**That’s it!**

**You have completed the transition workbook. Very well done 😊**

**The skills you have learned will help you get on well at secondary school and afterwards**

 

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\* Dealing with feelings

\* Self-management and organisation

\* Problem-solving

\* Coping strategies

\* friendships skills

\* goals and moving on

Possible answers to Session 5 questions:

1. Friends are important at school because they can help us, keep us company, teach us how do things, listen to us, share things with us, keep us out of trouble, advise us, remind us, and many more reasons

2. Some good friendship skills are being kind, smiling, asking to join in, offering to share, asking a question, showing interest, complimenting, admiring, finding out mutual likes, and many more

3. Most of the qualities listed are positive ones and would be good to find in new friends. There were a few thrown in to test you – ones that wouldn’t be good to have in new friends. Did you find them?

4. There are lots of ways to make sure you keep your new friends – most of them are just keeping up the qualities you first used such as being honest, fair, kind and respecting your new friends’ opinions and likes.

Possible answers to Session 6 questions:

1. Did you manage to name three events you are looking forward to? Fantastic! The feeling of success when you reach a goal is amazing!

2. Some of the qualities may have been \*determination \*not giving up \*being focused \*listening to advice \*having a goal \*letting others help \*researching the subject \*patience \*staying calm \*confidence in self \*”I can do it” attitude \*ignoring negative people \*trying again after failing

3. Obstacles may have been anything that made their goal hard to meet such as not enough money or time, low confidence, not believing they could do it, listening to negative people or giving in the first time they got stuck

4. It’s important to have realistic goals – some of these are unrealistic so well done if you only circled the ones you know you can achieve 😊

Did you get most of the answers right? Well done!

 In Session 1 we worked on:

* The different and diverse feelings and emotions we have
* How feelings change and why
* Jake’s journal which helped us understand the feelings road and how we move backwards and forwards along it
* A spider’s web of emotions to demonstrate the diversity within the group and that all feelings are ok; it’s how we deal with them that is important
* Naming positive feelings around transition

Possible answers to Session 1 questions:

1. Your feelings and emotions will change as you find out more about what secondary school is like and you will have more than one feeling at a time. Remember the feelings wall?

2. The feelings moved up and down the wall because they became more or less important and powerful as the changes happened. Remember how the negative and scary feelings dropped to the bottom of the wall as we learned more about what to expect and how to cope?

3. No. You will know who to ask for help if you feel upset.

4. You will find out who can help in the first few days.

5. Yes, it helps to share your worry, then someone who knows more than you can help you.

Possible answers to Session 2 questions

1. Different things at secondary school could be the size of the school, lessons, moving round more, teachers, homework, friends, food, routines and more

2. You will learn in the first week what to do and where to go if you get lost. Don’t forget to use your planner or ask an older pupil!

3. Initials on a timetable usually mean the teacher’s name

4. Did you get three differences you are confident to cope with? Well done!

5. Some ways to be organised include using your planner, preparing your stuff the night before, having a checklist on your bedroom door, asking your parents to help, making a rota, asking your friends and many more

 Session 2: Self-organisation and management

Being organised and knowing what you need, where you should be and what you need to be doing are key to coping with the new experiences and routines you will find at secondary school.

Self-organisation is easy for some people; they always have the correct equipment and arrive at the right place on time.

Other people have difficulty getting themselves organised and managing situations – this session was about finding ways to be more organised and manage difficult situations as they arise.

 In Session 6 we worked on:

* Famous or notable people who we admire, how they got to where they did and the obstacles which may have prevented them achieving
* Goals and aspirations – what would you like to do/be, what actions will you need to take to reach that goal and who could help you achieve success?
* Our lifeline activity – mapping out milestones in our lives and exploring the future as we want it to look
* Setting our own goals



 Questions

1. Can you name three things you know will be different at secondary school? List them here

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 2. what will you do if you get lost?

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 3. What do the initials on the school timetable mean? Explain here

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 4. Can you name three differences you feel confident to cope with? List them here

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 5. List two ways you plan to organise and manage the equipment you will need for lessons

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Questions

1. Why are friends important at school? Explain here

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2. Can you think of three good friendship skills you can use to make new friends at your new school?

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3. What qualities will you be looking for in new friends? Circle the qualities you want

kind helpful friendly polite supportive loyal

 trustworthy honest good listener rich

unkind genuine accepting understanding patient

 respecting thoughtful funny loving caring

sharing jealous pretty intelligent cheeky

4. How will you keep the new friends you make? Explain here

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 In Session 3 we worked on:

* Exploring what we are already good at – our strengths
* Exploring what we may have problems with – our weaknesses
* Learning the 5-step method of problem-solving
* Practising solving problems using the 5-step method
* Reading letters from Year 7 pupils from different schools to find out what problems they found and how they solved them
* Dispelling myths and silly ideas!

Session 5: Friendship Skills

Starting a new school, especially secondary school, means that you will be able to make new friends. Some of your old friends from primary school will still be there but there will also be pupils who have moved up from other primary schools.

It’s important to know and have good friendship skills so that you know what to look for when you are making new friends. Remember, other pupils will be looking for the same qualities in you before deciding you will make a good friend!

Some friends you make at school end up being life-long friends!

Session 4: Coping Strategies

When you make the transition from primary school to secondary school you already know there will be some differences including new lessons, timetables, routines, teachers and friends. By exploring what to expect we can develop ways to manage these changes.

Some people will manage change better, or in different ways, to their friends. Everyone will find different aspects challenging at times.

Coping strategies are what we need, to be organised and able to manage the new experiences. If we are prepared, and know what to do when stuck, we have a much better chance of coping well.

In Session 4 we worked on:

* Deciding what we can do independently and what we need help with
* Learning styles and how we all learn in different ways
* Finding our way round a new timetable and learning to read each part
* Working out when and where we might need some help, and how to get it
* Building a bank of coping strategies to use when we get stuck

