

My Transition Booklet



Name _____



Staffordshire Educational Psychology Service

Introduction

This transition booklet has been created to help support you and other pupils with the move forward from primary to secondary school. It will allow you to record your personal strengths before moving forward to your new school. This booklet will encourage you to consider the challenges you may face and how to overcome these. We hope you enjoy completing it and as a result will feel more confident moving forward into your new school.



Activities with the owl at the top of the page are for you to complete individually.



Activities with the star at the top of the page may require support from an adult.

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All About Me



Draw a picture or stick a photo here.

Name: _____

Age: _____

Current school:

My new school is:

What people like and admire about me

What's important to me

What's important for me to achieve

My aspiration for the future

Positivity Post-it



Which of the words below best describe you?

Friendly, honest, kind, caring, strong, trustworthy, thoughtful, reliable

Can you think of any other positive words which describe you? Which positive words do you think friends, teachers or classmates would use to describe you?

Write these words on the post-it notes below.

Practise saying them to yourself. How does it make you feel?





Positivity Poem

Learning some positive thoughts about yourself and having positive reflections about moving school can help you to feel good about yourself. Complete the poem below and practise reading it to yourself. How does it make you feel?

I am _____

(2 positive things about yourself from the post-it activity)

I wonder _____

(Something about high school that you are curious about)

I like _____

(Something that you like about going to high school)

I see _____

(What do you think you might see on your first day?)

I understand _____

(Something that you know is true about high school)

I am _____

(Repeat the first line of the poem or include other positive words)

I dream _____

(What are your dreams for your time at high school?)

I try _____

(Something that you make a real effort with at school)

I am _____

(Repeat the first line of the poem or include other positive words)

Special, Safe Place Ideas



Use ideas from the table below or create your own ideas for a special, safe place!
How do you feel when you're there?

Special safe place (I am)	Emotions (I feel...)
In a magical, crystal cave	Protected by a magic cloak/shield
Under a waterfall	Sprinkled with droplets of love and kindness
In another galaxy	Protected by a guardian angel
Inside a castle or fortress	Warm and cosy
On a desert island	Invincible and guarded
Under the sea	Cared for
On the top of an ice-capped mountain	Wrapped in a loving blanket
Inside a giant bubble	Secure and sheltered
Floating on a cloud	Wrapped in layers of care and kindness
Lying on a sandy beach	Cherished by friends and family/pets
In a shady, woodland glade	Protected by a guardian angel
Bouncing on bubbles	Light as air
Under the starry sky	Anything is possible
In a tent	The dazzling warmth of a million stars
Floating in a turquoise sea	Safe and tranquil

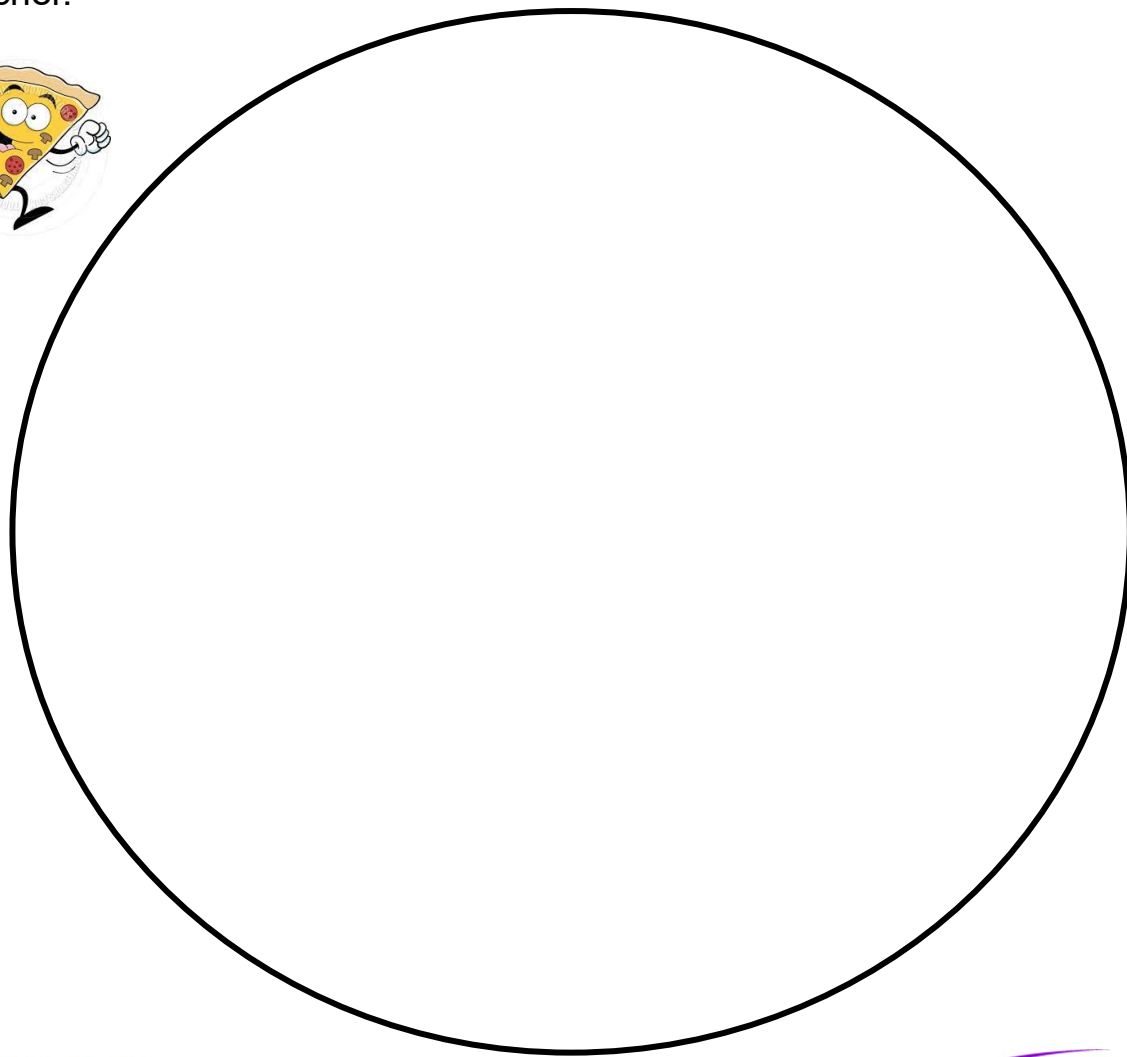




Pizza Pie Feelings Activity

- 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.
- If you like, you can talk to a friend/teacher about why you have chosen the feelings and their size.
- If you like, you can use the worry box (in class) to post any private worries you only wish to share with your teacher.

Feeling	Colour



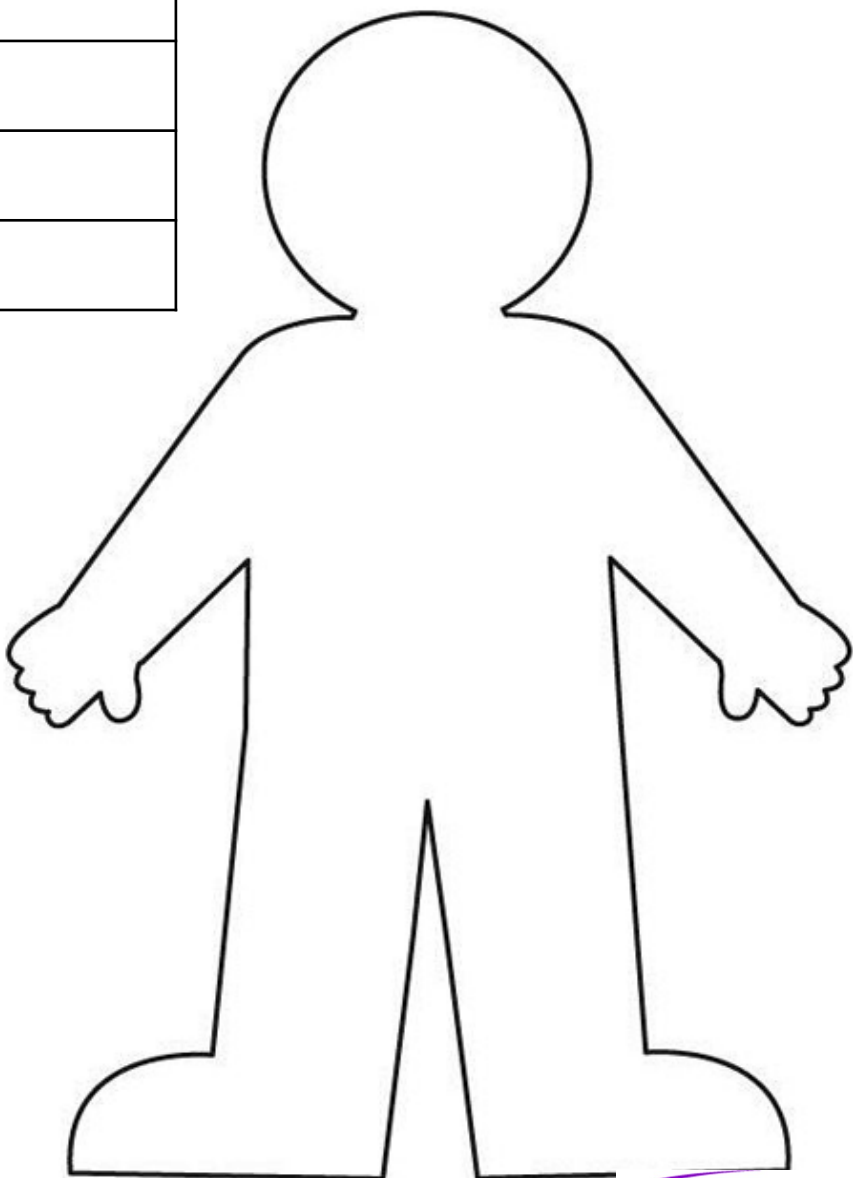


Gingerbread Emotions Activity

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.

Draw on the gingerbread man your 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





Happiness Box Ideas



You can decorate a box or a bag. There is no right or wrong way to do it. Take what you need and leave anything not for you. As long as it's made by you for you. Pick up your wellbeing toolkit when you have strong emotions and need to be reminded about the other moments in your life. This box can grow with you as your interests and hobbies change but it will be there to remind you of the good times and that you have overcome a lot! That you're awesome!

Mindful Activities



- Take your pencil for a walk, don't lift it off the paper make as many lines as you can then colour it in after.
- Cloud watching, look at the images you make out of the clouds.
- Visit your safe space
- Focus on something external a sound, the detail of an object even just a few seconds of this is useful!

Grounding Techniques



Name....

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Ideas...

- Notice all the red objects
- Count backwards from 100 in 2s/3s
- Name all the things you can in a category (YouTubers, Characters in your favourite film)

Progressive Muscle Relaxation



Close your eyes imagine holding two lemons - one in each of your hands. Start to squeeze the lemons and make your hands into fists. Imagine squeezing all the juice out. Now let go of the lemons and notice how your hands feel. Pretending you're sat on a beach and you have the sand between your toes. Try to grip as much sand in between your toes as you can. Hold this for a count of 5. Then let go. Notice how your toes and feet feel. Finally imagine a bug has landed on your face. You're not allowed to touch your face so you wiggle your nose, scrunch your lips and frown to try and get it off. Keeping moving your face. Then relax and notice the difference. *Inspired by Therapist Aid (2008)*

Happy Notes



You can use the post-it notes from the previous activity or make small pieces of paper that include memories, positive thoughts or success stories. How about asking your friends or family to write a happy note about you?

Inspired by The Big Life Journal

Happiness Box Ideas



Kind Bingo



Challenge yourself to do something good on a day to day basis. Being kind doesn't just make someone else feel better it can make you feel good too!

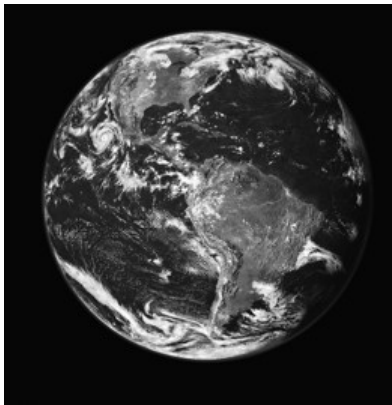
Remember kindness spreads so if someone is treated with kindness they'll go on to share it.

Some ideas to get you started:

- Compliment someone
- Smile at someone
- Tell a joke

Can you think of anymore?

Resilient Humans



- Walt Disney was fired for lacking imagination and not having any of ideas. He then went onto create Disney.
- JK Rowling was rejected by 12 major publishers for Harry Potter.
- It took Thomas Edison 10,000 tries before creating the lightbulb.
- Remember there is only one you and you are able to bounce back too.

Other Ideas:

- *Paint a pebble*
- *Make a collage*
- *Stretching*
- *Read a book*
- *Write a poem or story*
- *Go for a walk or bike ride*
- *Listen to some music*
- *Watch the clouds*
- *Get out in nature*
- *Collect some leaves or flowers from the garden or park*
- *Include your favourite pictures (holidays, pets, friends or family)*
- *Fidget or sensory toys*
- *Activities (card games or a mini Jenga)*
- *Favourite taste (e.g. chocolate bar) or scent (e.g. essential oils)*



Ideal School Day

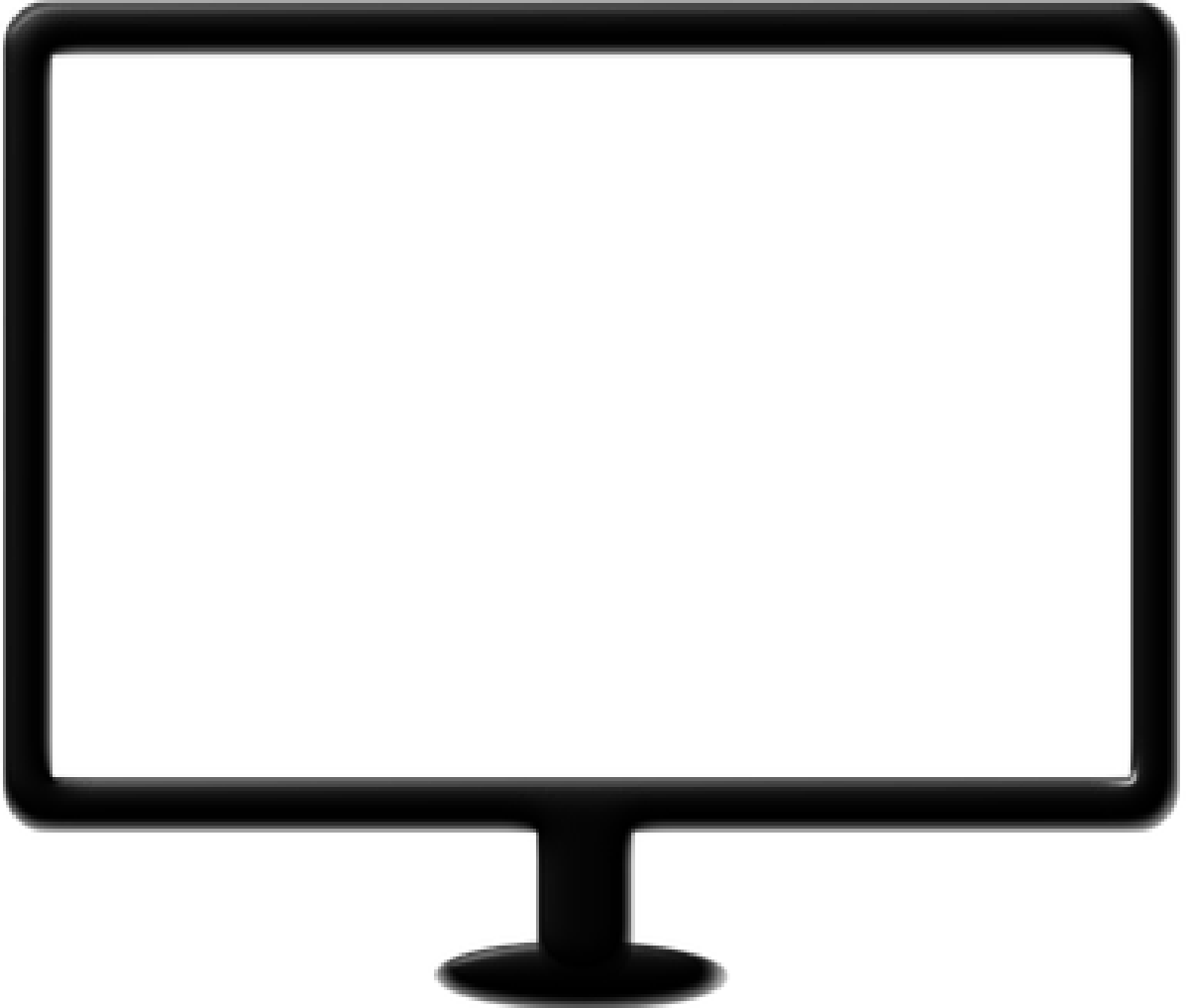


Think about your ideal first day at high school. Imagine this day has already happened and you are watching it back on screen. Write about it or draw a representation of it on the TV screen below.

Think about:

- What you are doing
- Who you are with
- How you are feeling
- How you will describe your day when you get home

Whenever you start to feel worried about your first day, look back at your TV. Share your show with a friend or family member.



School Wonder Wall



Starting Secondary school means that there will be lots of new opportunities that you may be looking forward to or wondering about. Colour in each box in the key below to represent each feeling. Look at the words on the wall below and use your key to colour each brick in depending on how you feel about the experience. Use the spare bricks to add some of your own ideas.

<input type="checkbox"/>	Looking forward to it	<input type="checkbox"/>	Not sure	<input type="checkbox"/>	Not looking forward to it
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	Different Subjects	New Uniform	New Equipment
Getting Help	Travel to & from school		New Friends
New clubs	New Teachers	Leaving this school	
	Older Pupils	Homework	Responsibility

My new school



Have a look on your new school's website and see what information you can find out. Fill out the boxes and keep for your first day

What does your new school look like?

Who is your head of year?

.....
.....
.....

Who is your form tutor?

.....
.....
.....

What equipment do you need?

How will you get to school?
What is your route?

What are the important times to remember?

What does your uniform look like?
What do you need?

School Map



Have a look on your new school's website, see if you can find a copy of the map. Colour in the important places.

-  Form Room
-  Dining Hall
-  Way in
-  Reception
-  Pastoral Office

Stay Connected



Staying connected to people is a great way to support the transition to your new school. The questions below will help you to consider how you will maintain existing friendships while also making new connections. It will also help you to reflect on what support you will need to stay connected.

How will you keep in touch with people when you go to your new school?



How do you feel about making new friends at your new school?



What could you do to help you to meet new people?

How could adults support you to meet new people?



My First Day



I need to wake up at _____.

I need to pack my _____
_____.

I will get to school by _____ . I
need to set off at _____.

Once I am at school I will meet _____.

My form tutor is _____ their classroom is
_____. If I can't find my way I will ask
_____.

For my lunch I am going to the _____.

I am having a packed lunch/school dinner.

I am feeling _____ but I am sure I will be
okay!

I can't wait to tell _____
about my first day.

Questions for my Teacher



1.

2.

3.

4.

5.

Questions for my Parents / Carers



1.

2.

3.

4.

5.

Emotion Tracking Activity

How are you doing? How are things going in your life?

Please make a mark on the scale to let us know. The closer to the smiley face, the better things are. The closer to the frowny face, things are not so good.

Me
(How am I doing?)



Family
(How are things in family?)



School
(How am I doing at school?)



Everything
(How is everything going?)



Dave Stewart, Barnardo's (Time 4 Me) Your Essential PCOMS Guide
Adapted from Duncan, Miller and Sparks, 2003



Activity Ideas

Ideas for 5 minutes....



Think of a memory!

Think of your favourite moment you have had at your current school and write it down. You could share this with a friend or a teacher!

5 things you're looking forward to!

Draw around your hand and in each of the finger sections, write something you are looking forward to doing or learning about at your next school.



How does a great classroom look?

Draw a classroom and think about how it may look, sound and feel.



Write 10 – 15 questions for your new classmates to get to know them.

This will help with starting conversations and getting to know your new form when you start your new school in September.

Ideas for 10 minutes....



'This is Me' activity.

What is the best thing about you? Draw or take a picture of your favourite body part (this could be a personality trait) then explain why you have chosen it.



Create a wordsearch.

Create a wordsearch including words relating to your new school. You could give the wordsearch to a friend to complete!

Write a playlist of your favourite music.

This will help your new classmates to get to know you!



Ideas for 30 minutes....



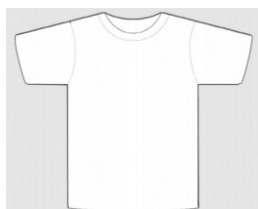
'See the future' drawing activity.

Draw an eye, rather than drawing the inner eye think about something you wish for the future. Draw your wish in your eye.



Draw a design for a t-shirt which would tell people about yourself.

Try to include details of your favourite activities.



Draw a personality swirl.

Draw a personality swirl on your page and in each of the sections include one swirl for each of the following: name, age, game, book, film, sport, animal, colour and subject.

