

LO to prepare for the transition to secondary school

Getting ready for secondary school

It is normal to be worried about moving to a new school.

Answer the questions by circling the number that best shows how you feel.

1 means you are not worried. 4 means you are very worried.

	1	2	3	4
Getting lost				
Being bullied				
Making friends				
Getting detentions				
Having lots of different teachers				
Finding the work too difficult				
Homework				
Doing PE				
Changing for PE				
Being late for school				
Being late for lessons				
Having my money stolen				
Having other property stolen				
Break time/ lunchtime				
Doing tests and exams				
Forgetting books or equipment				
Getting poorly				

Saying goodbye

Saying goodbye to school will be a bit different this year.

Here are some ideas that you can do.

- Write a card of thanks
- Plant a tree
- Make a memory book
- Design a 'leavers' calendar
- Design and paint a commemorative piece of artwork

My Farewell Plan

Three things I will do to say goodbye		
	What do I need to do this?	Who else can help me and how?
1.		
2.		
3.		

Scaling activity

How worried am I about changing schools?

1 2 3 4 5 6 7 8 9 10

1 = very worried

5 = quite worried

10 = not worried

I am _____ on the scale.

I am at this point because

I would like to be at ____ on the scale.

To get there I need to do the following:

1.

2.

3.

4.

The people who can help me do this are:

I will know when I have moved up the scale

because_____

Changes we can cope with

Look at each of the changes that you will cope with in your new school. **Discuss** on your table and try to record ways you will cope with each change on the chart below.

Changes	Coping strategies What can I do and who can help me?
Uniform	
Travelling to school	
Equipment	
Tutor group	
Finding my way around	
Homework	
School rules	
Work issues	

Me in the future - my future selfie!

Who do you want to be in the future?

What do you want to be feeling, thinking and doing?

What do you want to achieve?

Draw yourself as a year 7 student and record your ideas around the edge.

