

Created by your Kirklees Mental Health Support Team (MHST)

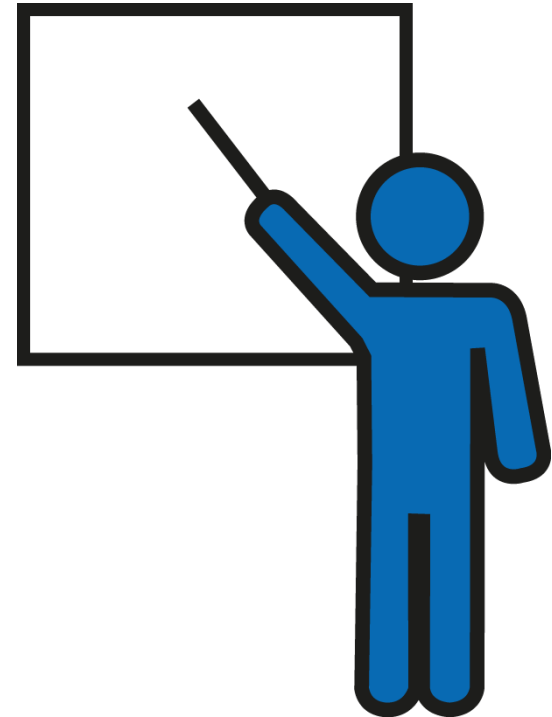


Transitions
Helping you
with the move
to Junior
School



Session 1

How are you
doing?





What do we mean by transitions?



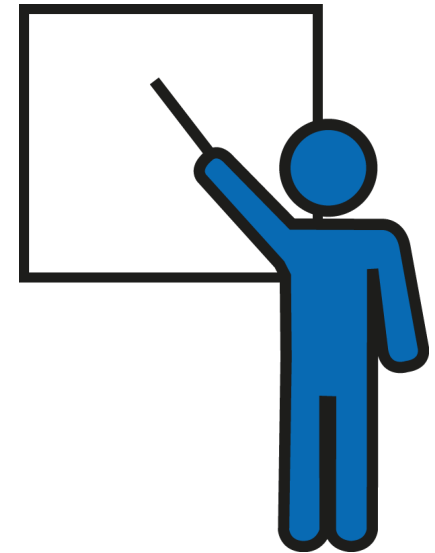
Transitions are a normal part of life.

We all go through transitions at some stage in life. This might be moving into the next class year or having a change of teacher or even a new school!

This year has been different with doing home-schooling and online work 😊

So, today we're going to think about how do we prepare for going to your new Junior School.

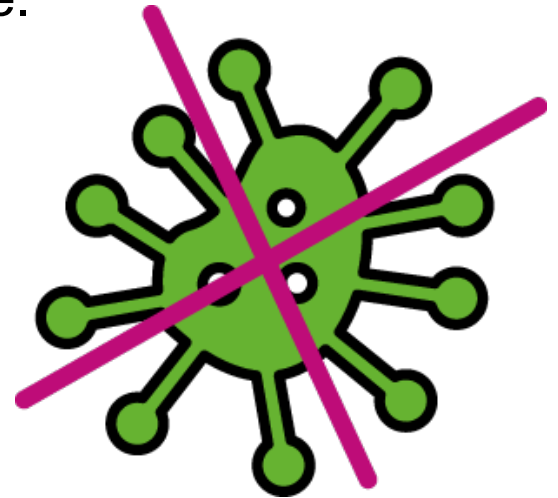
How do you feel about going to Junior school?



Is it normal to worry about going to a new school?



- Worrying is normal - we all worry from time to time.
- We have all been staying at home a lot more due to Covid19 and have been working in bubbles.
- This might mean the step up to junior school feels quite big – you won't be the only one feeling like this!





Happy



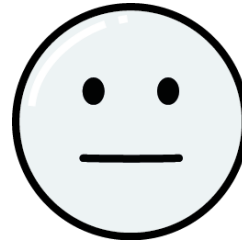
Sad



Excited



Scared



Excited but nervous too



Angry

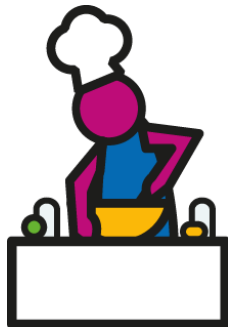
How do you feel?

Take a moment to think about how you feel about going to your new school?

In pairs, discuss how you feel.



Activity



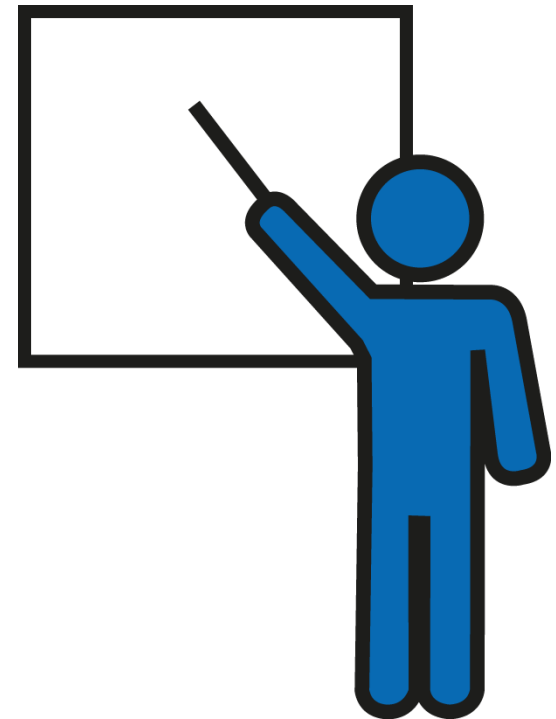
- Think about one positive thing you're looking forward to about junior school?
- Think about one subject you're looking forward to?
- Think of one thing you're excited about learning this year?
- Is there anything else that you're looking forward to?

Session 2

Helping Hands

You will need...

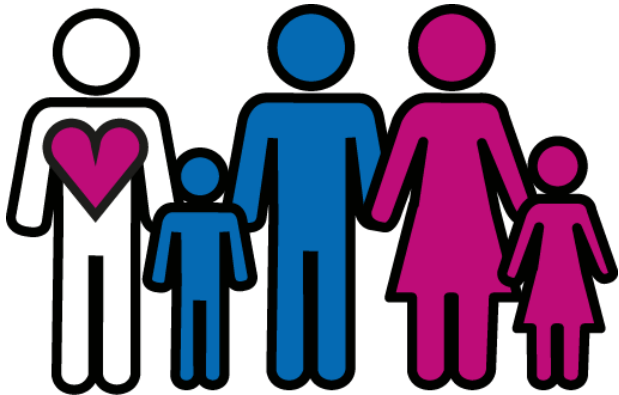
- Paper
- Felt tips/ colouring pencils



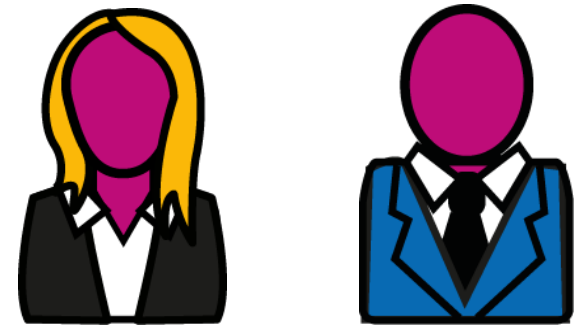
Who can help?

Let's think about who can help us!

This may be parents, family, friends and class teachers.

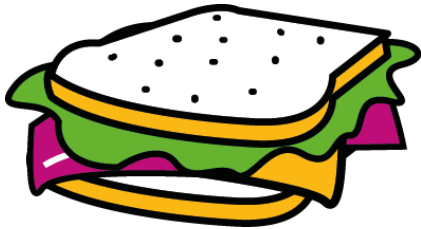


Think about 4 to 5 people who can help you whenever you're feeling worried / sad / wobbly. Who can listen to you and help you?



What strategies can you use?

What could you do to help you settle into your new school?



Meet up with friends at lunch

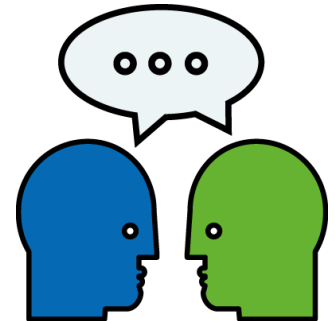


Talk to someone new



Read over the information that your new school will send out with your adult

Don't be afraid to ask for help!



What else?

Here's an example ...

James is a new Y3 pupil. You see him standing on his own at breaktime and sitting alone at lunch. He looks really sad.

How do you think he is feeling?

How could you help him to feel a bit better?

What could he do to make things better?





Session 3

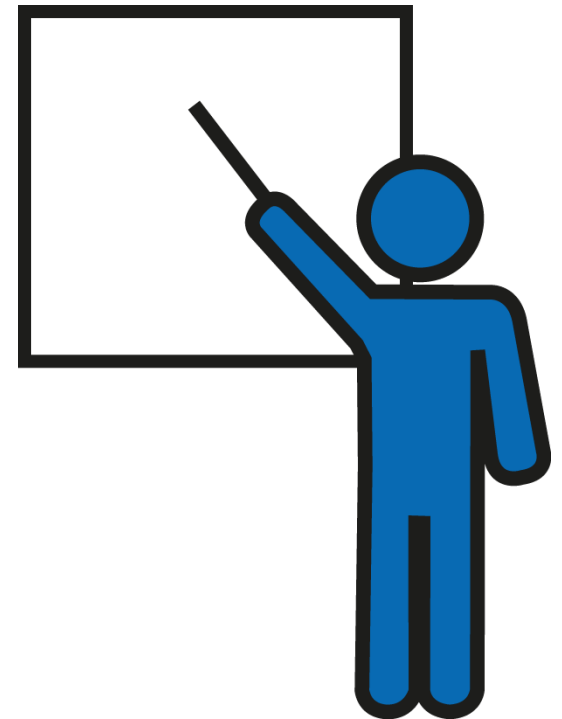
Find the



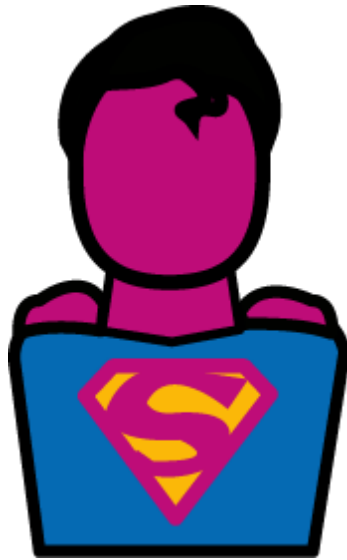
Superhero in you!

You will need:

- A4 paper
- Coloured pencils
- Photos of children's faces (optional)



Draw yourself as a Superhero!



There is a superhero in you!

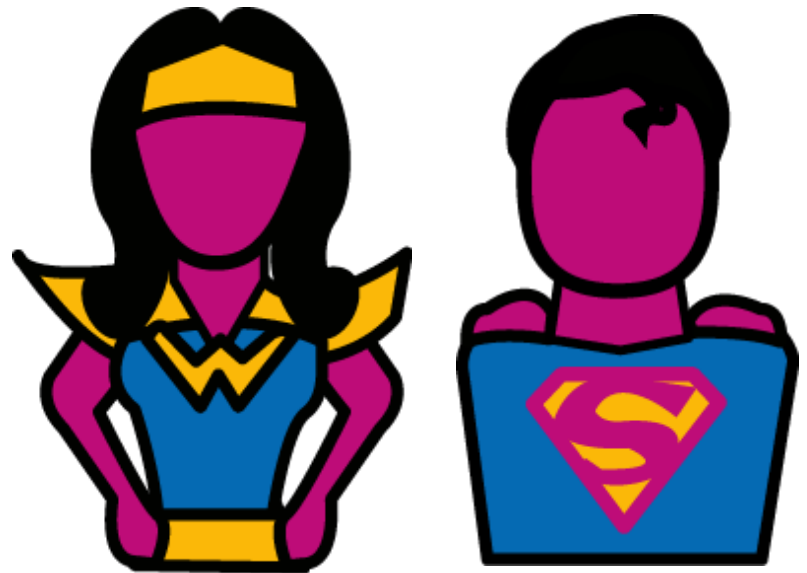
Consider the following:

My name is ...

I am ... years old

My hobbies and interests are ...

I am....



Positive ways to describe ourselves!



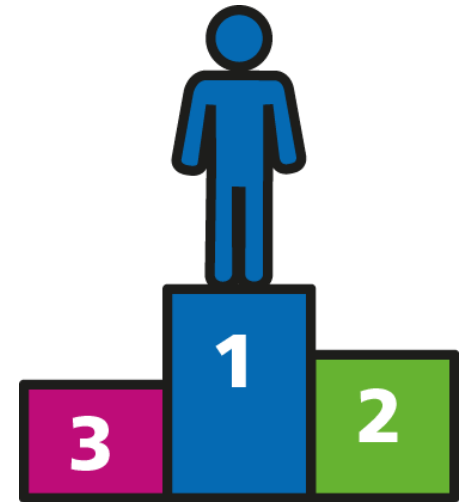


Activity



Let's choose a few to share with the class.

Can you suggest some more positive words to add to these people?

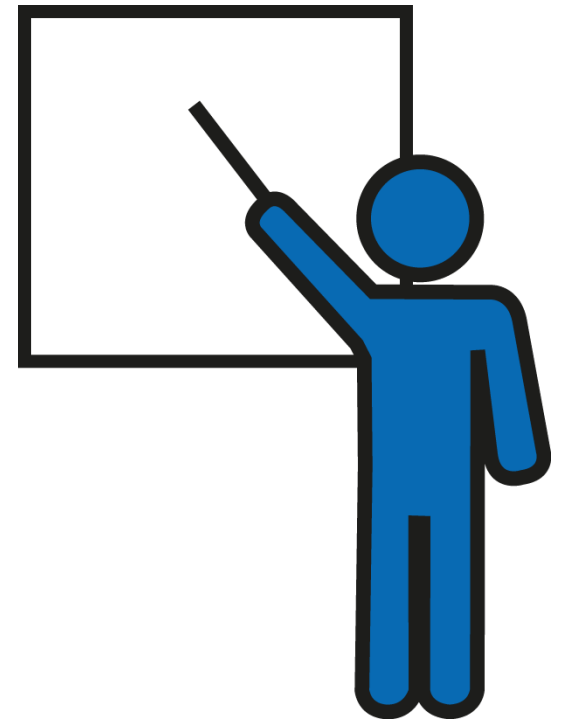


Session 4

Keep Calm & Bring it On!

Resources required:

- Colouring pens/pencils
- Worksheets/Printables



Tips to manage the change ...

Some techniques to cope:

- Progressive muscle relaxation exercises (relax like a cat)
- Rainbow breathing exercise
- Square breathing
- Thinking about one positive / funny memory
- Talking to a trusted grown up, friends, class teacher

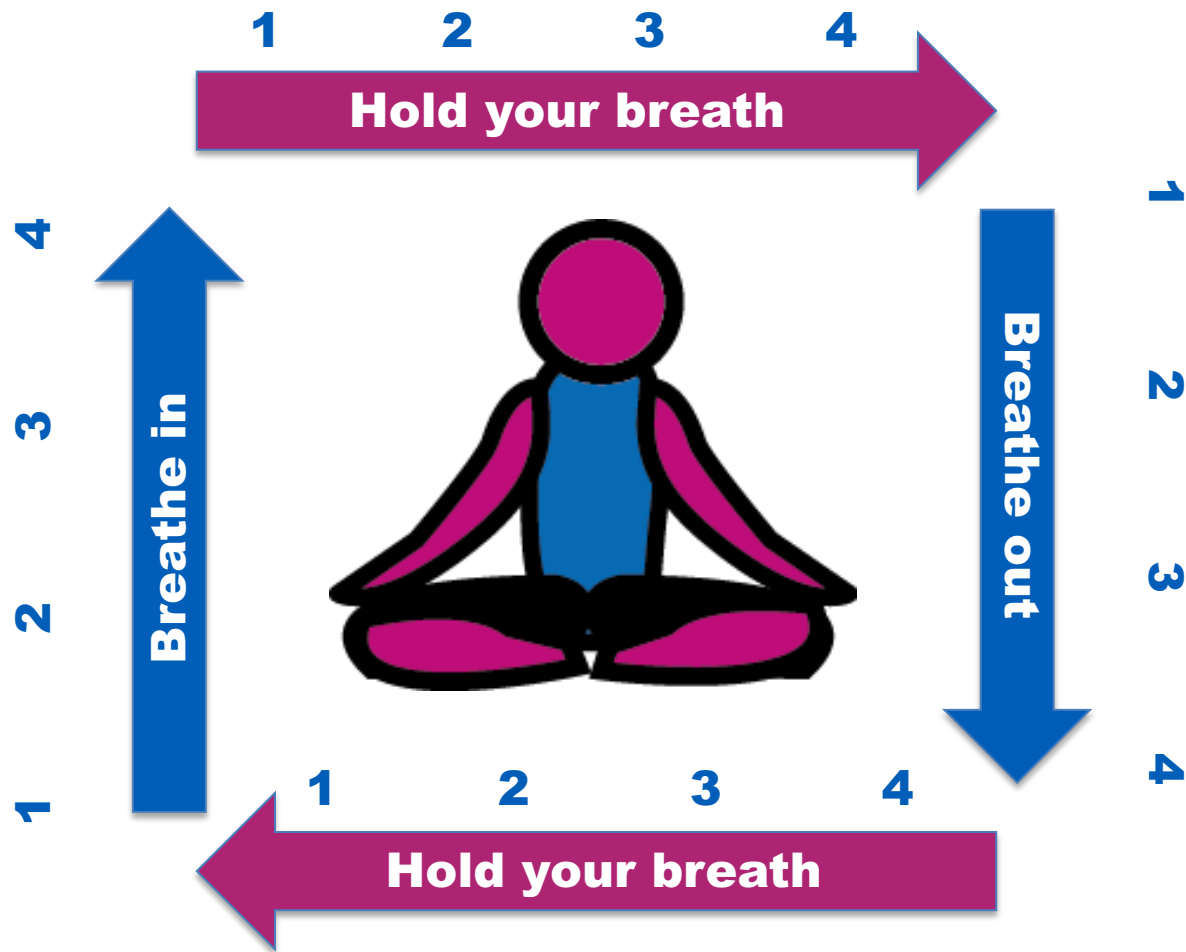


Rainbow breathing exercise

- ✓ Place your finger at the bottom of the rainbow.
- ✓ Breathe in through your nose and trace the red arc until you reach the top.
- ✓ When you reach the top, begin to exhale through your mouth and continue tracing.
- ✓ Repeat with each colour or until you feel calm and grounded.



Square breathing exercise





Relax Like



a Cat!



If you have ever watched a cat sleeping, you will know that cats sleep like they don't have a care in the world.

They curl up in a ball or stretch out flat and snooze away in the softest, comfiest spot they can find.

Cats are very good at relaxing.

They could probably teach us a thing or two about how to relax.

Let's give it a go together !



Remember to stay positive



We want to wish you all the best with going to your new school.



You have got this!



Thank you for listening.