

TRANSITION



Contents

What is a transition?	3
Top tips for parents	4
Useful resources, websites and videos	5
Thinking about Secondary School	7
• <i>Year 6 pupils tell us about their worries and hopes for their new school</i>	
Transition activities for children and young people	8
• Thinking about my new school	9
• First day at school	12
• Genie lamp	13
• Thought bubbles	14
• In my school bag	15
• My school uniform	16
• New school comic strip	17
• Decorate your school bag	19
• My hopes and dreams tree	21
• Worry monster – moving schools	23
Need further support?	27

What is a transition?

Transition and change are a normal part of life and growing up. There are lots of different transition points throughout the school journey which include: starting primary school, moving from primary to juniors, juniors to secondary and secondary to college or higher education. A transition could also be moving up a year group or moving schools.

These transition points can be really exciting. However, they can also bring lots of changes which can mean feeling a mixture of emotions including excitement, worry and nerves.

This booklet is for children and their families. It contains lots of useful resources, websites and activities that can be used to explore any worries and to build resilience and confidence during the time of transition.



10 top tips for parents



1. Remain calm - children will pick up on your worries.
2. Keep talking - don't shy away from conversations or questions your child may ask.
3. Encourage independence in preparation for the transition.
4. Normalise feeling worried about transitioning and show you understand why they feel this way.
5. Familiarise- you could look at the school website, walk to school and look at the school grounds.
6. Keep routines - try to keep a routine over the six week holidays so it is not a big change in September. This includes waking up and going to sleep at the same time each day.
7. Explore worries - acknowledge worries but focus on those that you can do something about. Some worries are out of your child's control, such as what homework they might get. Encourage your child to let these type of worries go.
8. Engage in activities over the six week holiday to boost your child's confidence, independence and self-esteem. This could include doing jobs around the house, cooking or helping to plan the route to school.
9. Be prepared - start preparations for your child's first day gradually so this does not feel too overwhelming. This could include trying on their uniform, practising the route to school or packing their school bag.
10. Spend time apart - If your child gets anxious about being away from you, practise spending time apart over the holidays.



Useful websites and resources



Websites for Young people

Our website has lots of useful resources and videos to support you with your emotional wellbeing and any worries you may be experiencing: <http://www.withmeinmind.co.uk/category/resources/>

The Foundation for People with Learning Disabilities has produced this guide to support children with special educational needs with transition to secondary school: <https://bit.ly/3aLoCqi>

Student Minds website has information about starting university: <https://www.studentminds.org.uk/transitions.html>

Useful video links for young people

Our website has lots of useful videos to support you with your emotional wellbeing and any worries you may be experiencing: <http://www.withmeinmind.co.uk/videos/>

Finding your Feet is a resource from Young Minds to offer reassurance to young people transitioning to secondary school that they are not alone when experiencing worries about secondary school. <https://www.youtube.com/watch?v=xT6ctrk3pVQ&feature=youtu.be>

The BBC bitesize website has lots of transition videos for young people moving to secondary school <https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>



Websites for parents

Our website has lots of useful resources and videos for children and those who support them to offer support with emotional wellbeing and managing worries: <http://www.withmeinmind.co.uk/category/resources/>

The Young Minds website has transition tips for parents to help them to support their child with the transition to secondary school
<https://bit.ly/32lcy5m>

PACEY website has lot of information and tips about school readiness for younger children who are starting secondary school.
<https://www.pacey.org.uk/partnerships/starting-school-together/>

This document by Oxfordshire City Council offers a parent's guide to transition to secondary school. <https://bit.ly/353V32a>

Thinking about Secondary School



We asked year 6 pupils what they feel excited for in secondary school. They said:

- Bigger school
- Making new friends
- Learning new things
- Sports and design technology
- New environment
- Different uniform
- Wearing a tie
- After school clubs
- More freedom
- Sports day.

We asked year 6 pupils if they have any worries about secondary school. They said:

- Feeling under pressure to learn new things
- Making new friends
- Missing old friends
- Fitting in
- Being bullied
- Moving between classrooms for different lessons
- Getting lost in school and on the way to school.

Here's how they told us they might manage these worries or make them smaller:

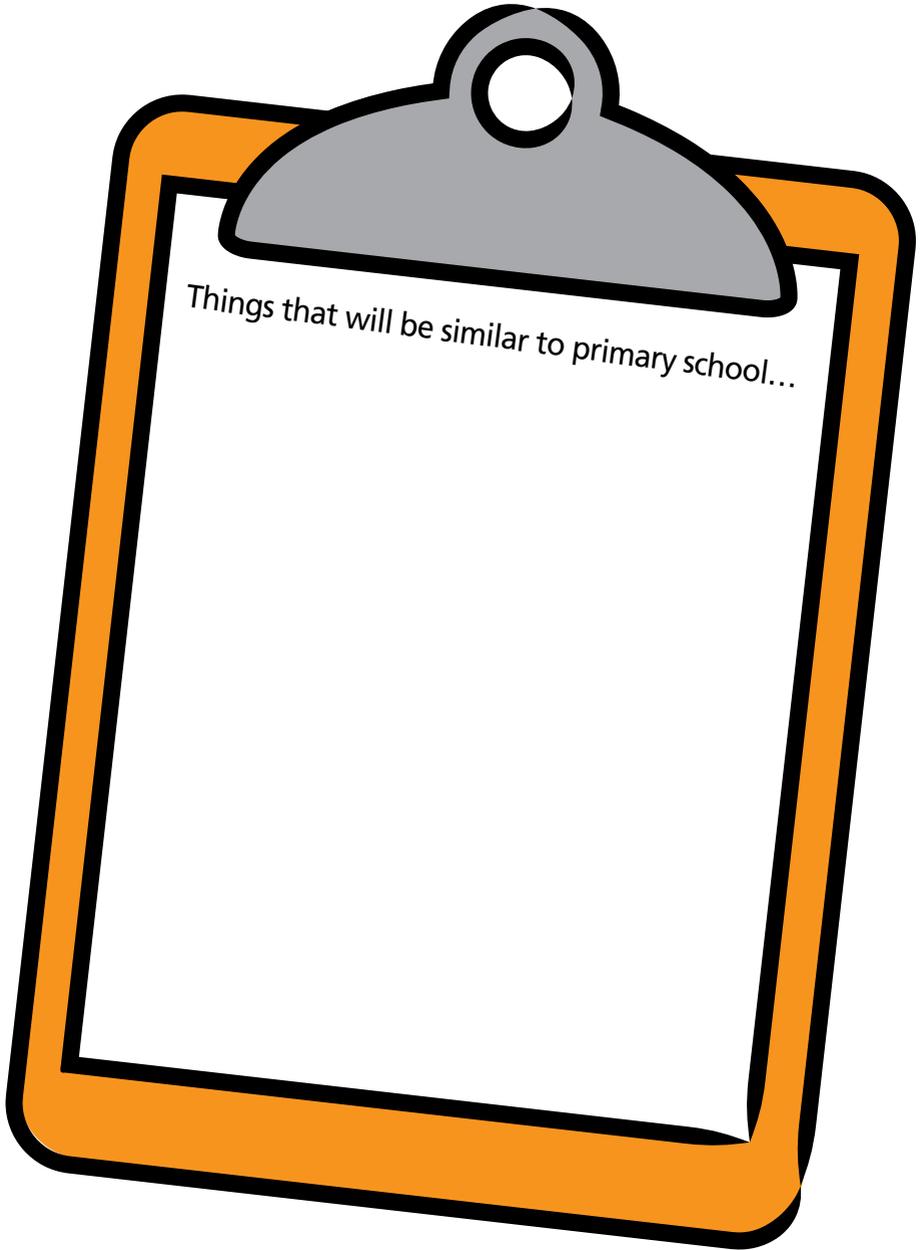
- Talk to your new teachers if you feel worried
- Ask a teacher if you need help
- Keep in touch with your old friends outside of school.
- Draw yourself a map
- Practise the walk to school in the summer holidays
- Look at the school website
- Talk to a parent or trusted adult at home about any worries.

With Me in Mind activities for children and young people

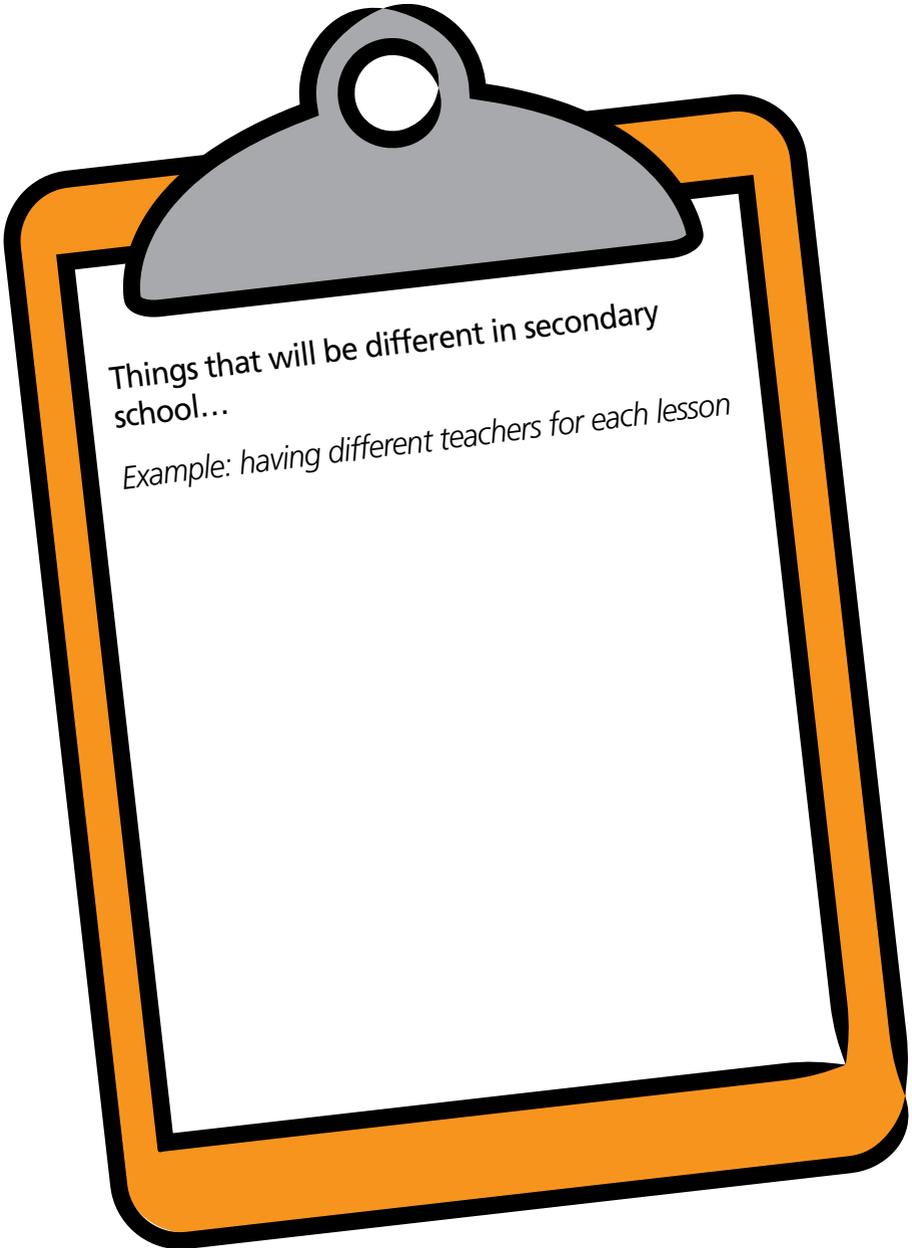
The next section of this booklet has some activities you can work through to start to think about transition and changes that might happen when moving to secondary school.



Thinking about my new school



Thinking about my new school





I am feeling excited about...

Example: making new friends



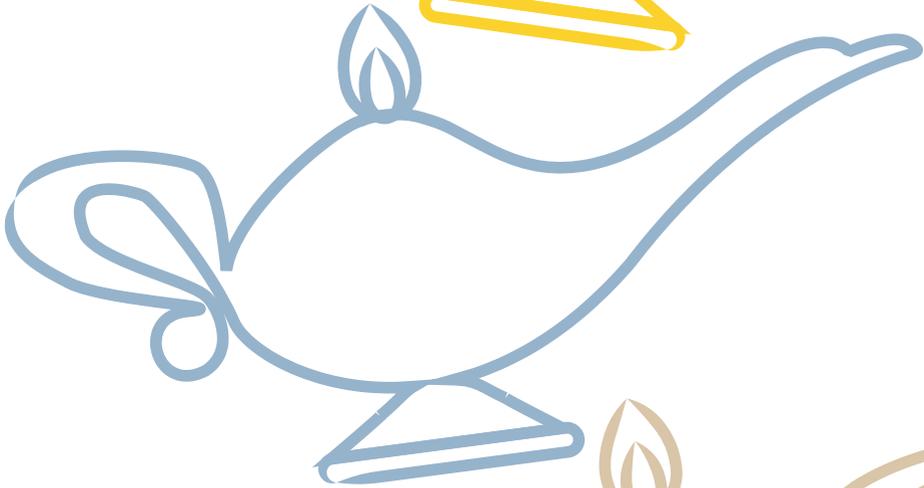
I am feeling worried about...

First day at school

Draw yourself on the first day of school. In the bubbles write some of the thoughts that you have about your new school.



Draw or write your hopes and wishes for your new school in the genie's lamps.



Draw your face in the circle and write your questions about your new school in the bubbles.



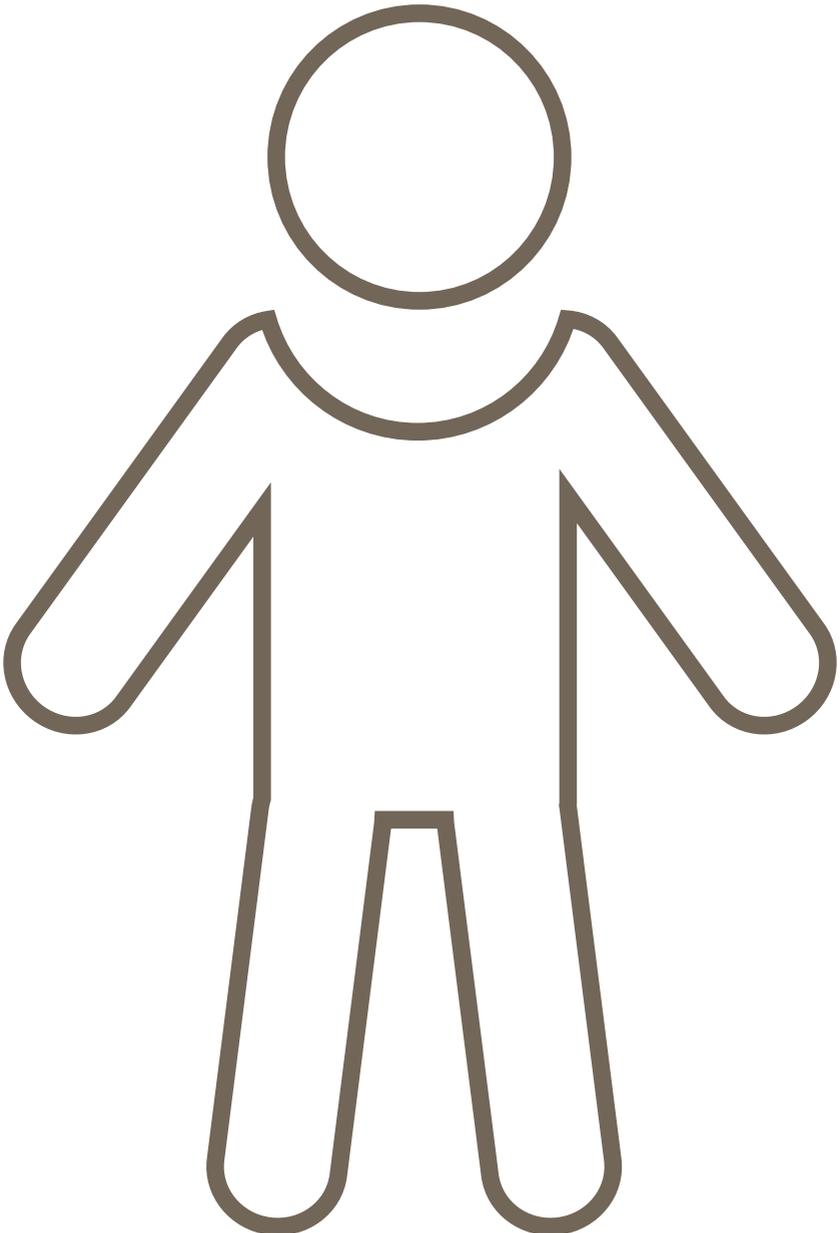
In my school bag

In my schoolbag I need...



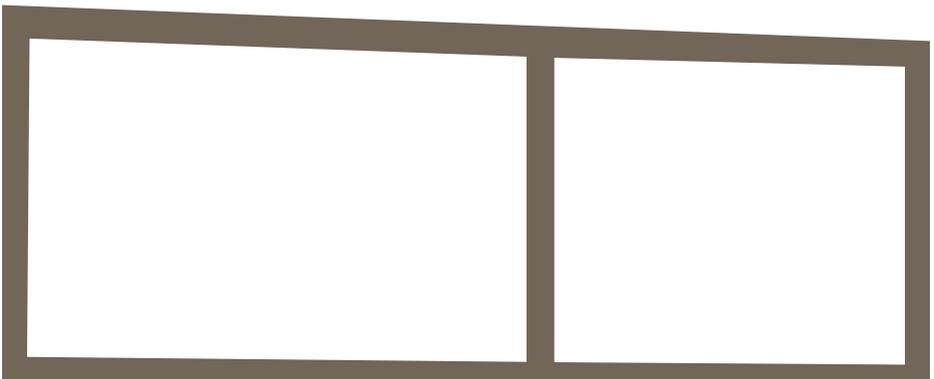
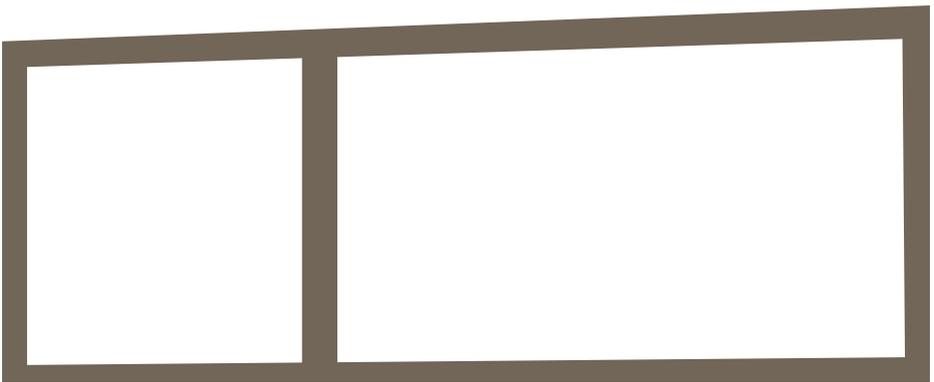
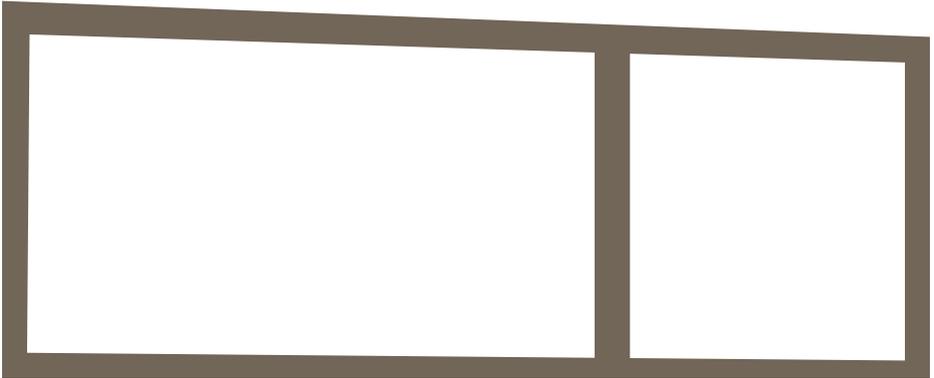
Transitions worksheet - my school uniform

Draw a picture of what your school uniform looks like:

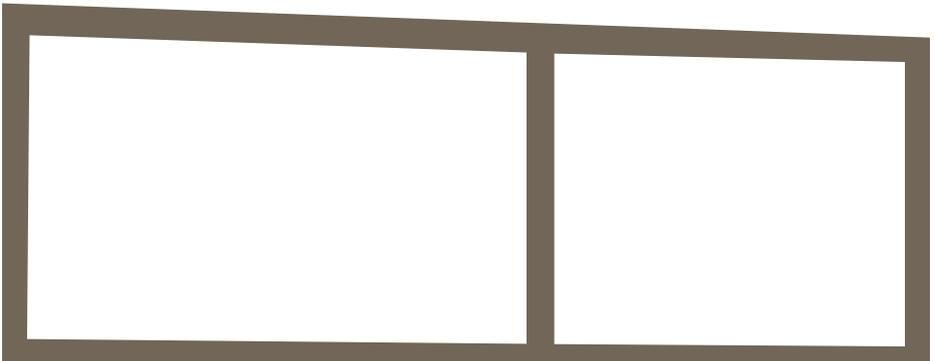
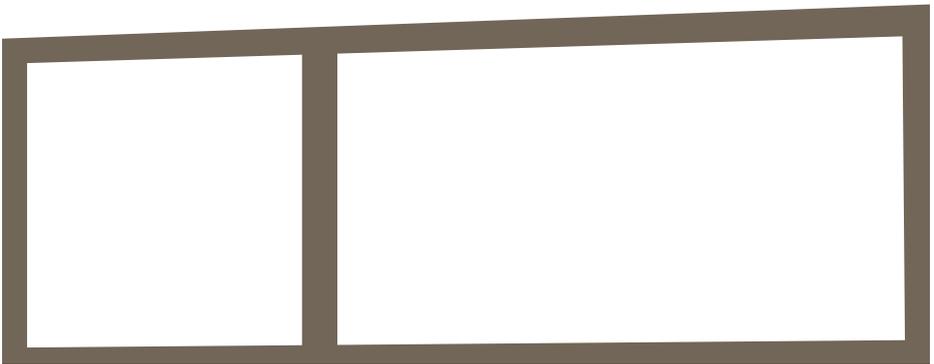
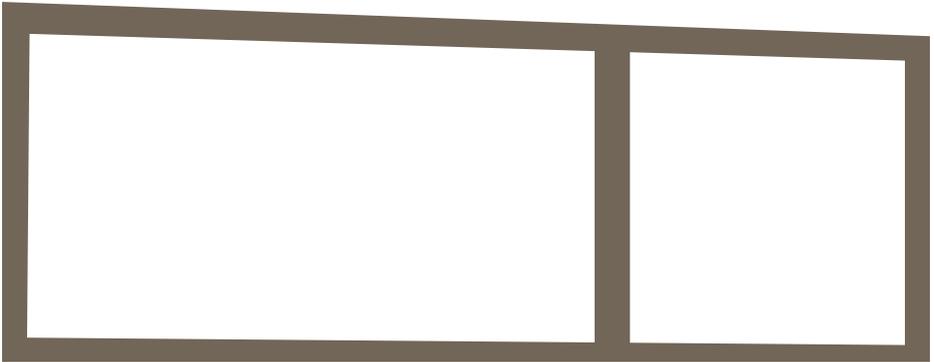


New school comic strip

Draw a comic about something you are worried about in your new school.



Draw a new comic. This time try to think of something you could do differently to make your worry go away or become more manageable. An adult or a friend might be able to help you think of some ideas. You could also watch this video to help you to think about how to manage worries.
<https://www.youtube.com/watch?v=F3FXmHoWRu8&feature=youtu.be>



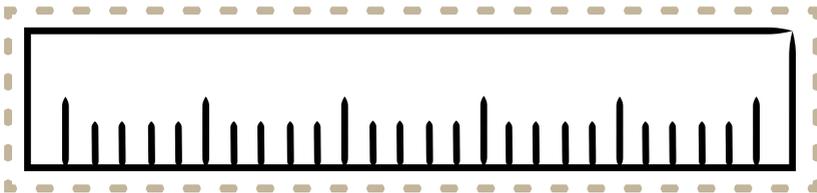
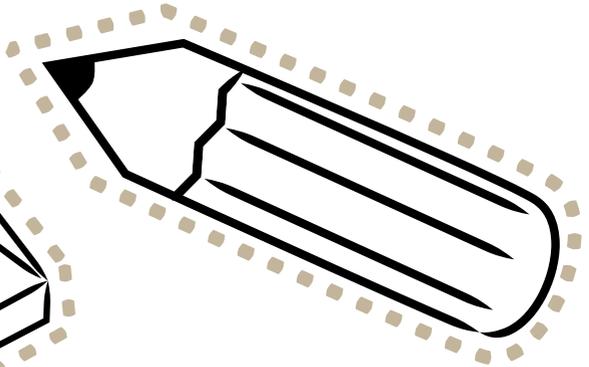
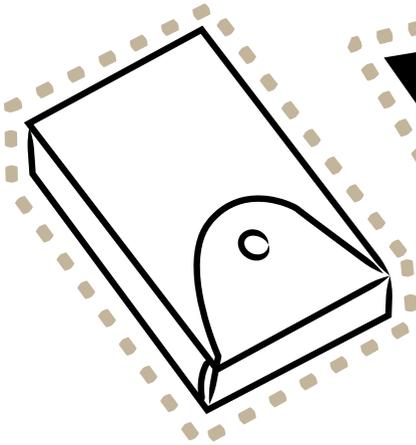
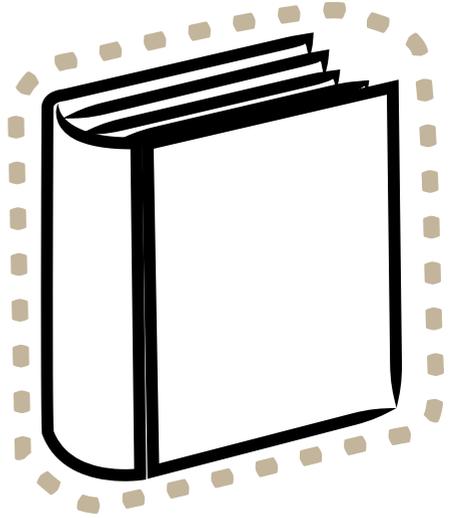
Decorate your school bag



On the next page you can decorate your stationery.

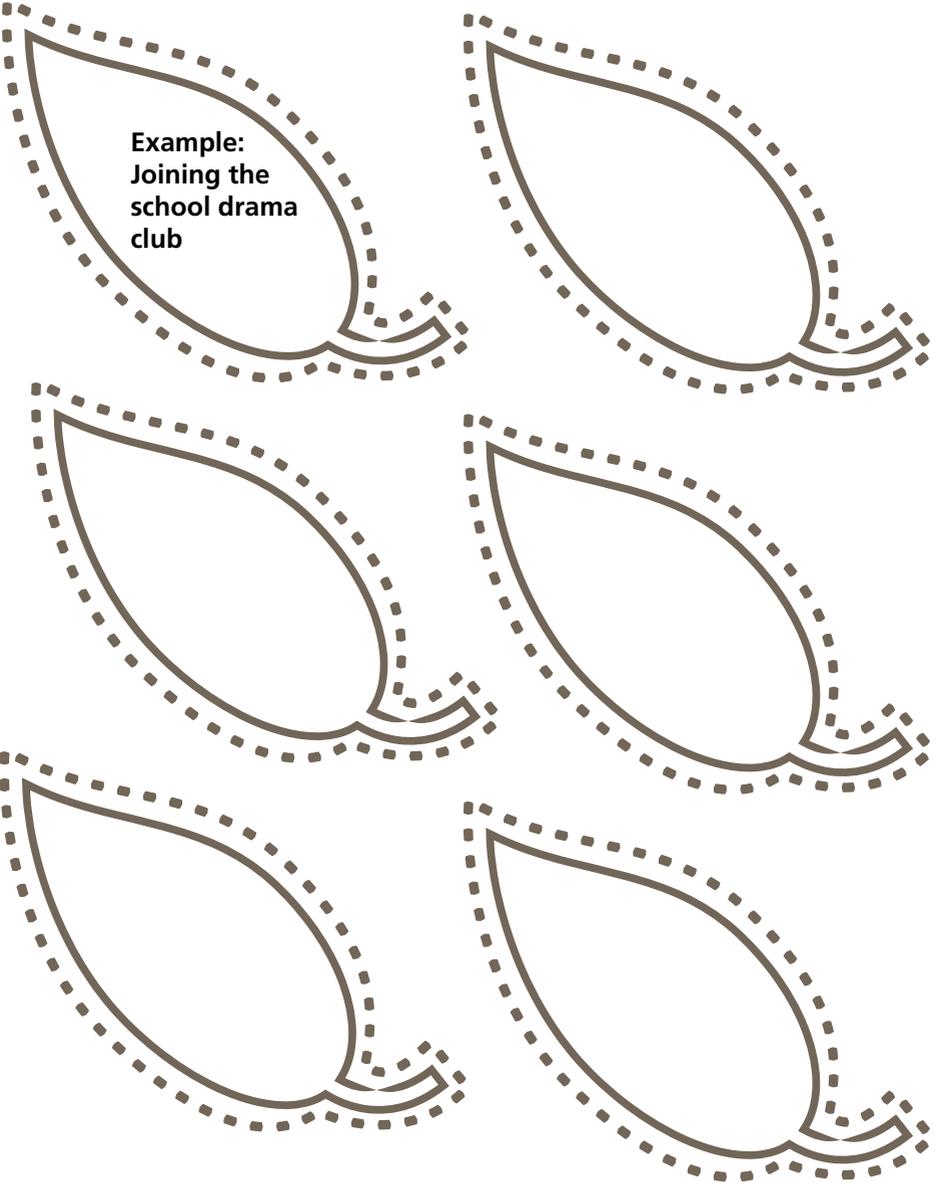
If you have any worries about your new school you could draw or write these on your stationery and talk about them with a trusted adult.

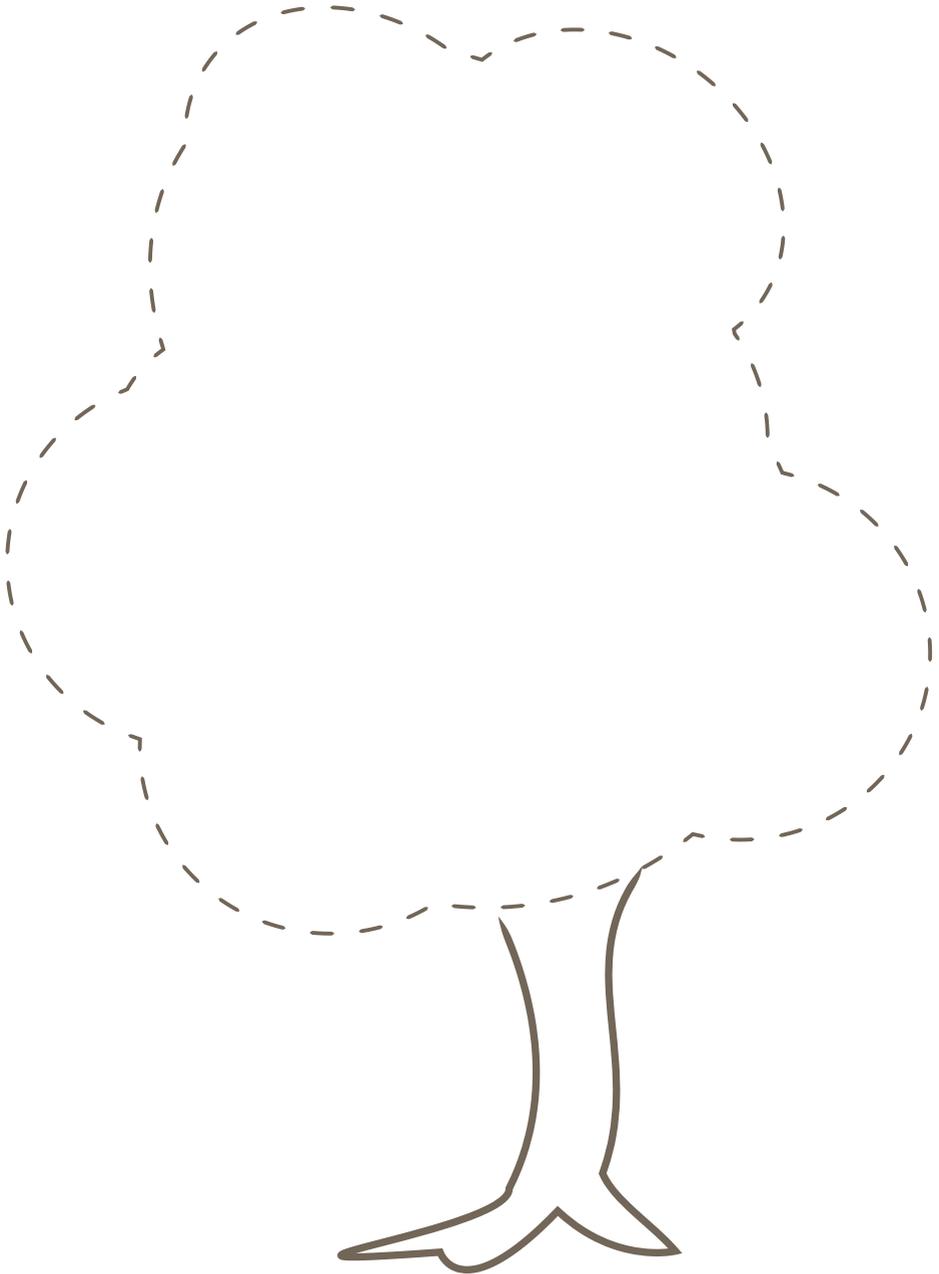
Write any worries you have about your new school on the stationery below.
You can cut them out and put them in your school bag.



My hopes and dreams tree

In the leaves below, draw your hopes and dreams for the future. With the help of an adult, cut and stick them onto your hopes and dreams tree.





Worry Monster-moving schools

Using a worry monster is a great way to think about and work through any worries you might have.

This exercise can be used to think about any worries you have about transition with a trusted adult.

For worries that you can do something about, you can use the problem-solving sheet to make a plan.

If you can't do anything about the worry or change it, you can feed it to your worry monster to help to let go of that worry.



Firstly draw your own Worry Monster in the box below

A large, empty rectangular box with a dashed black border, intended for drawing a worry monster.

Who could I talk to when I feel worried?

Things I am feeling worried about...



Can I do anything about the worry?



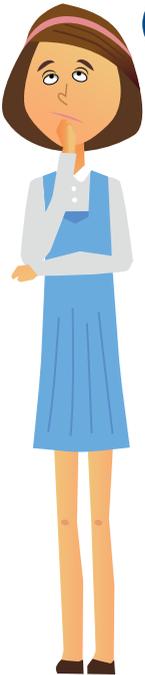
Yes

Use the problem solving sheet on the next page to think about solutions to the worry and what you might do to manage it



No

Feed the worry to your worry monster. Try to let the worry go from your mind



Problem solving worksheet

My worry is...



What could I do about it?	What are the good things and bad things about doing this?

Which option am I going to choose to manage the worry?



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What will happen next?

Now you have chosen what you are going to do to manage the worry, are there any other steps you need to take? Once you have done this it is time to let the worry go.

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If you need further support

If you need any further support with transitions or managing emotions during time of change, you can discuss this with either the class teacher or school mental health lead. They can seek advice from the With Me in Mind service with your consent.

Alternatively visit the With Me in Mind website:

 www.withmeinmind.co.uk for further useful resources, videos and information.

Or follow us on social media.



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