



Educational Psychology Service

# Moving on – Transitioning to a New School



# Session 1: Recognising feelings

- ▶ L.O. To be able to discuss and share feelings related to change (moving to a new school)

# Whole Class Discussion

**Think about:**

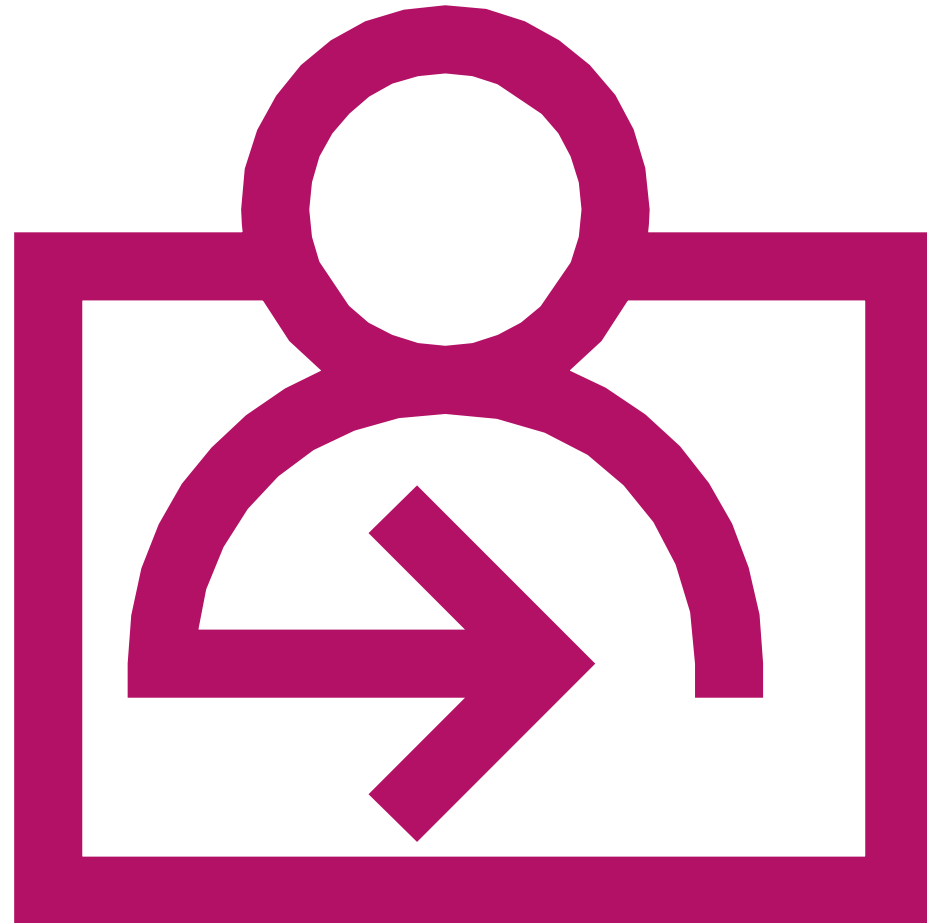
How do you feel about being in the last year of this school?

Is there a mixture of different feelings which someone may have about being moving on?

How might someone starting a new school feel?

## Talk Partner time:

- ▶ **How might someone feel about moving to a new school?**
- ▶ **What worries or concerns might they have?**



Let's see how some other children felt about starting their new school

- ▶ [Moving Up! The transition to secondary school \(SUBTITLED\) - YouTube](#)

(Watch the clip up to 'The first day').



## Think, pair, share:

- ▶ ‘*What if...?*’ questions did the children in the video raise?
- ▶ Were the thoughts the same or different from the class ideas?






# Activity Time:

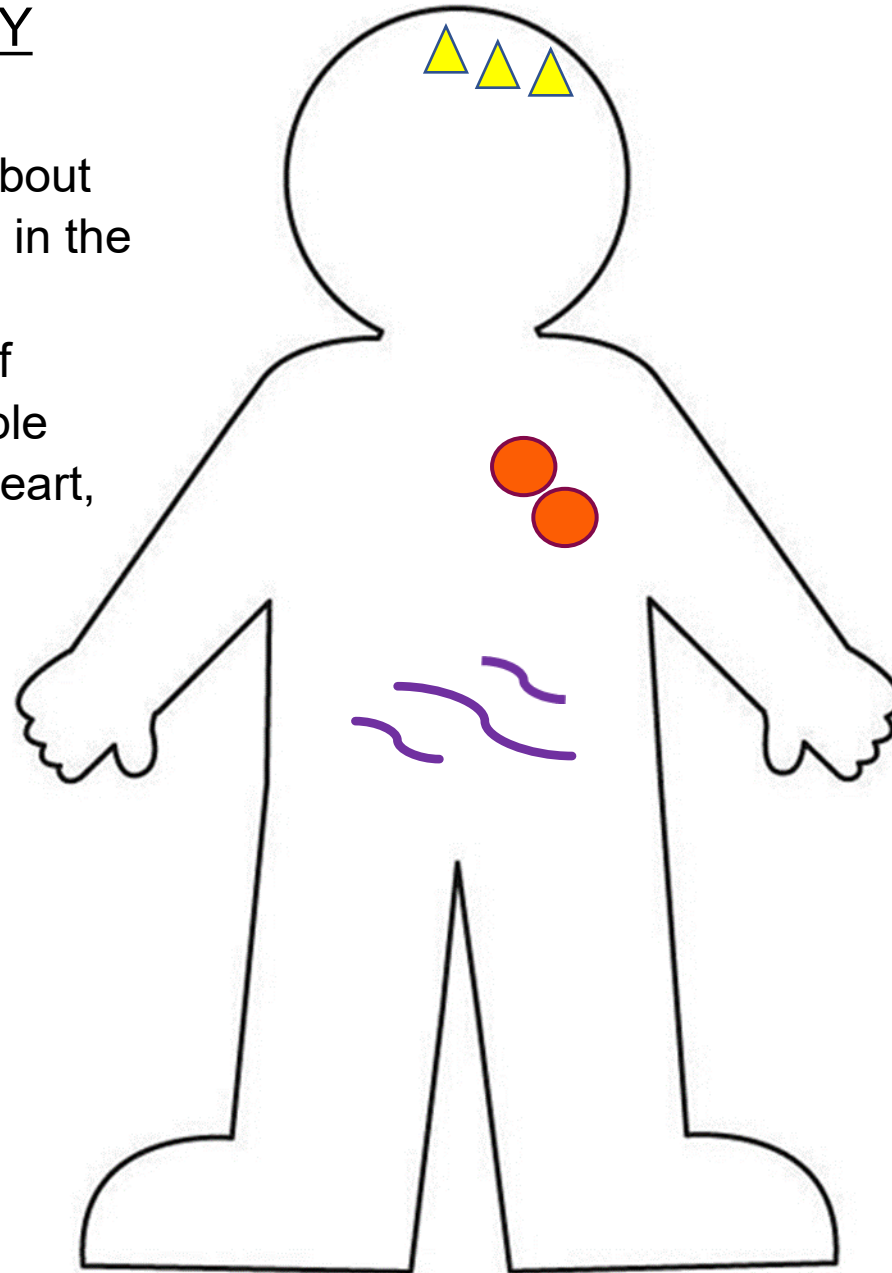
Now think about your own feelings and complete the activity task.

You can choose to do either the Gingerbread man emotions activity or the Pizza Pie activity.

# GINGERBREAD EMOTIONS ACTIVITY

1. Choose 3 or 4 emotions which you might feel about the change to Secondary school and write them in the box, giving each one a colour code.
2. Draw on the gingerbread man shapes/colours of emotions where you might feel them. E.g. Purple worries in my tummy, orange happiness in my heart, yellow excitement in my head.

Feeling	Colour
Worries	
Happiness	
Excitement	



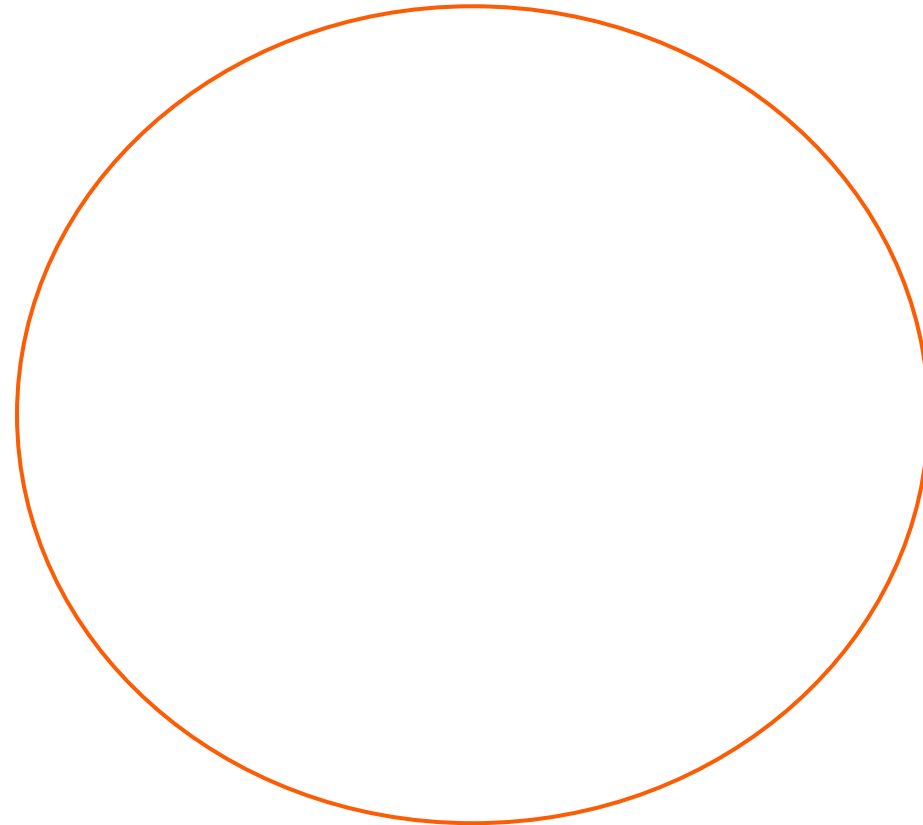


# PIZZA PIE FEELINGS ACTIVITY



1. Name some emotions which you feel about the move to your new school and write them in the box, giving each one a colour code.
2. Divide up your pizza pie into slices of feelings – they can be as big or small as you like to relate to the size of your feelings.
3. If you like, you can talk to a friend/teacher about why you have chosen the feelings and their size.

Feeling	Colour



# Plenary:

- ▶ Use the worry box or email your teacher if you have any concerns you wish to share.
- ▶ Now let's watch the end of the video to find out how the children dealt with their worries.
- ▶ Be ready to share how they coped and what they did with the rest of the class.



[Moving Up! The transition to secondary school \(SUBTITLED\) - YouTube](#)