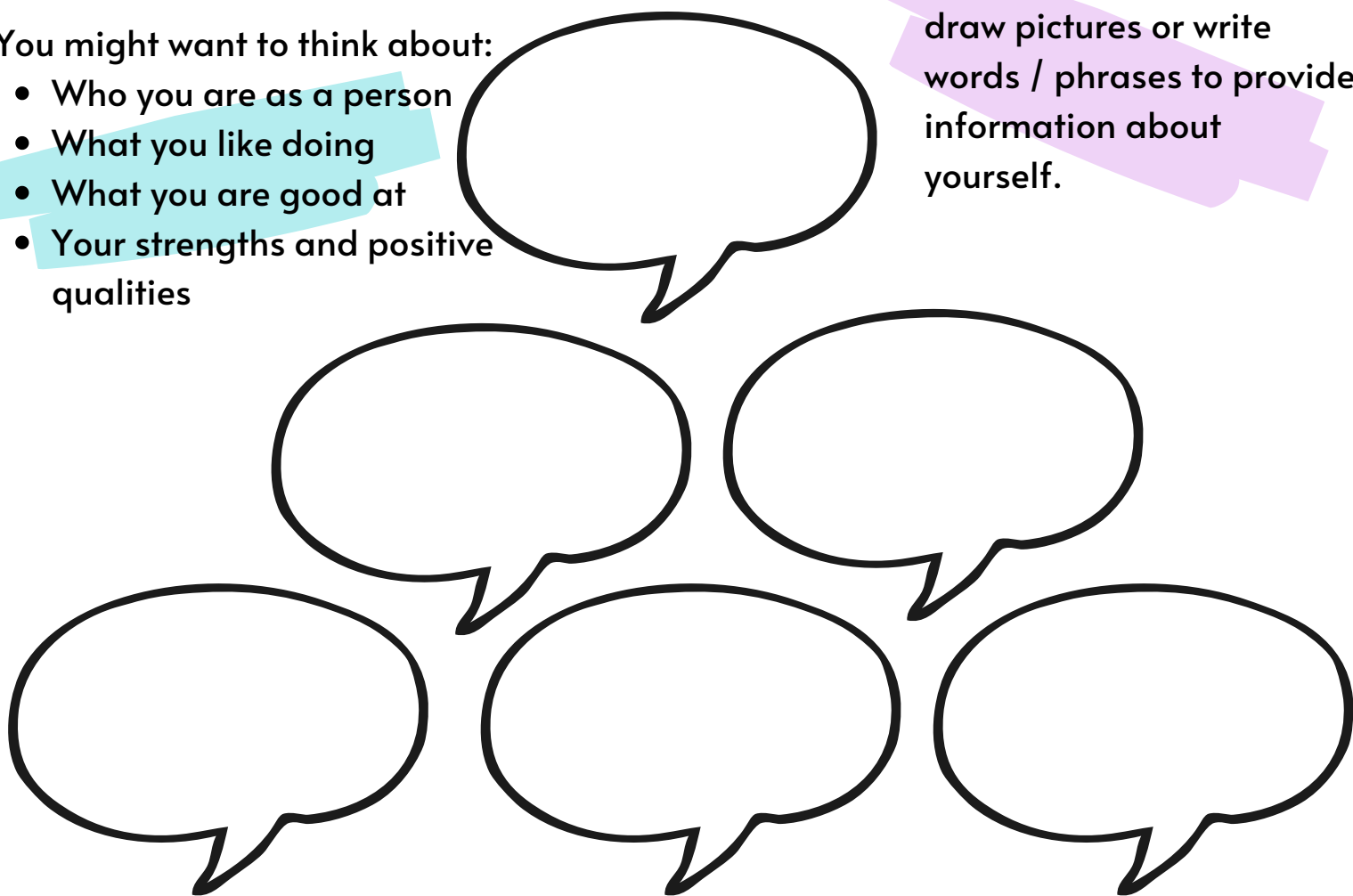
Cut out a photo or draw a picture of yourself here



You might want to think about:

- Who you are as a person
- What you like doing
- What you are good at
- Your strengths and positive qualities

In the speech bubbles, draw pictures or write words / phrases to provide information about yourself.



# THIS IS ME

Imagine your family, friends or current teacher are going to recommend you to your new school. Ask them what they think are the positive or special things about you and write them down in the boxes below.

Name:

What they say about me:

Name:

What they say about me:

Name:

What they say about me:

Name:

What they say about me:



# WHAT I SAY ABOUT THEM

Now choose three people and tell them what their positive or special qualities are. They will be very happy to hear what you think is great about them.

Name:

What I say about them:

Name:

What I say about them:

Name:

What I say about them:

# COPING WITH CHANGE

## SIMILARITIES AND DIFFERENCES

You can expect Secondary School to be different to Primary School, but there will also be some similarities.

Talk through what it's like in Primary School, then write/draw this in the Primary circle. Think about how it might be different in Secondary School and write/draw this in the Secondary circle. Then, think about what might stay the same when you move to Secondary School and write/draw this in the middle.

**PRIMARY SCHOOL**

**SECONDARY SCHOOL**

Example: I will still  
get up at 7.30am.

# COPING WITH CHANGE

## EXCITEMENT VS WORRY

It is completely normal to feel lots of different emotions about moving up to Secondary School. You may feel excited about some things, but then feel nervous and worried about others. This is completely understandable and you won't be the only one feeling that way.

Write / draw the things that are worrying you about moving up to Secondary School. Also, write / draw all the things you are excited about!

**WHAT I AM EXCITED ABOUT**



**WHAT I AM WORRIED ABOUT**



**Remember!** When you are feeling worried, it is important to talk to your family or someone you trust about it. Sharing a worry can often make it seem less big and scary.

# COPING WITH CHANGE

## PROBLEM SOLVING

It can be very easy to feel overwhelmed by our worries, but thinking about possible solutions to some of the worries can help us to feel confident and brave enough to face them if they do occur. Talk with an adult about the worries that you listed on the previous page. Together, see if you can use the problem solving chart to come up with some possible solutions that could calm your worries.

Worry	All possible solutions (no matter how weird and wonderful)	Pros and cons of this solution Is it realistic? Is it do-able?	How good is this plan? Rate 0 - 10
E.g. I might get lost trying to find my lesson			



Once you have decided on the best solutions, discuss with an adult which ones to try out, and then plan how to do this.



Problem solving is an important skill for day to day life. It can help you to think about how to handle situations such as, getting lost, being bullied, forgetting your homework or missing the bus.

# COPING STRATEGIES

## TIPS TO GET YOU STARTED

It is normal to feel nervous on your first day of Secondary School. To help you feel more confident and prepared, here are some helpful coping strategies.

Using positive thinking and relaxation techniques can help us feel more in control and able to handle scary situations. Here are some examples of positive thoughts that you can remind yourself of when you are feeling nervous. Can you think of any more?

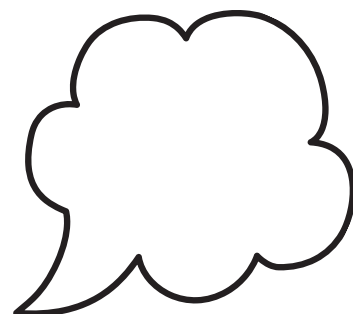
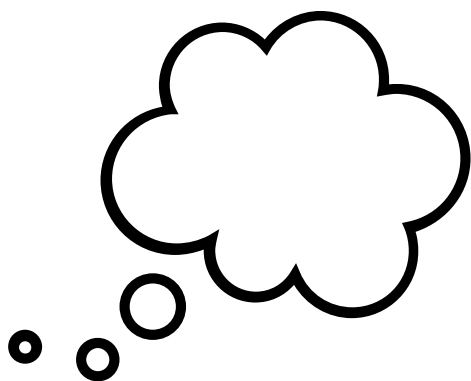


### Positive thinking

I can do this!

Lots of people  
will be feeling  
the same as me

I am ready for  
this next step!





# COPING STRATEGIES

## RELAXATION TECHNIQUES

If you feel nervous or worried, try one of these relaxation exercises to help yourself feel calm again. They can be used anywhere. in the classroom, the dinner hall, or even at home.

### Breathing exercises

#### Box breathing

Using your finger, trace the shape of a box on your leg, as you do this:

- Breathe in for 4 seconds
- Hold for 4 seconds
- Breathe out for 4 seconds
- Hold for 4 seconds
- Repeat as needed

#### Hand breathing

Spread your hand out wide and with your other hand trace your finger up and down each finger.

- As you go up each finger, breathe in for 4 seconds
- When you reach the top, hold for 4 seconds
- As you go down each finger, breathe out for 4 seconds
- When you come back to your palm, hold for 4 seconds

### Grounding exercises

#### Activate your senses!

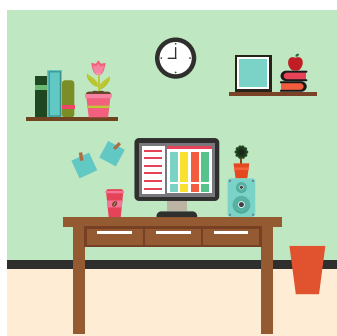
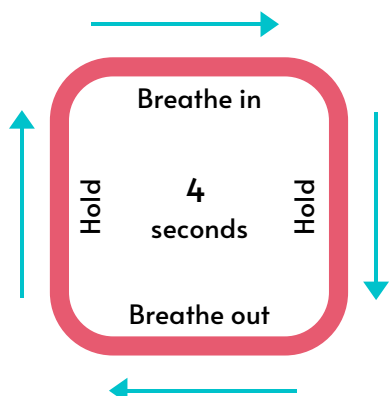
Look around the room and name:

- 5 things you can see
- 4 things you can hear
- 3 things you can smell
- 2 things you can touch
- 1 thing you can taste

#### Scan the room

Look around the room and name:

- 5 colours you can see
- 4 shapes you can see
- 3 people you can see
- 2 shiny things you can see
- 1 book you can see



# MAKING FRIENDS

## TIPS TO GET YOU STARTED

Moving to a new school is a great opportunity to make new friends!

Good friends that are kind, trustworthy, safe and fun are really important for our mental well-being. They are also a natural stress buster.



### Things to remember...

- Making good friends takes time, so keep making the effort. It might not go right every time but you will get another chance.
- The number of friends you have isn't important. It is the quality of these friendships that matter.
- Falling out is normal. When this happens, talk openly and acknowledge each other's feelings. Try to apologise and forgive rather than holding a grudge.
- Joining in with group activities will help you to make friends easily.
- Don't forget to be yourself! Everyone is unique and different and being true to our self is really important to help us feel happy and comfortable.

### Things to try...

- Smile and look people in the eye.
- Speak clearly and confidently.
- Try not to cover your mouth when you speak.
- Join a club to meet people with similar interests.
- Ask people if they want to sit with you at lunch and find something you have in common.
- Give someone a compliment e.g. tell them you like their sense of humour or their hair style.

### Things to think about...

What qualities  
do you look for  
in a friend?

What qualities  
would you like  
friends to see in  
you?

# SAYING GOODBYE TO PRIMARY SCHOOL MEMORIES

You are about to take the big step of moving up to Secondary School. Maybe you feel ready to move up, but you might also be nervous about leaving what you feel familiar with behind. As you move on, it is important to think about all the happy memories from your time at Primary school.

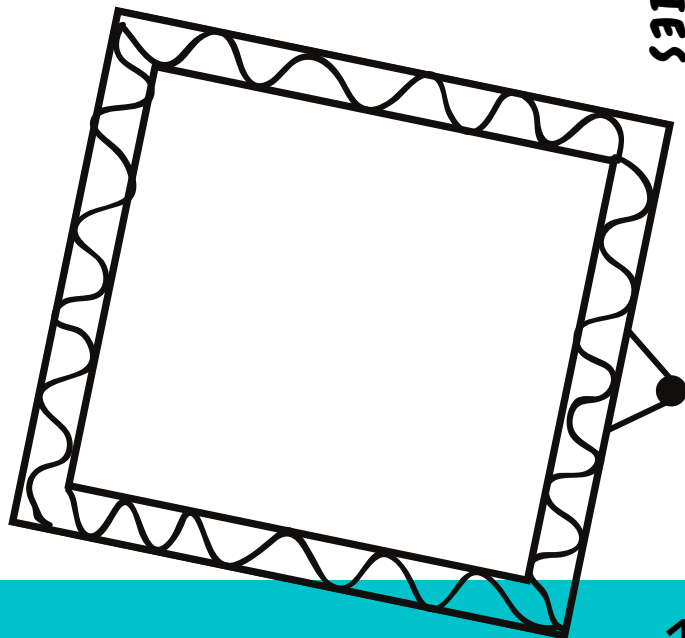
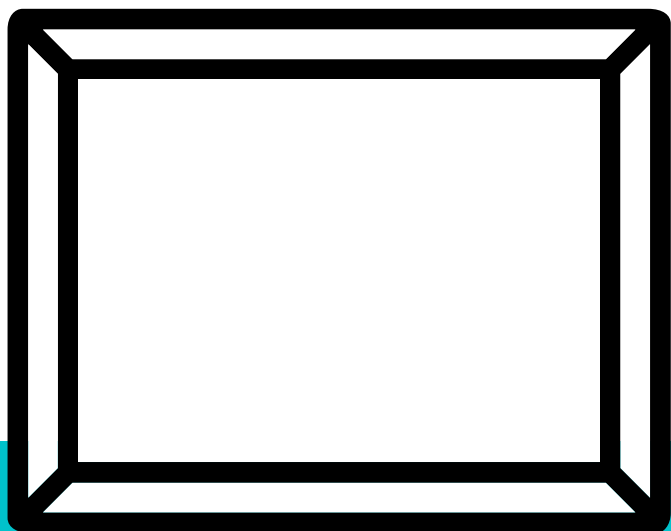
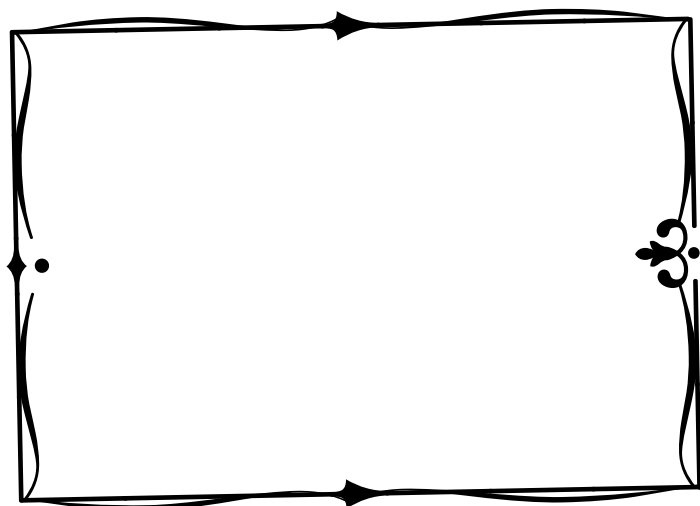
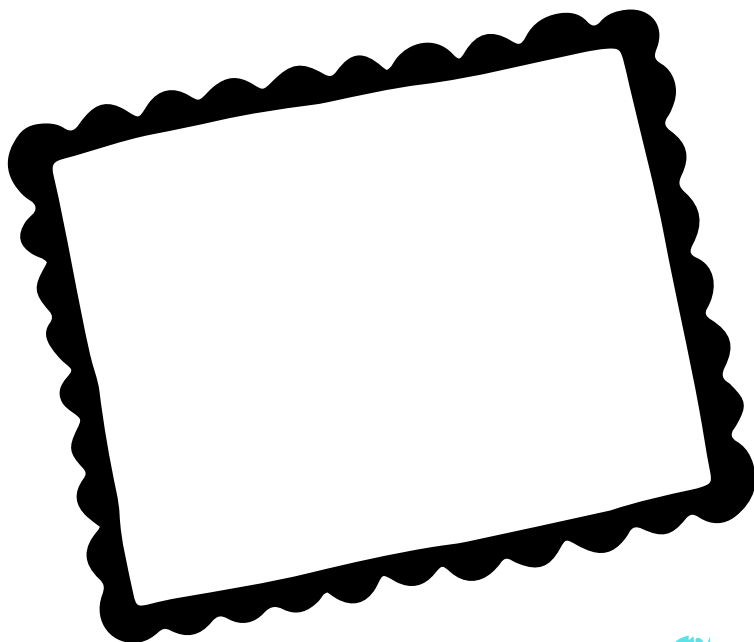
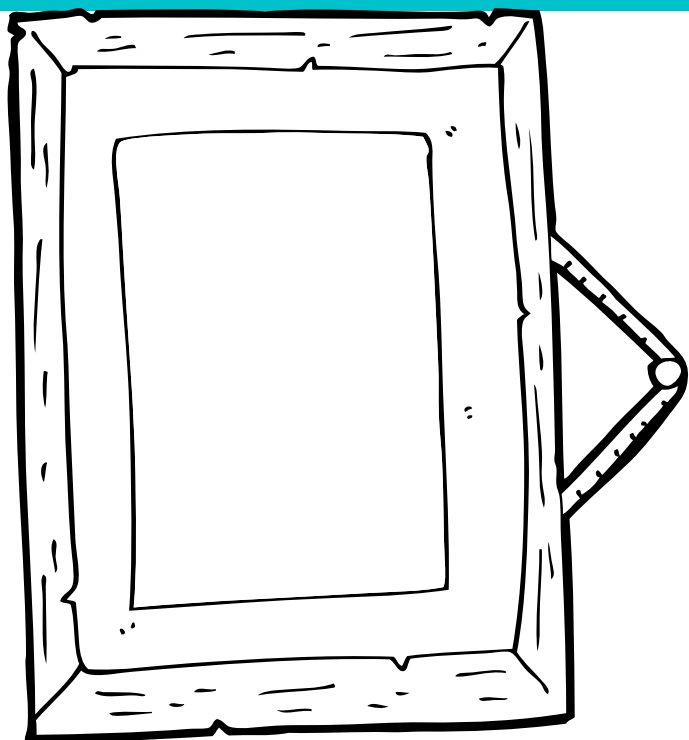
## My Primary School Memories

Talk to an adult about all your favourite memories. You might want to cast your mind back to when you started in nursery or reception.

Here are some things that you could chat about:

- Which trips, events or assemblies did you enjoy the most?
- What jobs, roles or responsibilities did you have in Infant School?
- Who have been your best friends at Infant School?
- Which lesson did you enjoy the most?
- Can you remember any amazing pieces of work that you did?
- Who was your favourite teacher and why?
- Did you get any certificates or rewards? What for?
- Can you think of a time when something made you laugh?
- Can you remember a time when someone was very kind to you?

Now you have thought about your time at Primary School, use the next page to create a memories page. Include words and/or drawings in the frames. You could even stick down photographs or memorable items such as tickets. You might even want to do it on the computer and print it out or email it to your new teacher in September.



MY PRIMARY SCHOOL MEMORIES

# HOPES FOR THE FUTURE

## A LETTER TO MY FUTURE SELF

Starting Secondary School is something that might feel scary and exciting at the same time. Having a fresh start means that you will have opportunities to try new things. It is also a good chance to think about some goals and achievements you would like to aim for.



Writing a letter to our future self can help us think about what our hopes for the future are. The letter is something you can look back at in a year's time, or even when you get in to Year 11, to see what you have achieved since starting Secondary School.



When writing your letter, think about what is important to you, how you want to feel about yourself and how you want others to feel about you. What will you be proud of?

# HOPES FOR THE FUTURE

## A LETTER TO MY FUTURE SELF

Dear \_\_\_\_\_ (your name)

What are you most looking forward to at Secondary School?

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What new things would you like to take part in during your time at Secondary School?

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What would you like to achieve by the time you leave Secondary School?

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What are your hopes for the future beyond Secondary School?

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Anything else you'd like to tell your future self?

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Signed \_\_\_\_\_

Date \_\_\_\_\_

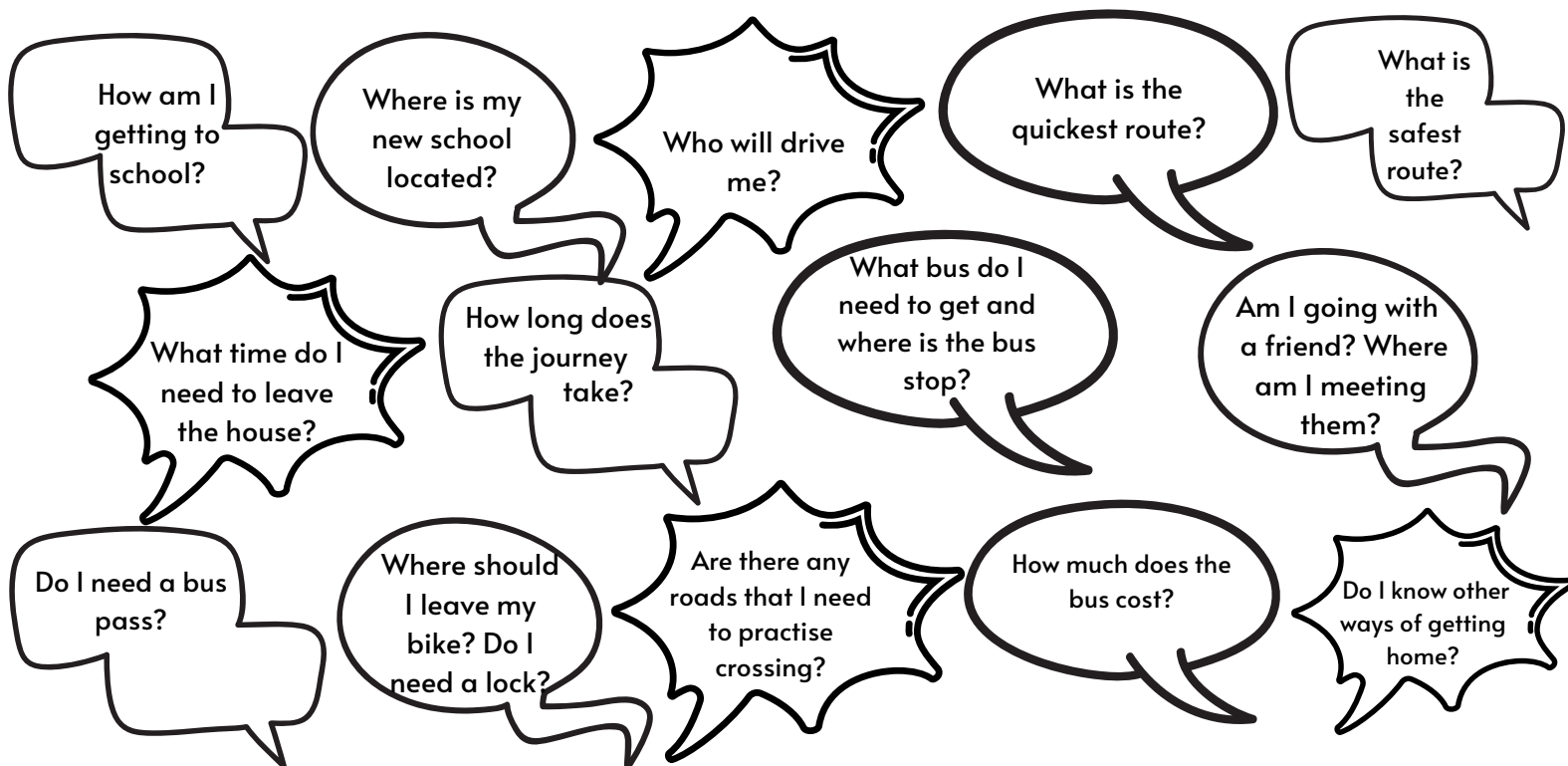


Once you have written your letter, take some time to read it over and think about the advice you have given and the goals you have set for your future self. When you have done this, you can put it into an envelope and ask a family member to look after it for you. Make sure you agree a time you plan to open it and read it in the future.

# MAKING THE JOURNEY

## PLANNING AND PREPARATION

When making a new journey, it is important that we spend some time planning it. Your new school might be in a different area to your Primary School. It might feel unfamiliar to you right now, so spend some time now preparing for the journey with an adult. Read the bubbles together, then colour in the ones you will need to think and talk about.



Now write down your journey plan. Include rough timings if you can. Think about what you need to do in a morning before you leave for school e.g. when will you eat breakfast? You could even use Google Maps to map out your journey. What do you see along the way?

Once you have decided on your route, arrange a time to practise the journey with an adult.

Date:

Time:

How did I get there?:

Who came with me?:

How long did it take?:

What time do I need to leave the house?:

How I am staying safe:

Remember that there may be more traffic in September so you might want to leave a bit of extra time!



# MAKING THE JOURNEY

## STAYING SAFE

Your safety is very important and it is good to think about what rules you and your parents/carers might put in place to ensure that you stay safe and healthy. Agree some rules together.

### YOU COULD THINK ABOUT:

- Crossing roads
- Cars seeing you easily
- The time you'll get home
- Who to tell if you're late
- Going to the park
- Going to friend's houses
- Who do you need to text or ring if you have a change of plan
- Limiting the amount of sweets or fizzy drinks you buy
- Using the internet and social media

### Our Rules

- 
- 
- 
- 
- 
- 
- 
- 
-





# RESEARCH PROJECT

## GETTING ORGANISED



There is often a lot of information you can find out about a school by looking at its website. Start by finding out what your new school's website is and keep a note of it below, then work your way through the research tasks. The following pages will help you make notes on the information you find out.

**My new school website:**

## THINGS TO EXPLORE ONLINE...



Names of important staff

☐


Timings of the school day

☐


School uniform

☐


Stationery and equipment

☐



# STAFF I NEED TO KNOW

## GETTING ORGANISED



See if you can find out the names of school staff that you might need to know in Secondary School. Write their names and job titles in the box below.

# THE SCHOOL DAY

## GETTING ORGANISED



Record the timings of the school day in the table below. Some examples of timings you might want to find out could include: the start of the day, break time, lunch time and the end of the school day.

[illegible]



# SCHOOL UNIFORM

## GETTING ORGANISED



Most schools will have a set uniform. This helps create a sense of belonging and makes getting ready for school in the mornings much easier. School will usually send you a list or you can check their website. Make a list together of what you will need

### MY UNIFORM LIST

<input type="checkbox"/>	.....
<input type="checkbox"/>	.....
<input type="checkbox"/>	.....
<input type="checkbox"/>	.....
<input type="checkbox"/>	.....
<input type="checkbox"/>	.....
<input type="checkbox"/>	.....

For some subjects you might need special items or kit.  
Look at what you need for:

PE .....

.....

.....

Anything  
else?.....

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.....

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# STATIONERY AND EQUIPMENT

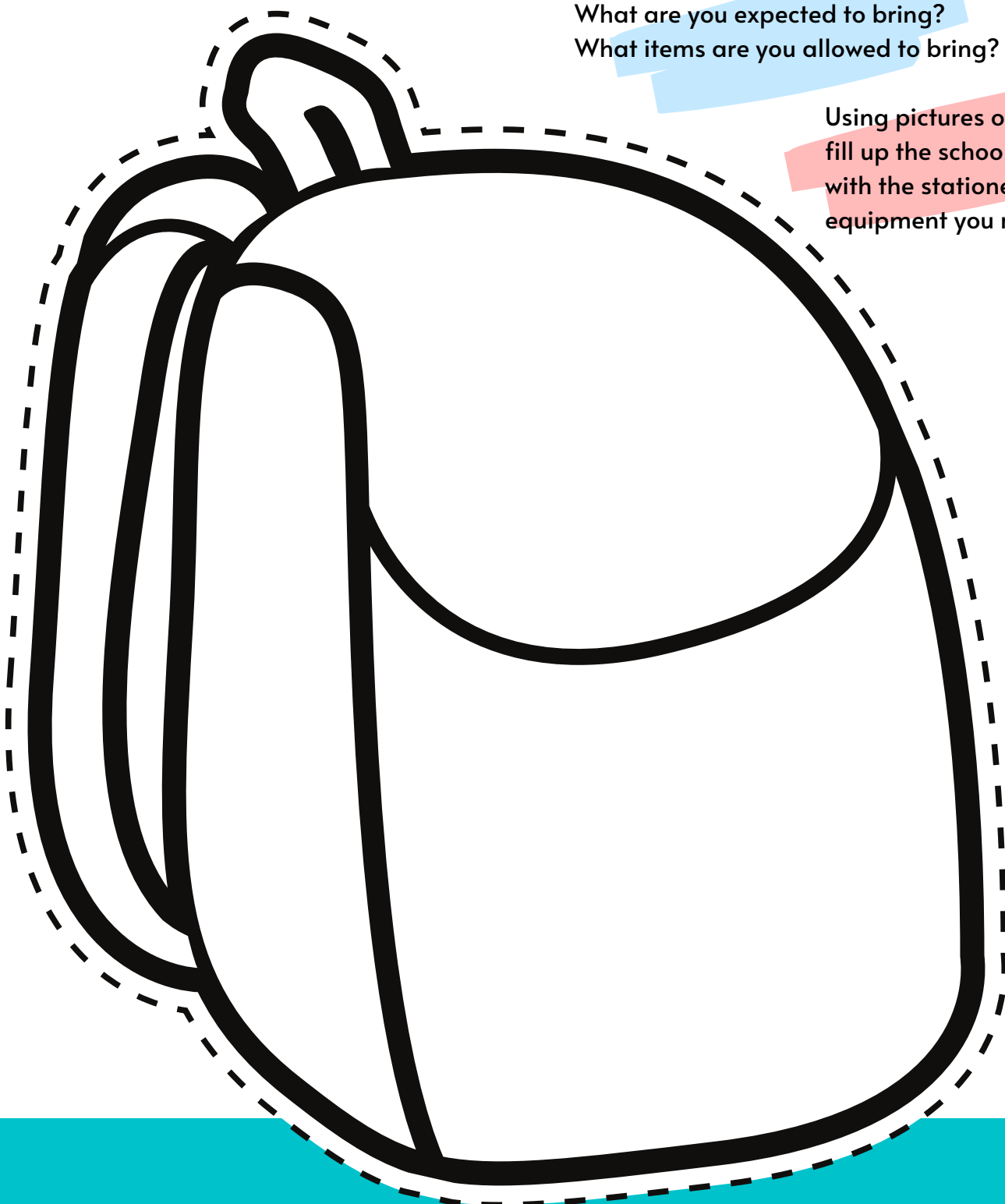
## GETTING ORGANISED

Use the school website to think about the stationery and equipment that you need. If you aren't able to get all the items straight away, or you're not sure what you need, don't worry too much, and ask a teacher about it in September.

What are you expected to bring?

What items are you allowed to bring?

Using pictures or words,  
fill up the school bag  
with the stationery and  
equipment you need!



# STARTING SECONDARY SCHOOL

## HOW'S IT ALL GOING?

When you're ready to complete this page you will have completed your first days or week in secondary school. Congratulations, you are now a Year 7 student!

You will have experienced lots of things and met lots of new people so far. As you continue to settle into secondary school make some notes below on how it's all going and the things you've enjoyed so far...

Favourite subjects so far...

Who are the new friends that you've met?

I am looking forward to...

Favourite food in the canteen...

Best place to hang out at break/lunch...

Best Teacher...

**C O N G R A T S**

