



I'm moving
up to
Secondary School

Name:

Date:

My New School:

All about my Primary School

My Primary school is.....

My Y6 class is called.....

There are pupils in my school and in my class.

My teacher is called

My favourite adults in school are

Some of my closest friends are called

My favourite subject is

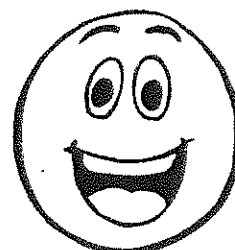
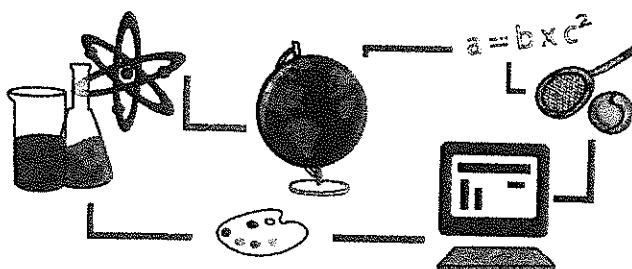
I walk/bike/car to school every day.

THOUGHTS ON MOVING TO A NEW SCHOOL

Think about when you were at primary school, about to change schools...



Not O.K.

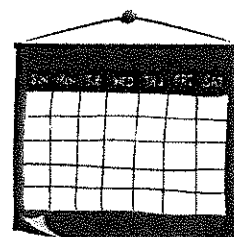
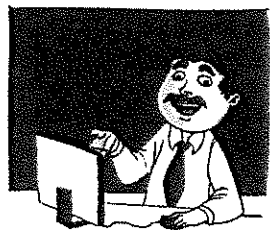
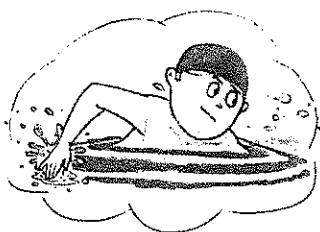


O.K.

On a scale of 0 – 10 how worried were you about the following?
Indicate by shading the numbered strip.

Homework

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----



Finding your way around

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Dinner time

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Wearing uniform/PE kit

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Taking a shower

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Bells for the end of lessons

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Being with friends

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Being with older pupils

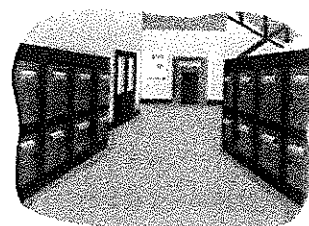
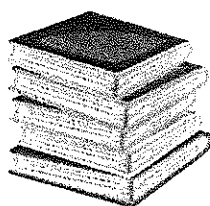
1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

School rules

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Learning new subjects

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----



Being able to do the work

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Meeting new teachers

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Following a timetable

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Did you have any other worries, not yet mentioned?

.....

.....

.....

.....

.....

.....

THE OLD AND THE NEW

Things I will miss about primary school



1

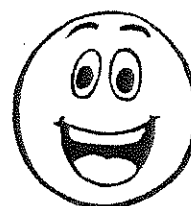
2

3

4

5

Things I won't miss about primary school



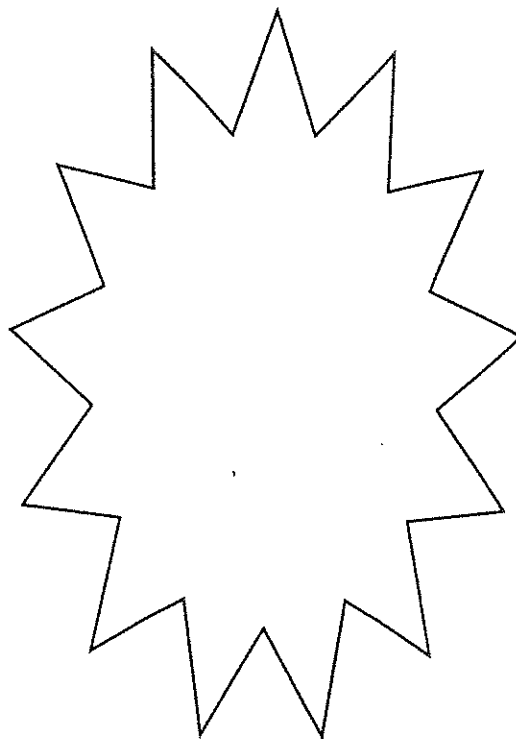
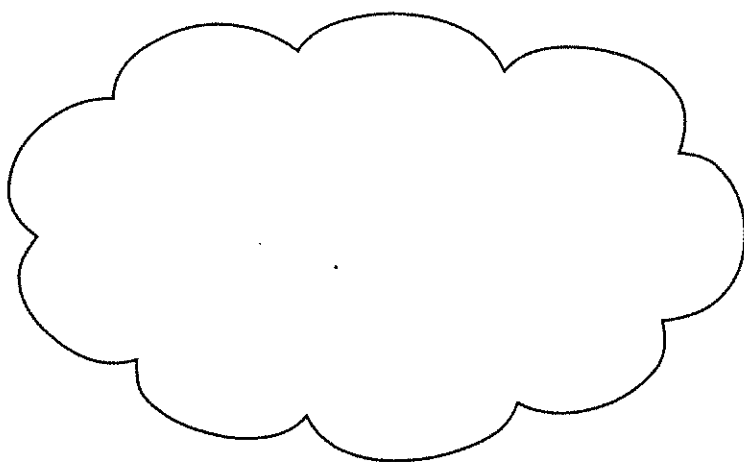
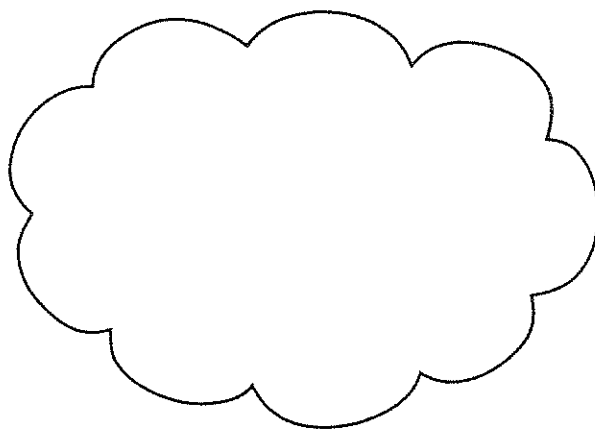
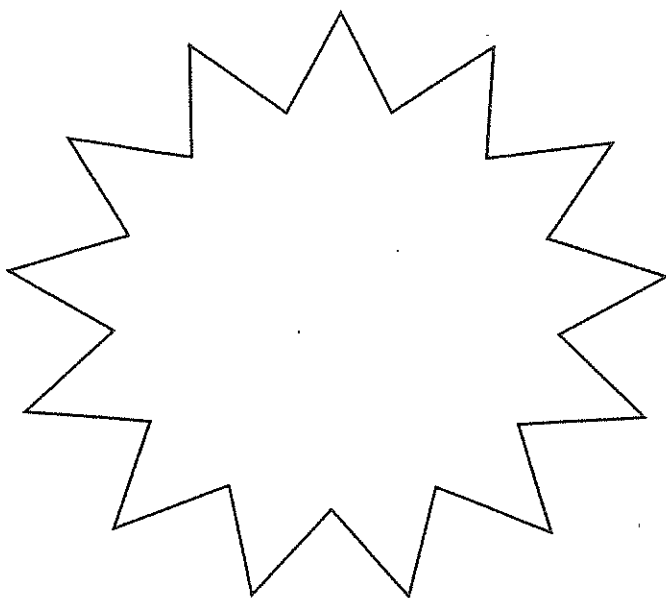
1

2

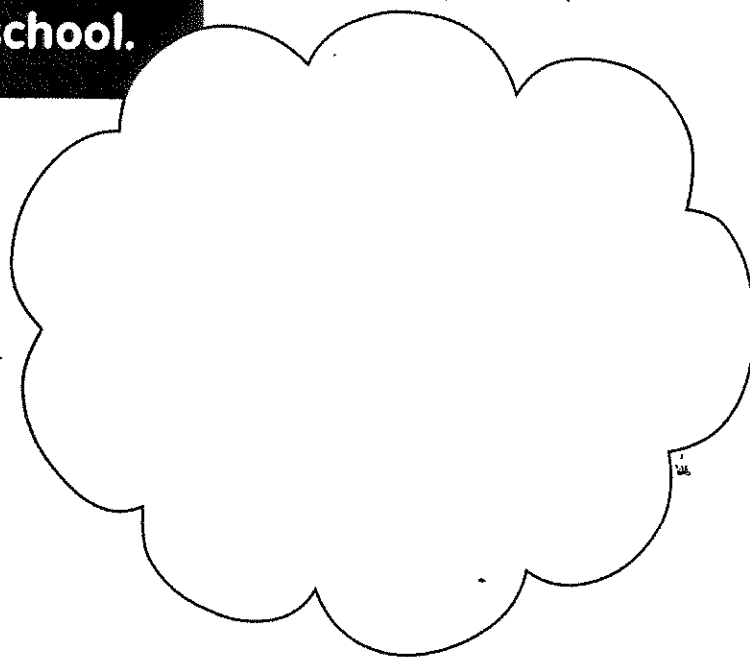
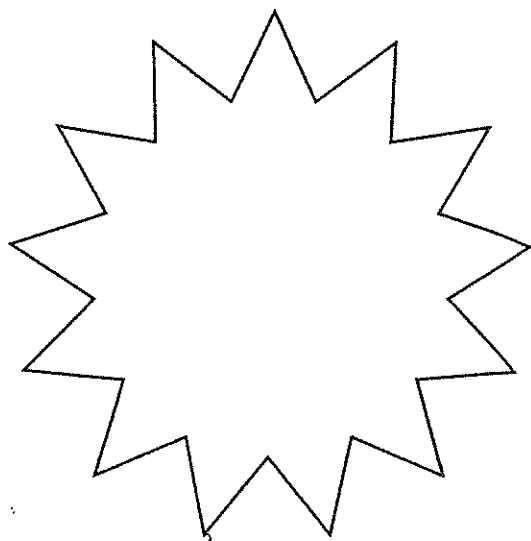
3

4

5



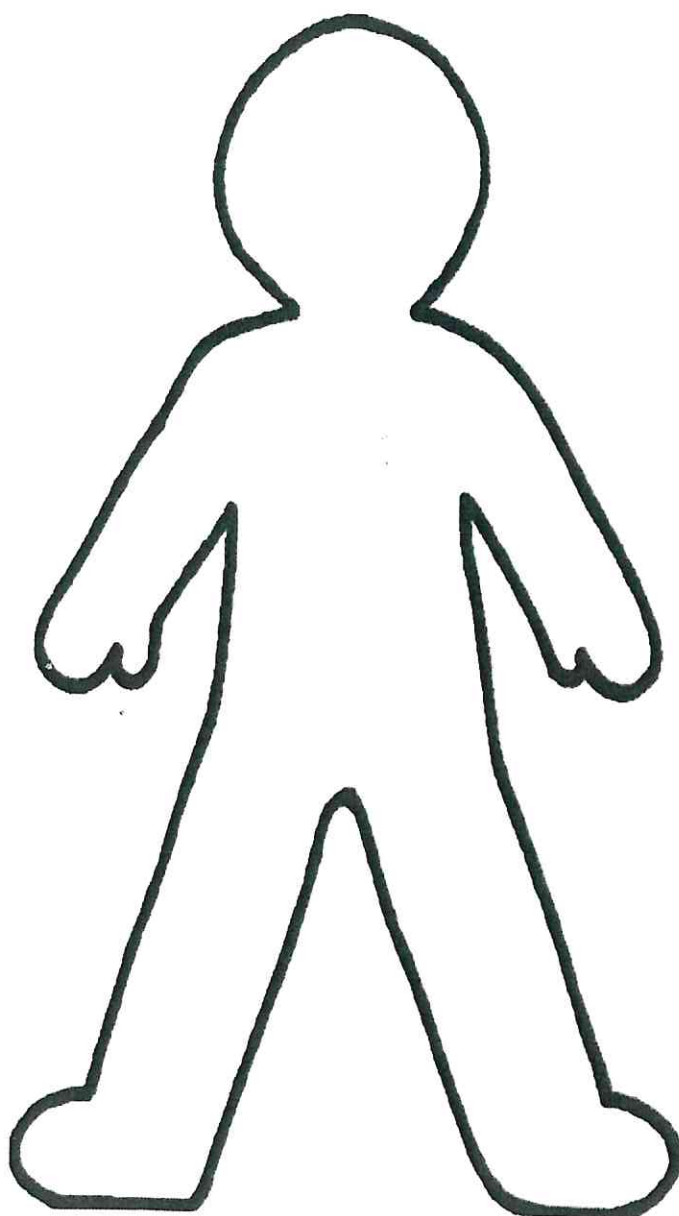
**My worries and hopes about
starting secondary school.**



Write your worries in the rain clouds and your hopes in the stars.
Discuss with your group.

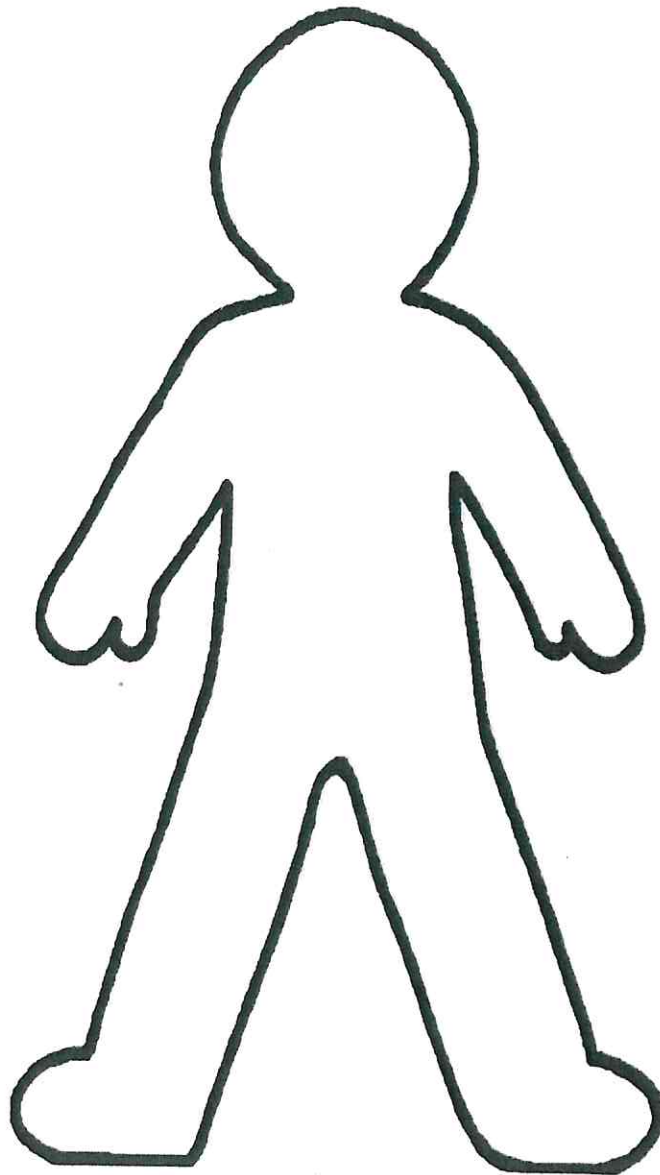
Uniform

This is my secondary
school uniform.



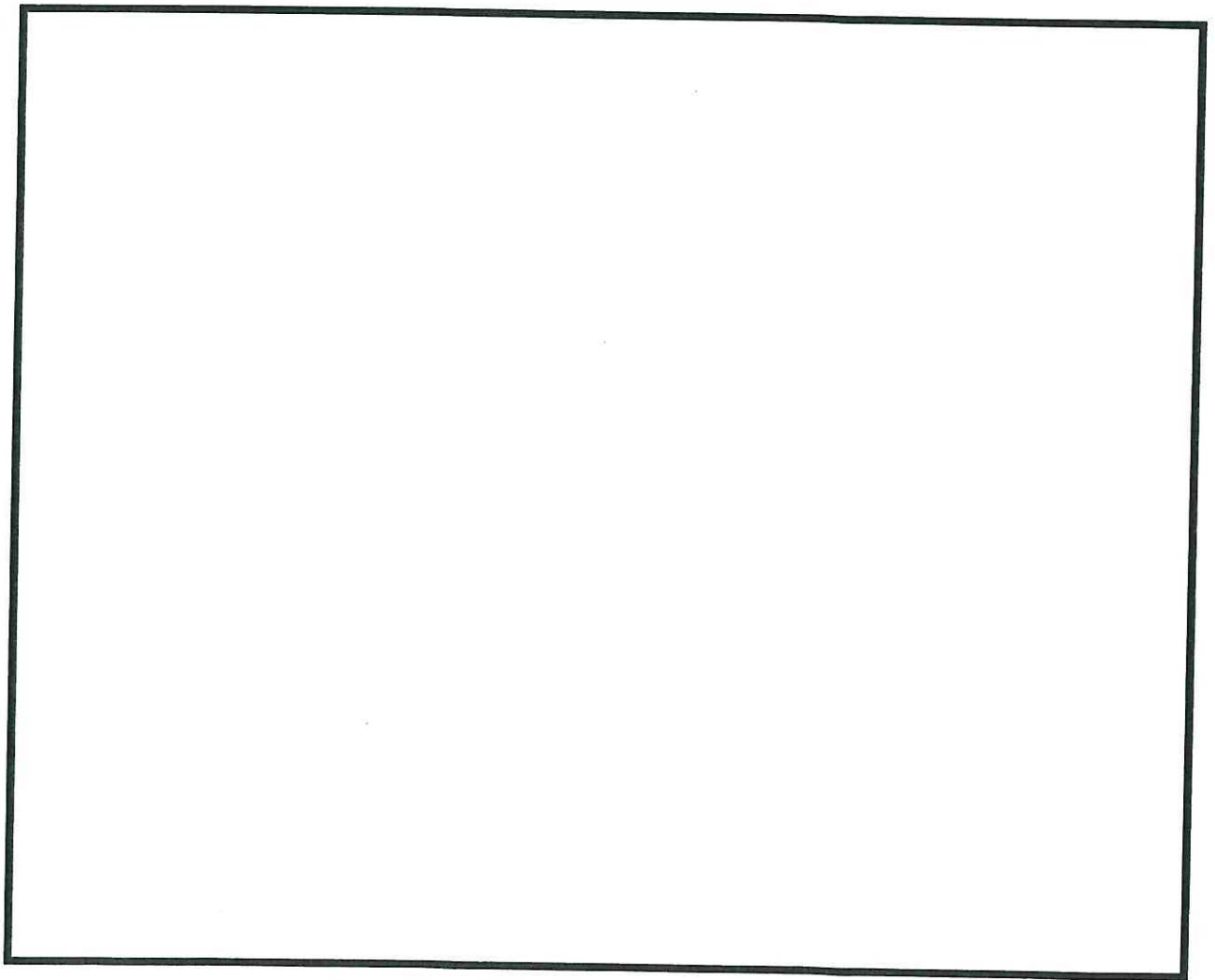
uniform

This is my secondary
school PE kit.



Equipment

Write down or draw equipment you will need to take to school on a daily basis.

A large, empty rectangular box with a black border, intended for a student to draw or write down the equipment they need for school.

Now using your timetable you made, practise packing your bag for school.

Homework

How often do you get homework at primary school?.....

How often do you think you will get homework in secondary school?

.....

Where will you write down your homework?

.....

What else will go into your planner?

.....

.....

.....



Skills I need in my new school

Highlight your skills and qualities

	I can do this	I sometimes can	I find this difficult
Use a pen to write	☐	☐	☐
Remember what I need for each lesson	☐	☐	☐
Listen when someone is talking	☐	☐	☐
Put my hand up when I need help	☐	☐	☐
Tell the time	☐	☐	☐
Follow the class rules for setting out work	☐	☐	☐
Have a go at my work on my own	☐	☐	☐
Write down my homework/check online	☐	☐	☐
Able to make friends	☐	☐	☐
Ask for help when I need it.	☐	☐	☐

HELP – WHAT WILL I DO?

Discuss with your group and write down possible solutions.

You are lost!
You will get into trouble as you
are now 10 minutes late for
your lesson.

I could

You have not done your
homework because you didn't
write the instructions
down properly.

I could

You have forgotten your
PE kit.

I could

You have missed the school
bus and don't have any
money to get home.

I could

Your best friend goes off
with someone else.
You don't really know anyone
else to hang about with.

I could

MY ROAD TO SUCCESS

When I was in Key Stage One I could

.....

.....

.....

.....

.....

When I was in Nursery I could

.....

.....

.....

.....

.....



When I go to Secondary School I will

.....

.....

.....

.....

.....

Now I am in Year Six I can

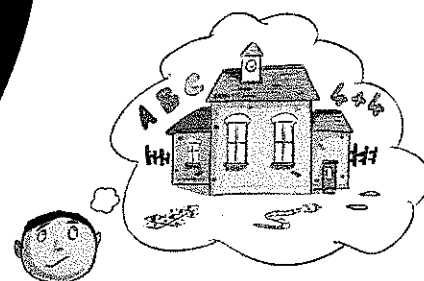
.....

.....

.....

.....

.....



When I am 14 I will

.....

.....

.....

.....

.....

When I leave school I will

.....

.....

.....

.....

.....



Leave the house on time

[illegible]



Get uniform/shoes ready

[illegible]



Coping with change

Asking for help

Here are some people we could speak to:

- Teacher
- Parent
- Other adult or mentor

You can share how you are feeling using social stories, writing or drawing

Have a special place to go

In your special place you could do some:

- Drawing
- Writing down how you feel
- Painting
- Other art - make a mosaic or collage

This could be a different room, or somewhere quiet. Imagine being in a safe place

Deep breathing

Breathing exercise:

- Hold your hand out.
- Breathe in and out as you move up and down the edge of your fingers.

Breathe from your diaphragm. You should be able to feel your stomach go in and out. Take your time exhaling



Coping with change

Do sport or exercise

Exercises:

- Run on the spot
- Shake or dance it out
- Do some relaxation exercises or stretching.

See if your key contact has some examples of yoga poses

Distract yourself with something you like

Music & Reading:

- Listen to a favourite song or something calming music. You could sing along.
- Play an instrument

Read something uplifting or that makes you laugh out loud

Other activities

- Brain Games
- Puzzles
- Tracing
- Making things
- Baking

Think about your hopes and dreams, and imagine them coming true