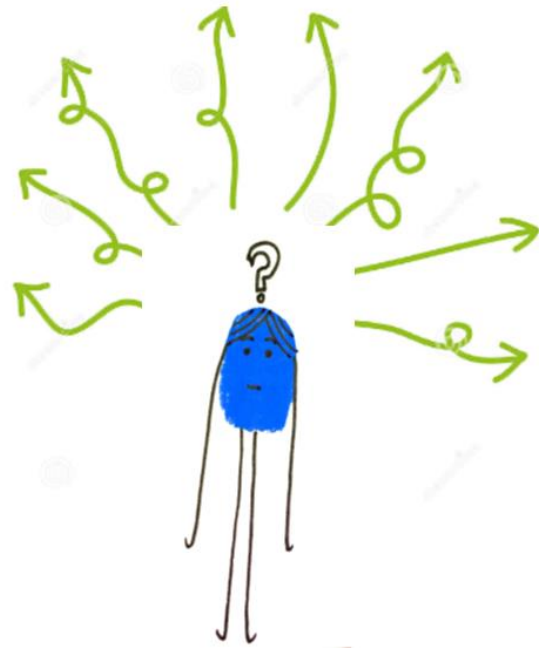


Getting ready for secondary school:

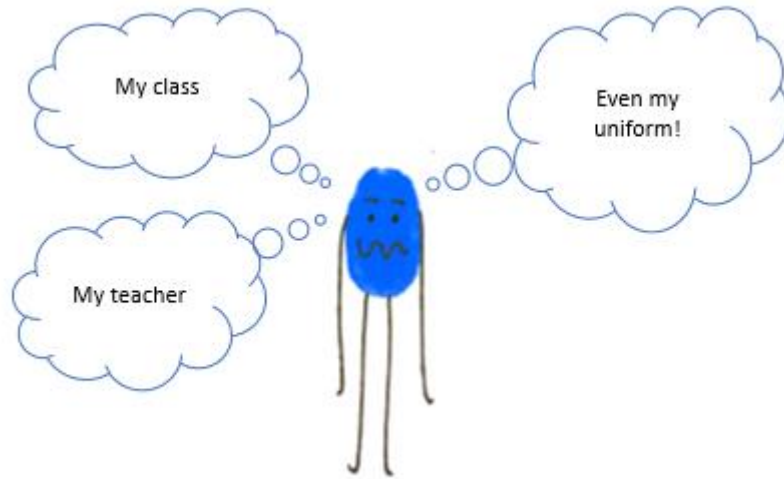
In our previous pack you had a go at practicing lots of skills to build your confidence to feel even more ready for changing school.

This pack aims to help you think about your journey from primary to secondary school and think about what you want to leave behind, what you want to take with you, and what you are looking forward to.

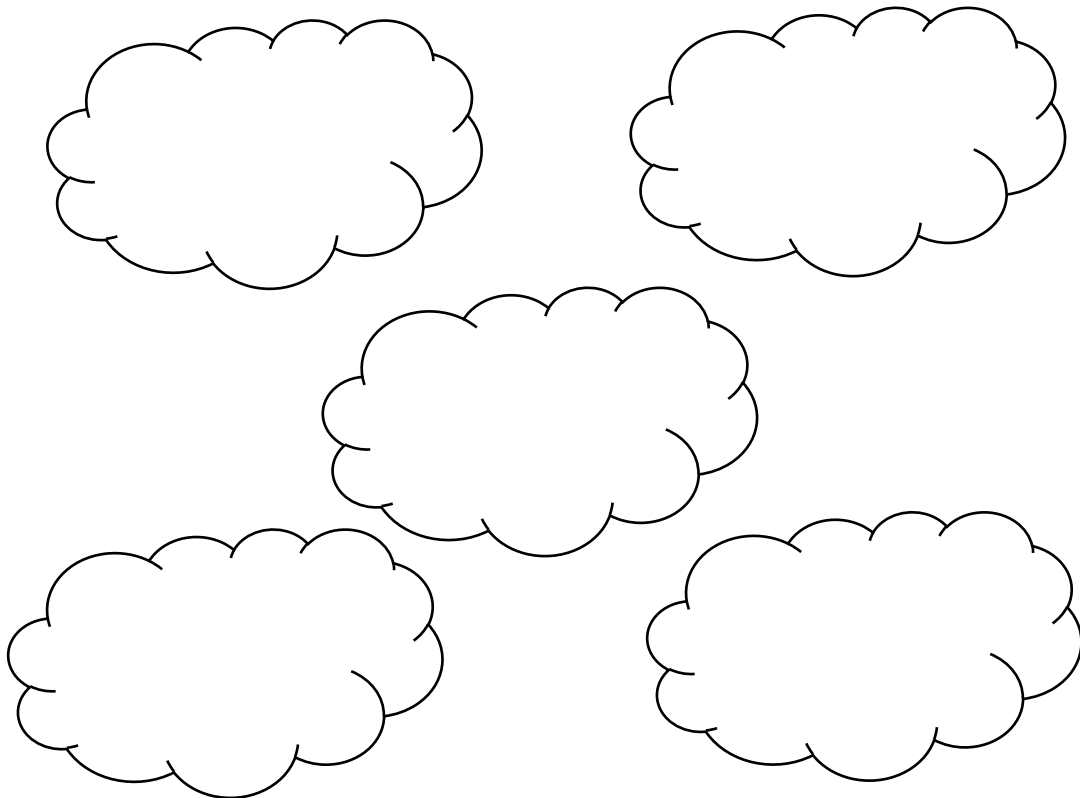


Missing Primary School

You've spent a long time at primary school, it makes sense that you might miss some parts of it.



Use the thought bubbles below to record any parts of primary school you will miss:





Top tips for staying in touch with old friends



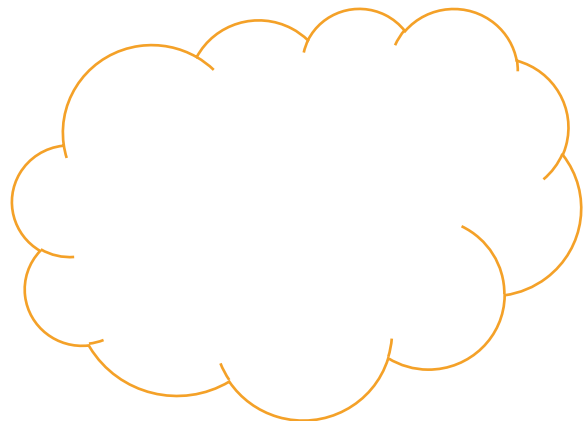
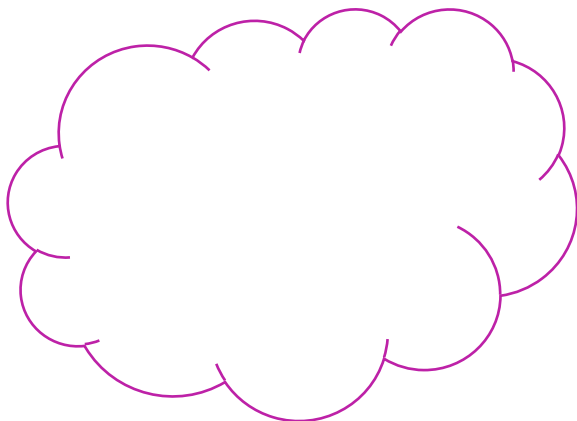
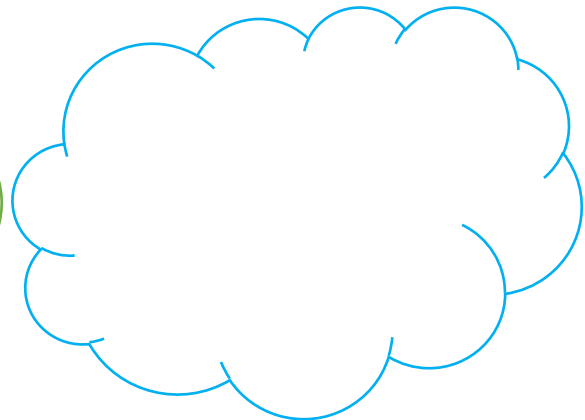
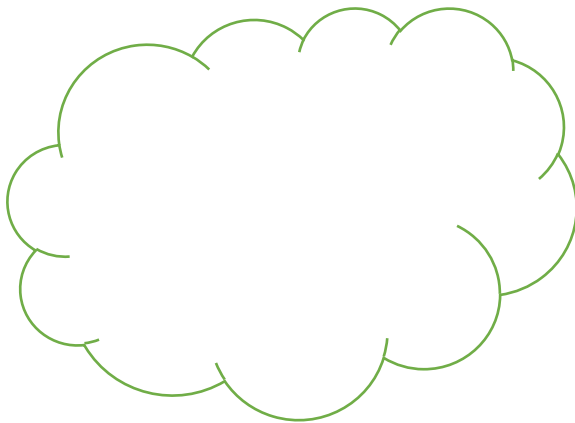
Make time to see each other outside of school time

Introduce new friends to old friends

Send them a text or give them a call to catch up

Don't worry about not being as close or seeing them as regularly, a good friendship can pick up at any time.

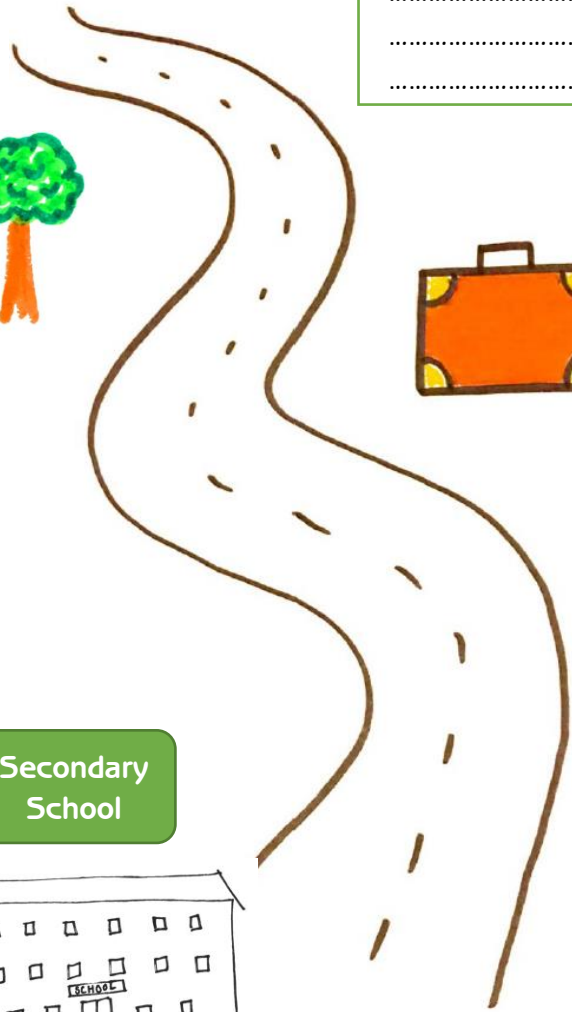
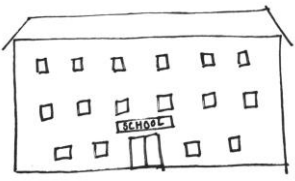
Your old friends are probably worried about losing you as a friend too. Why not use the thought bubbles below to come up with ideas of fun activities you can do with your friends from primary school when you next meet up:



Primary School



Secondary School



Reflecting on your journey:

What are you going to leave behind?

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What are you going to take with you?

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What are you looking forward to?

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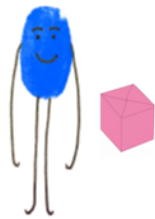
.....

Memories of Primary School:

Whether you are feeling excited for a new change or feeling sad about leaving your school, it can be good to keep some special memories with us.

If in the process of settling into your new school you find that you are feeling a bit sad or worried, you can look back at these memories. This can remind you of all the happy times and the achievements you made at primary school.

This can help to **re-boost** your confidence and remind you that you will always have these memories and all of the strengths and qualities you built there.

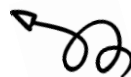
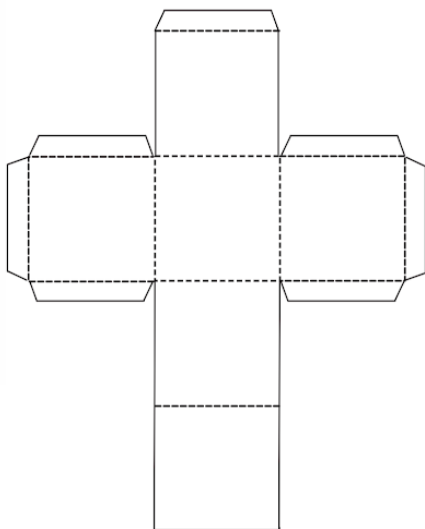


To store these memories for you to look back on we can create a **memory box**

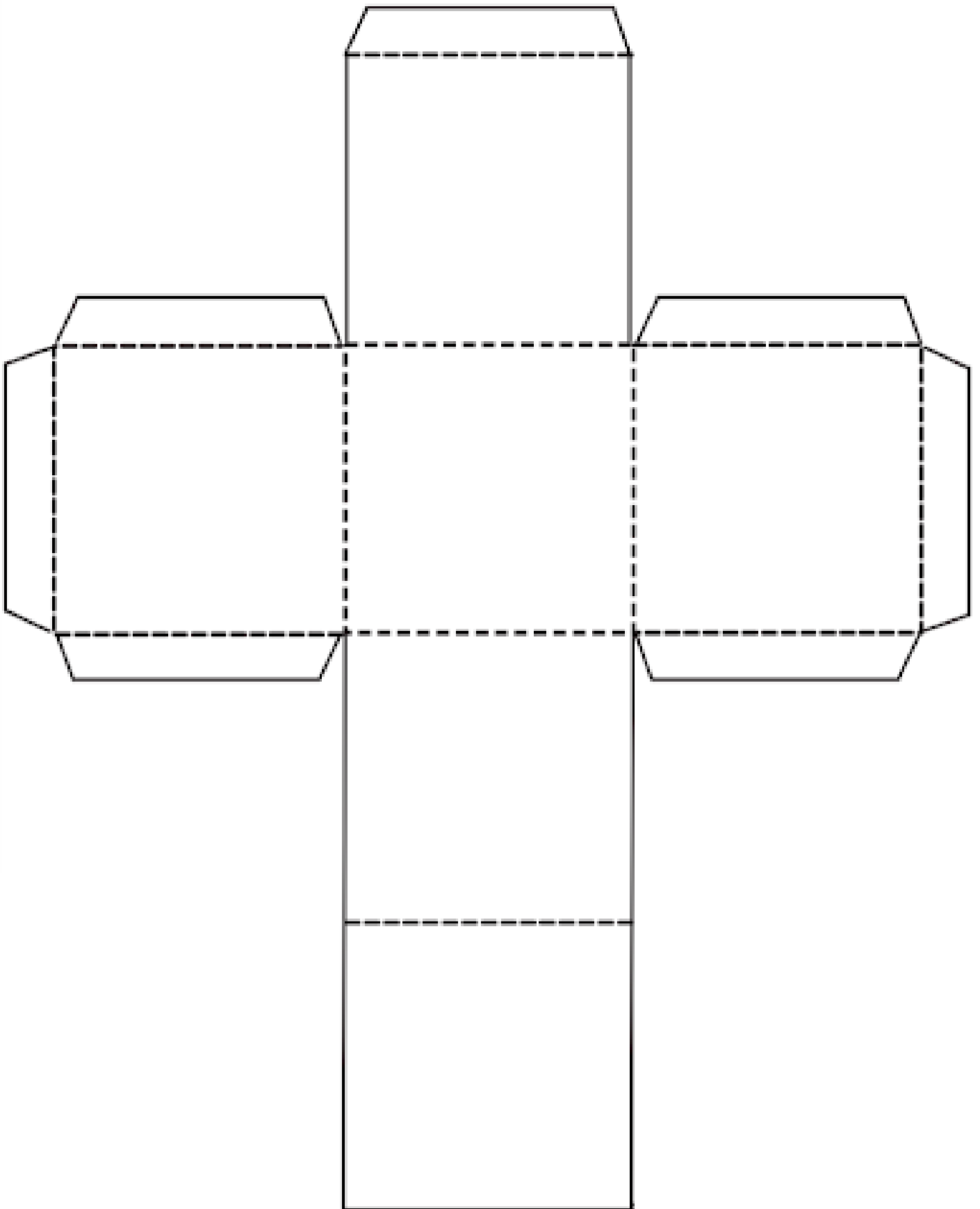
(If you would rather use a jar or a box you have at home already this is fine too!)

You might remember from a maths lesson or within art that you can create a cube/box out of card or paper.

The template below shows you how to create this.
You cut along the solid lines and fold along the dotted lines!



Full size box
template on
the next page



Once you have made your box (or found a suitable jam jar/box) it is time to start filling it with memories. Fill in these boxes and then you can cut them out to place in your box:



Memories about my teachers:

Subjects I loved at primary school:

Achievements I made:

My proudest moment:

Responsibilities I had:



What are some of the special memories you have about your friends?



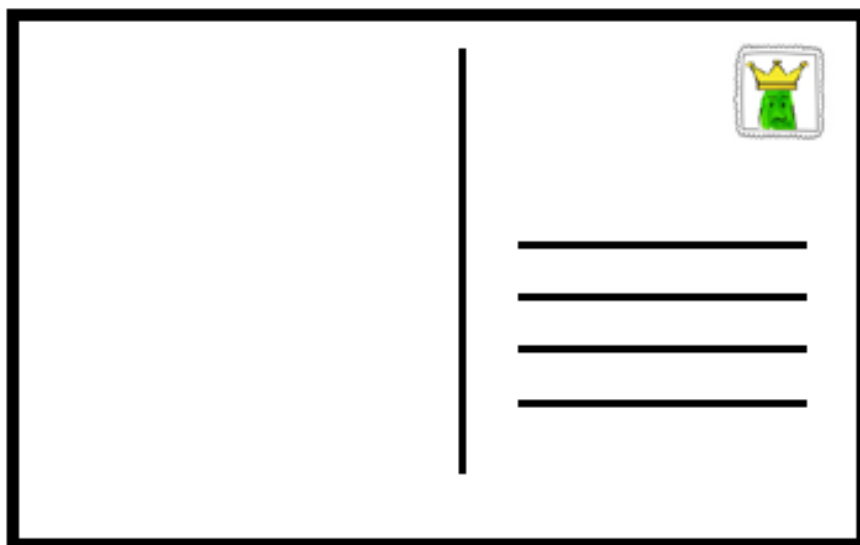
Memories with friends:

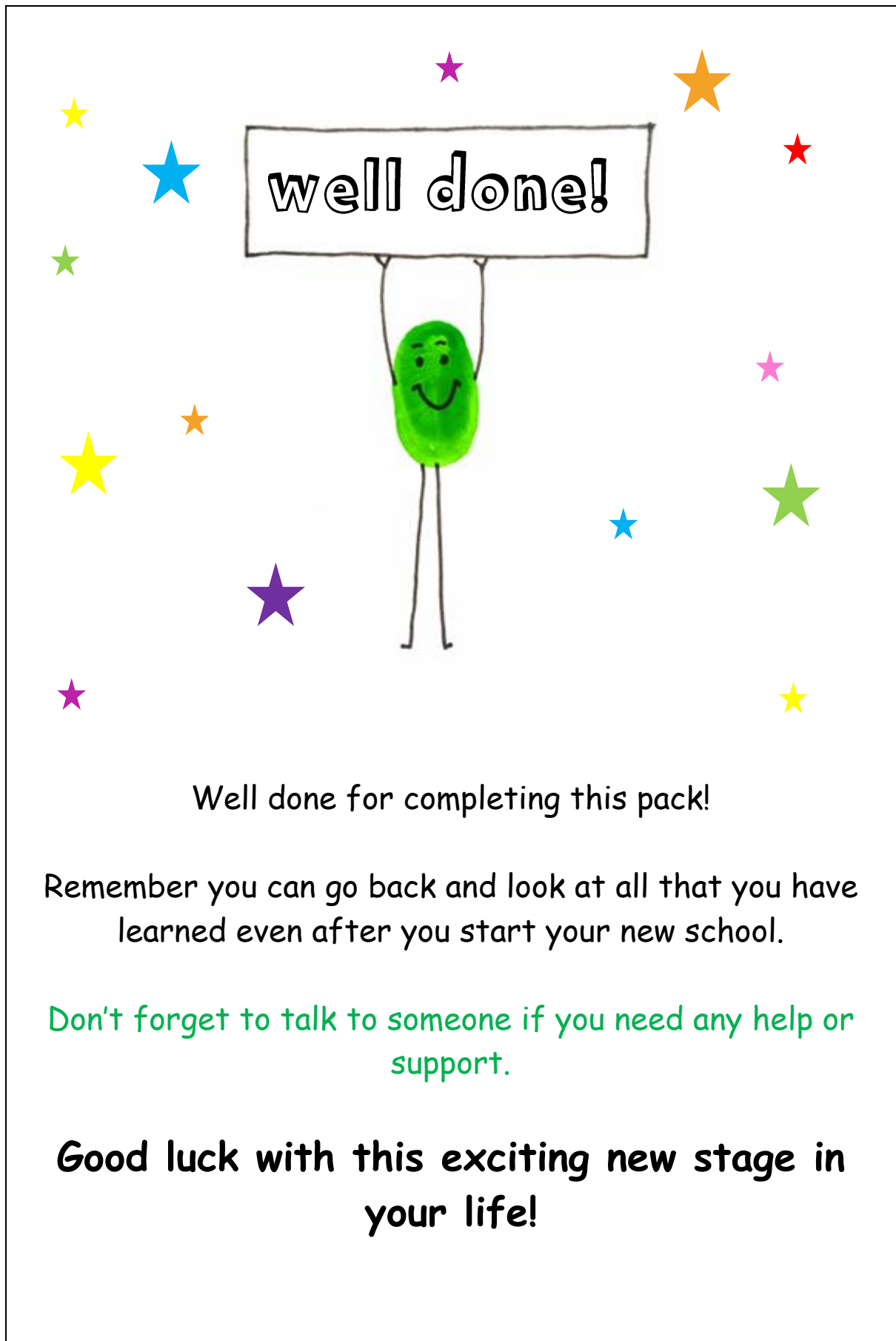


A time when my friends made me feel special:

A time my friends made me laugh:

Here is a postcard you can fill in to share one of your memories with your friend - perhaps they can keep this in their memory box:





Well done for completing this pack!

Remember you can go back and look at all that you have learned even after you start your new school.

Don't forget to talk to someone if you need any help or support.

Good luck with this exciting new stage in your life!