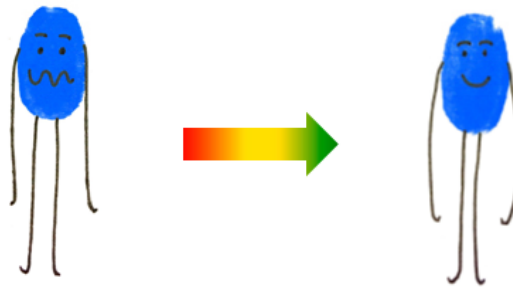


Getting ready for secondary school:

In our first pack we recognised that it's normal to have some worries about moving up to secondary school. We started looking at how we could balance out worried thoughts and come up with "...then I can..." solutions.



This pack will help you practice some skills to support you to feel even more ready for this change.

Remember:

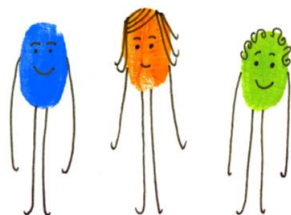
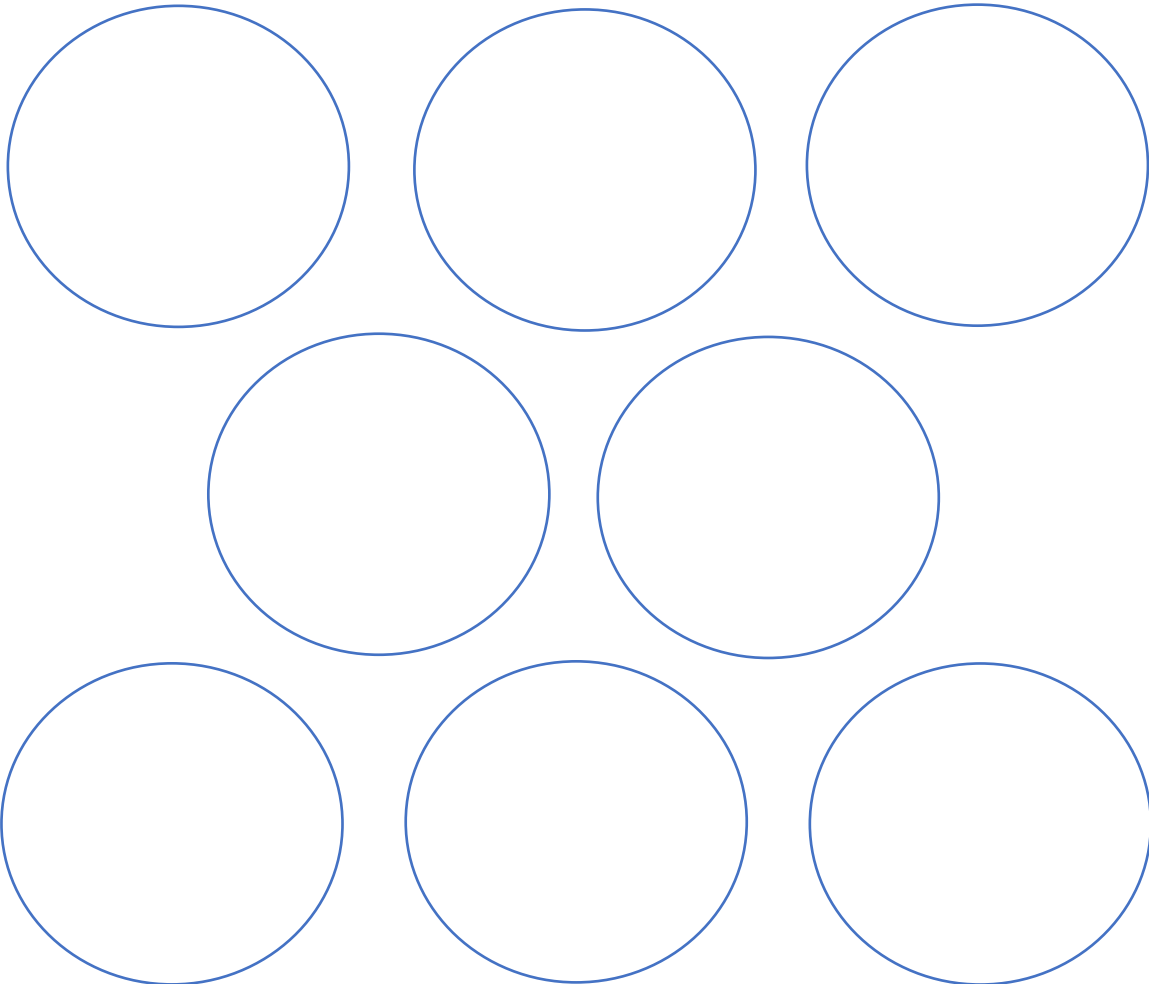
You can complete these tasks on your own but it might be helpful to talk them through with your parent/carer or a sibling



Making new friends

Friends are important, they are people to talk to, play games with and often people who make us laugh. Some young people worry about making new friends when they change schools. This is ok, it can feel a bit daunting but we have some top tips to help you feel more confident. Let's start off by thinking about what it means to be a good friend.

In the bubbles below, write down all of the qualities that you think makes someone a good friend:



Use this worksheet to think about what you can try to help you make new friends:

Why not do this with your parent or a trusted adult (or a sibling) and talk about which options will work best for you and why.

You can give each option a rating from 1-10 with number 1 being the one you will try first and number 10 being the one you will try last.

Join a school club <input type="checkbox"/>	Give a compliment (something simple like "I like your bag" is a good place to start) <input type="checkbox"/>
Smile at someone <input type="checkbox"/>	Ask a question <input type="checkbox"/>
Join in with group work <input type="checkbox"/>	Invite someone to sit with you at lunch <input type="checkbox"/>
Say hello first <input type="checkbox"/>	Find out if you share any classes <input type="checkbox"/>
Ask someone which films/music/sports they like <input type="checkbox"/>	Share your interests and hobbies <input type="checkbox"/>

★ Top tip Section: ★

- Stay open to new friendships - It's okay to spend time with new people - it doesn't mean you like your old friends any less!
- Be patient and persistent - it takes a little time to make new friends.

Getting organised

Last week we learned that some year 6 children were worried about being able to learn new rules and getting lost at their new school. Getting organised can help manage some of these worries.

The first step is to think about what new responsibilities you might have now you are going to secondary school.

Shade in the boxes to help you think about what you need to work on:

Red = responsibilities you need to start to work on

Orange = responsibilities you have already started practicing

Green = responsibilities you already have and complete independently

Getting up on time

Packing my lunch

Remembering which after school clubs I am going to

Packing my school bag

Look after my own phone

Getting the bus or train to school

Pack my PE kit

Use social media sensibly

Having the right stationary and equipment

Getting my homework done on time

Asking for help when I need support

Getting to sleep at a sensible time

Use the space below to write down what you will do to start working on the responsibilities you shaded in red:



Homework timetable

When you go to your new school it is likely that you will have more homework to complete and lots of new subjects. Stay organised by using a homework timetable to plan out when you will complete your work:

Subject	Monday	Tuesday	Wednesday	Thursday	Friday
Completed:	Completed:	Completed:	Completed:	Completed:	Completed:
Completed:	Completed:	Completed:	Completed:	Completed:	Completed:
Completed:	Completed:	Completed:	Completed:	Completed:	Completed:
Completed:	Completed:	Completed:	Completed:	Completed:	Completed:
Completed:	Completed:	Completed:	Completed:	Completed:	Completed:






Some people use their school planner to help them plan their homework. See what works best for you.



Have you got the resources and equipment you need?

Take 10 minutes to speak to your parent/caregiver and make a list of what you need under the following headings:

What books do you need to buy? 	What stationary do you need to have? 	What uniform do you need wear? 

Now you are super organised and know exactly the steps you need to take to be ready for your new school

★ Top tip Section: ★

- Label your belongings with your name
- Use your timetable as guide to pack your schoolbag the night before
- Set the alarm to allow time to get ready in the morning and eat breakfast
- Allow plenty of time for your journey to school

Building confidence:

Building confidence can help you feel more able to try new activities, help you make new friends and also support you to become more independent.

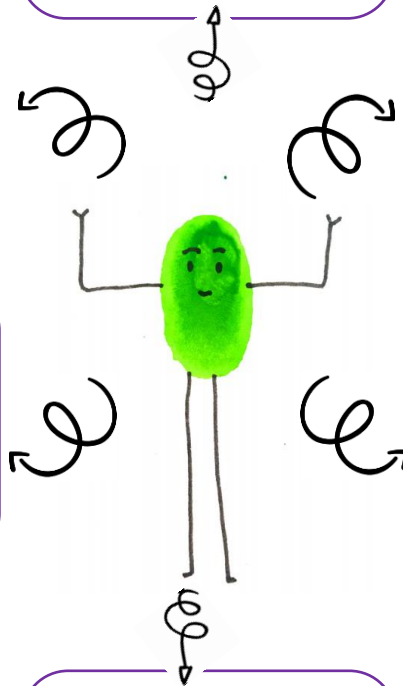
On this worksheet you can record all of your strengths and qualities. For example, things you are good at, challenges you have overcome and even times you have helped others or made them happy!



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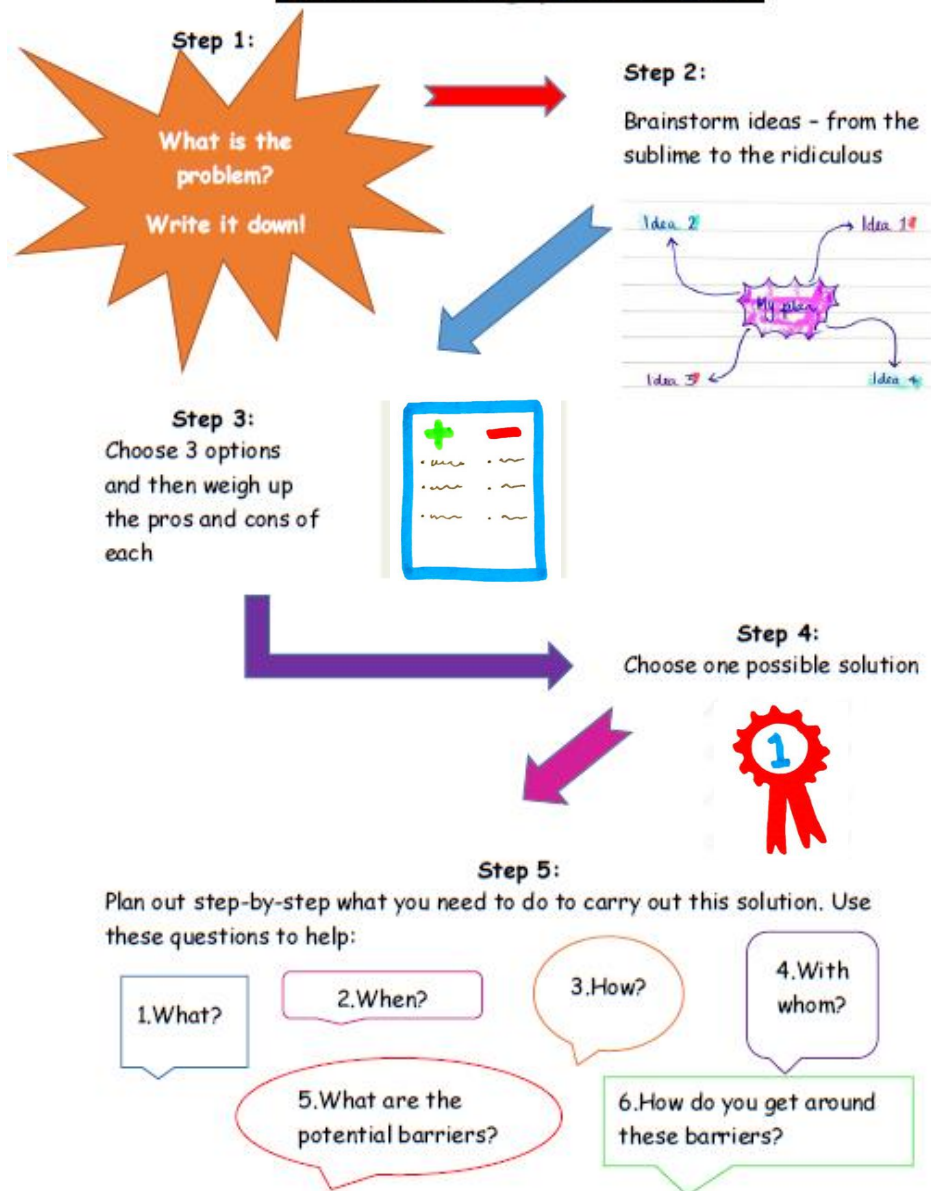
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Problem solving

Starting a new school involves a lot of change. Sometimes this can bring with it challenges and problems. This means it is really important to know that, whatever the difficulty, we can usually find a way to problem solve. You can use the following action plan to work through any problems you face step by step:

Problem solving plan of action



★ Top Tip: There is a bigger version of this at the end of the pack that you can ★ print off and stick on the fridge/ or wall

Once you have come up with a helpful solution you can even create some prompt cards to keep in your bag to help you remember the solutions you come up with. Here is an example:

Problem = I get lost on the way to my next lesson

Solution = I can check the map of the school in my planner. I can also ask a member of staff and tell them the name of the class I am trying to get to.



Here are some you can fill in yourself and cut them out if you need to:



Problem =

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Solution =

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Problem =

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Problem =

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Solution =

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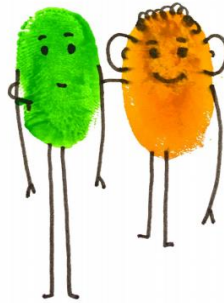
Talk to someone you trust:

If you are worried about bullying or having difficulties in friendships or other worries, it's important to know that it can really help to talk to someone you trust.

Remember you can always talk to someone you trust if something is bothering you or you have a problem. Here are some phrases that might help start off a conversation:

I have something important I need to say....

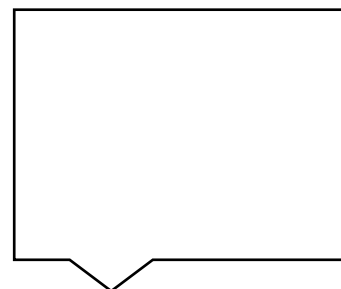
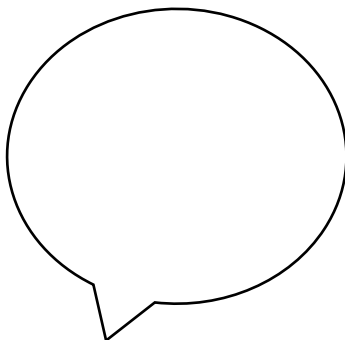
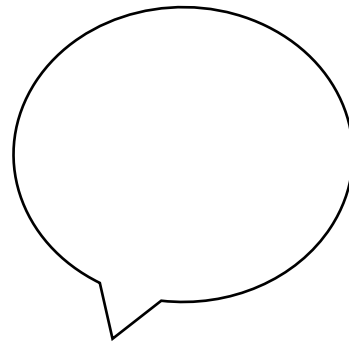
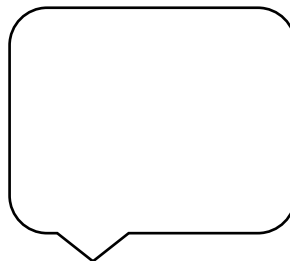
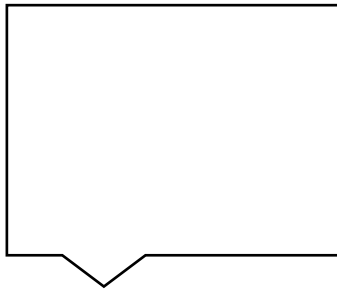
I have a problem, please can you help me?



I need some help today with...

Please can I talk to you about how I am feeling?

What else could you say? What are some of the problems you might need help with right now?



Problem solving plan of action

