

PSHE Task

To explore the feelings and common anxieties when transitioning to secondary school.



When we are faced with change and new situations, it is normal to be overwhelmed with a range of different feelings, both positive and ones that can cause some anxiety. In September, you will be transitioning to a new school and a new academic year. Whilst there are many things to be excited about, you may also be worried about some of the 'unknowns'.

There's lot to look forward to. You will soon be making lots of new friends, learning new subjects and enjoying the responsibilities that come with being in KS3. However, you may also have some things niggling at the back of your mind. What if you get lost in that huge school building? What if you're not in the same class as your best friend? What if you don't know the rules and accidentally get a detention?

The best thing you can do is to prepare yourself so that these 'unknowns' don't become as scary as you have strategies in place to deal with whatever comes your way so that you can concentrate on all those things that you're excited about!

Fill in the table below with different hopes and challenges there may be in secondary school:

Hopes for Secondary School What might someone be excited about?	Challenges in Secondary School What might someone be worried about?

Now look at the challenges you have written – can you think of strategies that could be put in place for them? Is there any support available? Anything you could do to prepare? Who could you go to for help?

Your task to write a short message of advice to yourself to open and read on the evening before your start your new school.

Give yourself bits of advice which will help you manage your thoughts and feelings so that you are ready to cope with all the opportunities and challenges of moving into Year 7.

Make sure you remind yourself of all the things you are excited about too!

When you've finished, you may want to illustrate your note (or draw a little cartoon of yourself!) to make sure you stay in a positive mind-set that night before.

Ideas for some sentence starters to get your started:

Good luck ...

Remember to ...

You know that ...

You can always ...

Make sure ...

If you ever ..., you can ...

It would be a good idea to ...

