

SUPPORTING YOU TO START SECONDARY SCHOOL

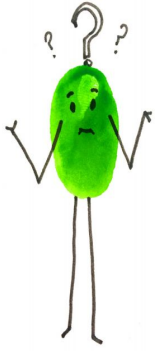


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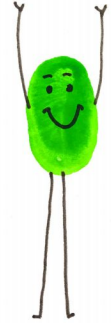
Mental Health
Support Team



achieving
for children



What are these sessions about?



These sessions are all about preparing to move up to secondary school

Just like all new experiences this change can bring both **EXCITEMENT** and **CHALLENGES**.

In our sessions we will think about the similarities and differences between your current school and your new school.

We will look at strategies to manage any worries or problems we might encounter.

These sessions will help you to feel confident in taking the next step in your school journey!



All about me!



I enjoy _____

I am good at _____

I'm a good friend because _____

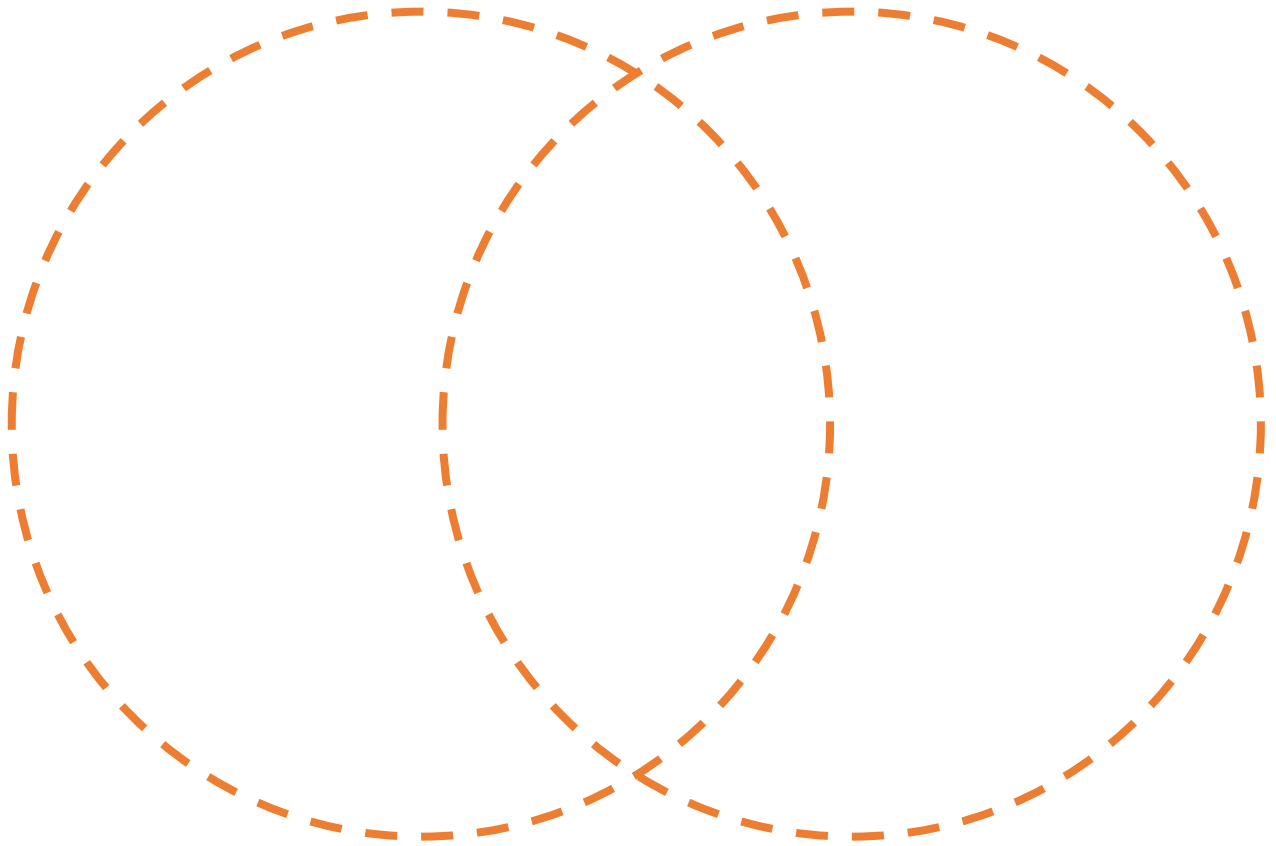
My favourite lesson this year is _____

My new secondary school is _____

Similarities and differences between primary and secondary school

Primary

Secondary



The same



What are you looking forward to? What are you worried about?

What are you looking forward to?

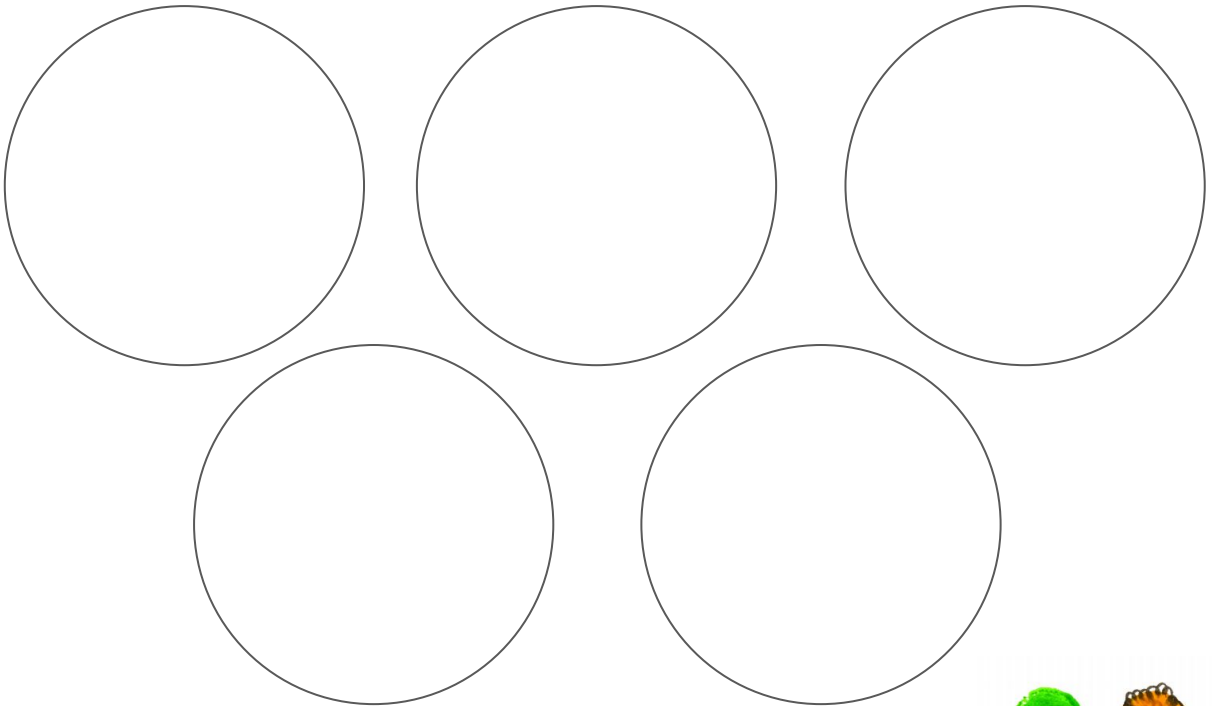
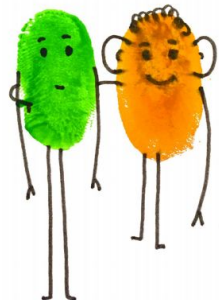
What are you worried about?



What makes a good friend?

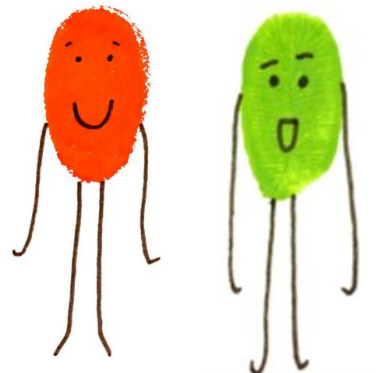
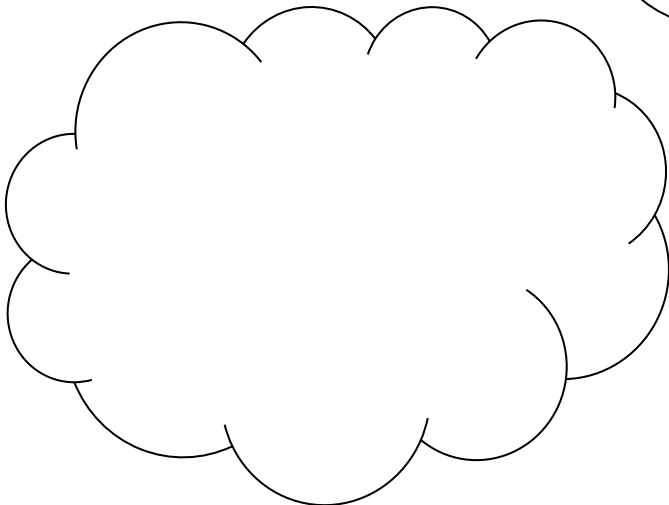
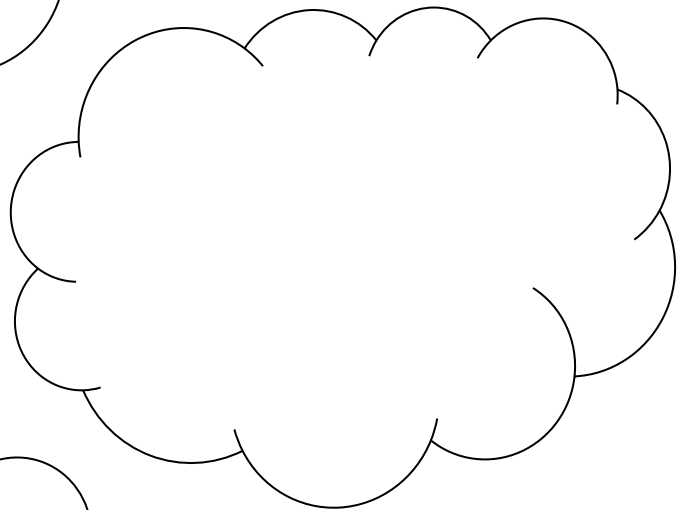
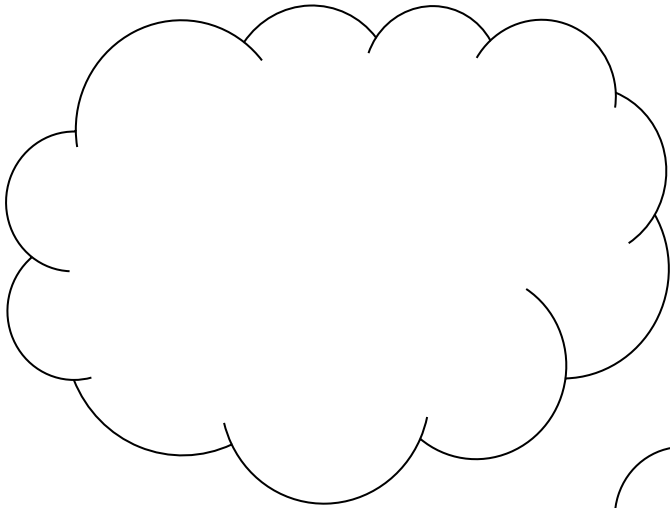
Friends are important, they are people to talk to, play games with and often people who make us laugh. Some young people worry about making new friends when they change schools. This is OK, it can feel a bit daunting but we have some top tips to help you feel more confident. Let's start off by thinking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

Five empty circles arranged in two rows: three in the top row and two in the bottom row. These are intended for students to write down qualities of a good friend.

My strengths

Focusing on our strengths can give us the confidence to keep trying! Write down some of the qualities and strengths your friends and family would use to describe you!



What you can do to try to make new friends

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

Join a school club

Give a compliment
(something simple like “I like your bag” is a good place to start)

Smile at someone

Join in with group work

Ask a question

Say hello first

Invite someone to sit with you at lunch

Ask someone which films/music/sports they like

Find out if you share any classes

Share your interests and hobbies

Any other ideas?



Problem solving



Sometimes when we have a big problem, we need to do problem-solving.
Using these steps can help find the best solution.

1. What is the problem? _____

2. List all possible solutions (no matter how weird or wonderful!)	3. What would happen if I chose this solution? (In the short term? In the long term?)	4. Is this plan doable? (Yes/No)	5. How good is this plan? (Rate 0-10)

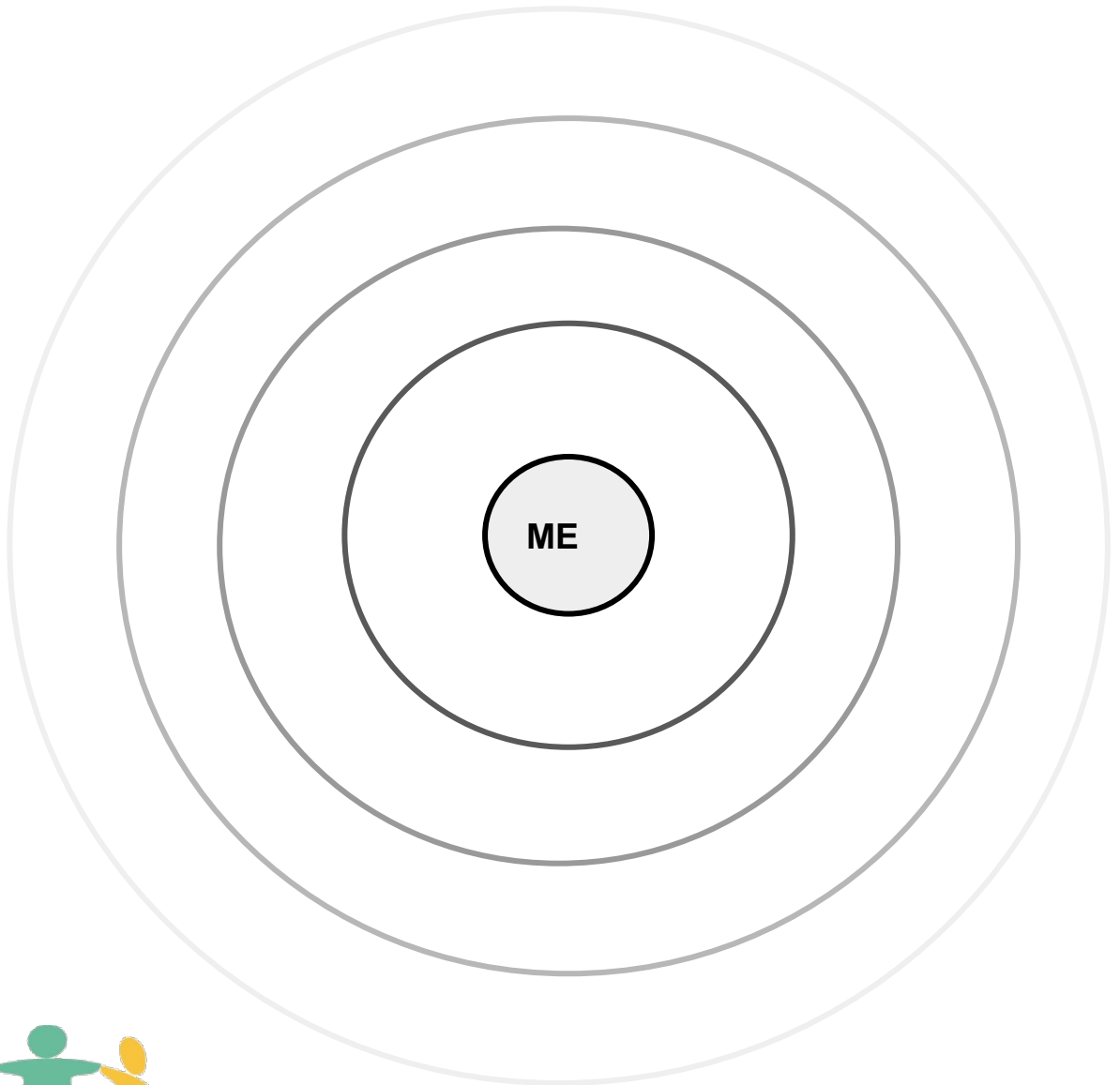
6. My plan to try: _____

7. How did it go? _____

My back-up team

Different people can help us with different things. Who might you go to if you're finding something hard in lesson? What if you're feeling worried, sad or angry?

Write down different people who support you in the bubble below!

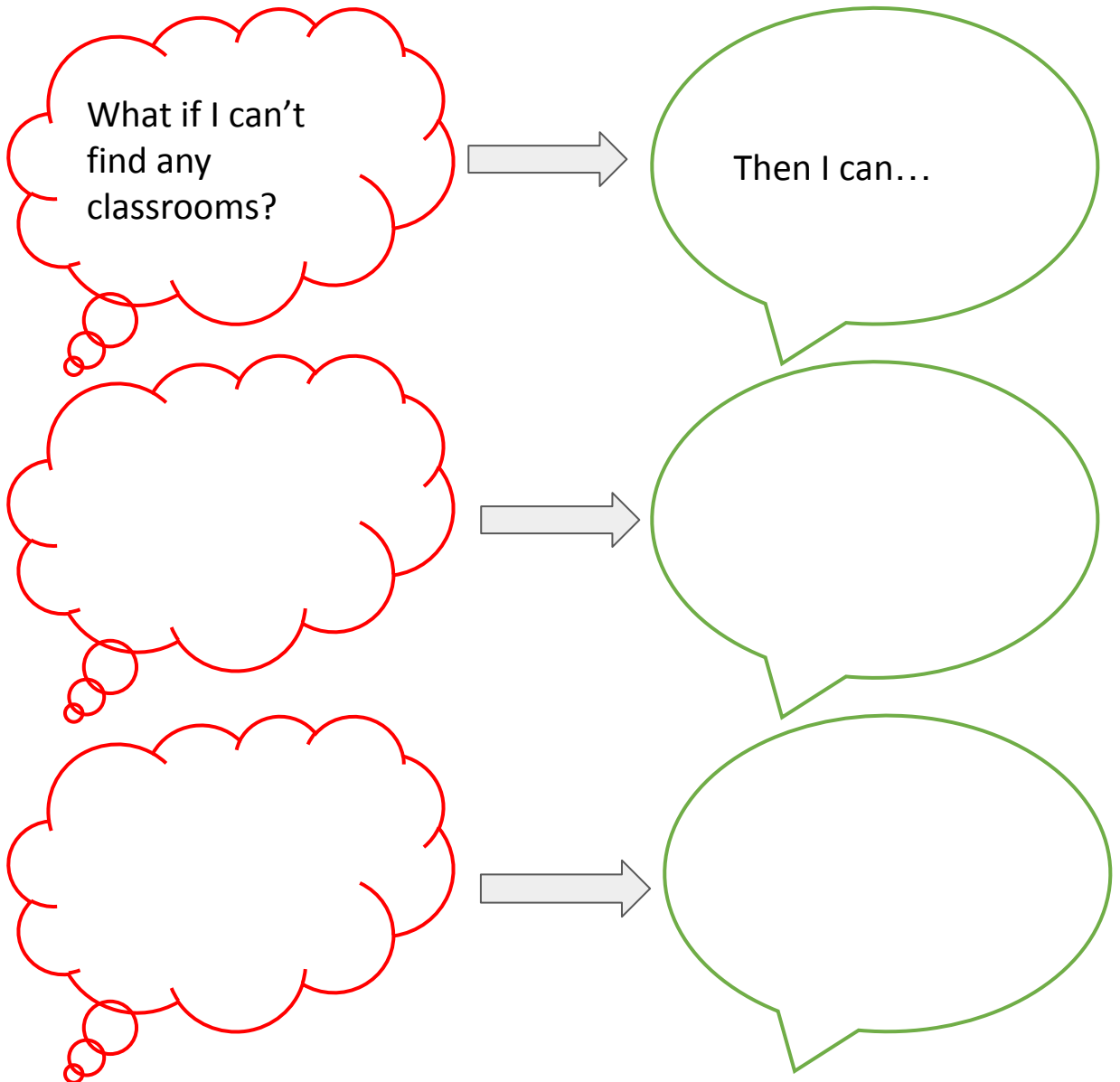




Be a wise worrier

Sometimes worries start with 'what if...?' questions. These questions do not usually get answered and end up making us feel more worried. Another way to balance out these worries is to come up with a 'then I can' solution.

Try challenging 'what if?' worries with 'then I can' solutions.





Getting organised

There will be different things you need to think about before starting secondary school and doing this in advance will help you feel more prepared in September. Shade in the ones you will need to think about or add some more.

Getting up on time

Packing my lunch

Remembering which after school club I'm going to

Packing my school bag

Looking after my phone

Getting the bus or train to and from school

Using social media sensibly

Packing my PE kit

Having the right stationary and equipment

Getting my homework done on time

Getting to sleep at a sensible time

Asking for help when I need support

Are there any other things you need to think about?



What positive or coping self-talk can you tell yourself on those first few days?

Mistakes help me learn!

I can do this!

It's okay to feel like this

I am in charge of how I respond

We are all in the same boat!

I can balance out thoughts about my worries and challenges by thinking about my strengths and using positive and coping self talk.

Write down two phrases you think could be useful for you to try:

Relaxation and calming strategies

It is always important to remember that you have these strategies with you at all times, in your coping toolkit. The strategies come in handy when you start to feel worry and anxiety grow. They can help you take back the control and refocus.



Stretch up hiiiiigh



Five finger breathing

Which strategy did you like best and why?

How easy or hard will it be for you to use and why?

Creating our memory boxes

