

# Moving On

Children have lots of different thoughts and feelings about going to secondary school. It can be exciting and scary at the same time.

How are you feeling? Excited? Worried? Something else?  
It is OK to have these feelings. However you feel right now, you are not alone.

This booklet will help you think and talk about the feelings that you might have, and help to get you ready to start out in a new school.

## How are you feeling about moving to secondary school?

Circle the answers which are true for you



Worried about doing homework



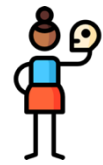
Excited to make new friends



Worried about getting lost



I would rather be at home than in school



I am looking forward to learning new subjects



I enjoy school – I can't wait!



I think the school will be too busy



I feel worried about going to a new school



I am a good learner



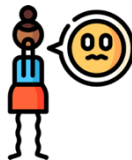
Worried about getting into trouble



I think I will find the new routine difficult



I will miss my old friends



I think that something bad might happen



I will need lots of help with my learning



I am excited to be more independent



What other thoughts or feelings do you have that are not on this list?

# What would you like your new school to know about you? ALL ABOUT ME

My name: \_\_\_\_\_

My new school is... \_\_\_\_\_

I like...



- 
- 
- 

I do not like...



- 
- 
- 

In primary school I was good at...



- 
- 
- 

In primary school I needed help with...



- 
- 
- 

These things will help me to feel happier in school:



- 
- 
- 

If I am feeling worried I will...



- 
- 
-



What 3 things are you most looking forward to about secondary school?



What 3 things are you not looking forward to about secondary school?


If you prefer, you might like to draw what you are worried and excited about.

## What do I know about secondary school?



## Questions I still have:



## Who could help to answer your questions?

## Activities for you and your parent or carer

Complete these together to help prepare you for secondary school.

### Remembering Primary School...

Interview your parent or carer about their time in Primary School. Swap, and ask them to interview you.

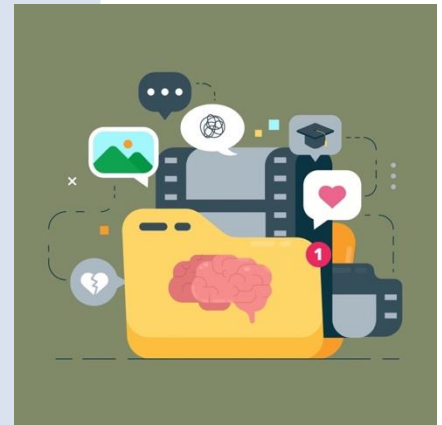
Write down your answers to help you remember them in the future.

My best memory was....

The funniest thing that happened was....

My biggest achievement was....

Things I will miss are...



### Go on a Virtual Treasure Hunt

Go on a Virtual Treasure Hunt of your new school's website. Try to find:

- The name of a member of staff
- An activity that you can do at school
- The colours of the uniform
- A subject you haven't studied before
- Something you can find on the playground
- A map with the school on

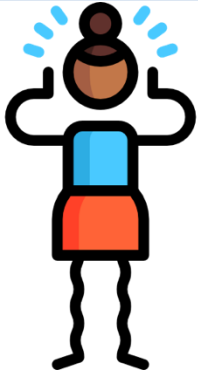
### Play 'LeapForward!'

Print out and play the LeapForward game and question card at the back of this booklet.



## Feeling really worried about secondary school?

Although some worry about secondary school is very normal, sometimes our worry can get too much.




Big changes like starting a new school can make us feel nervous and excited at the same time. Sometimes our worry can get too much.

It is important to talk to someone you trust if you are feeling very worried about secondary school. You could talk to a parent, carer, adult at school, another member of your family or a friend.

## What helps?

Children in Tower Hamlets say that these things sometimes help them with their worries.

Try out some of these activities and put a tick  next to the ones that help you best.

### Relaxing my body



I lie down somewhere quiet and comfortable

I stretch out, make a fist then relax

I push out my legs, wiggle my toes and relax

I shut my eyes tight, scrunch up my face and then relax

I listen to music that makes me relax

### Slow deep breaths



I take a slow breath in for 4...

I hold it for 2...

I slowly let the breath go for 6...

I wait for 2...

I start again.

### Physical exercise



I do star jumps

I shout into a pillow

I do press ups

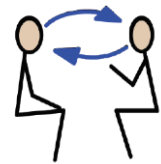
I play a game like football or Frisbee

I put on music and dance

I do yoga stretches

I do a YouTube workout video

### Share the problem



I draw and colour a worry monster then jump on him

I write down something good that happened to me today

I write about my worries then throw them in the bin

I draw things that make me happy

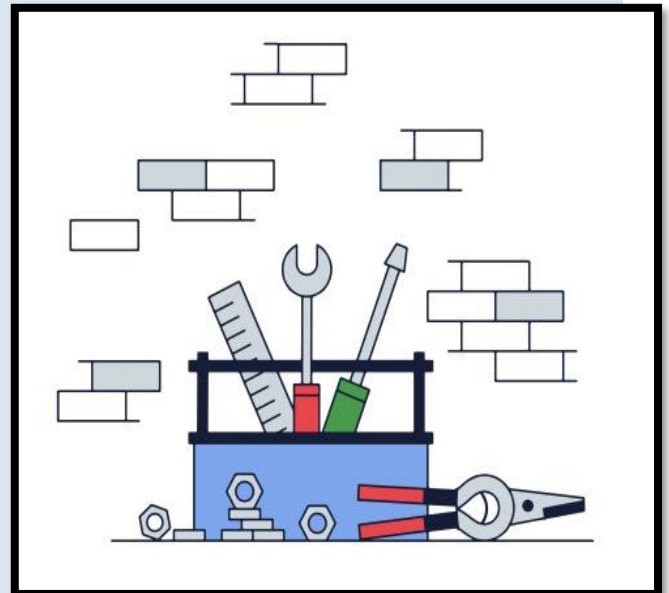
## My Toolkit

What helps you to feel happy and calm?  
Create your own toolkit of things which help you.

You can look at 'Calm Zone' on the ChildLine website for some ideas:  
[Childline.org.uk/toolbox/calm-zone](https://www.childline.org.uk/toolbox/calm-zone)

**Exercises that help me to relax:**

**My relaxing place:**



**My relaxing activities:**

Include people you like spending time with, music you enjoy,  
and games and apps that help you to relax.

**You can come back to your toolkit when you are feeling worried or upset.  
If you have a phone, you could save your ideas in your 'notes' app.**

## Other Resources

Here are some websites and apps that you might find helpful.

### [‘Find your Feet’ – YoungMinds](#)

YoungMinds is a Mental Health Charity for children and young people. Search ‘find your feet transitions’

### [ChildLine](#) – 0800 1111

This is an organisation that helps children and young people with their worries. You can visit their website or talk to an adult who will listen to you.

### [Kooth.com](#)

Kooth is an organization that provides emotional support for children and adolescents.

### [Chill Panda](#)

This is a free internet app that can help you to relax, manage your worries, and improve your wellbeing.

### [Calm Zone](#)

ChildLine have a webpage called ‘Calm Zone’ which has lots of ideas for activities to keep calm.

### [BBC Bitesize](#)

This website has some information and activities about secondary transition. Go to the BBC bitesize website and search ‘starting secondary school’.

**Good luck in your new secondary school.  
They are lucky to have you as their student!**



This workbook was written by Tower Hamlets Educational Psychology Service (EPS) with input from the Behaviour and Attendance Support Service (BASS), Phoenix Outreach Service and local schools.

If your child is unhappy at school, the EPS and BASS may be able to help. More information can be found on the Local Offer:

**[localoffertowerhamlets.co.uk](http://localoffertowerhamlets.co.uk)**

With thanks to:  
West Sussex Educational Psychology Service  
Rice et al., STARS Transition Project

## Leapforward!

### Instructions:

- Place your counter on the 'Starts Here' Lilyypad.
- The player going first rolls the dice and moves their counter around the board.
- If you land on a **Frog**, you should say something positive that has happened to you recently or something positive about your fellow player.
- If you land on a **Lilyypad**, you must either do what the Lilyypad says or answer one of the question cards.
- If you land on a **Seahorse** you must think of one thing you have learned about yourself while the schools were closed.
- The first person to reach the 'Finish' Lilyypad wins the game.

**You will need:** A dice, the question cards (below) cut out, and the Leapforward board (next page), and some counters (you could use coins if you don't have them).

How do you feel about going to secondary school?	What are you most looking forward to about secondary school?
What – if anything – worries you about secondary school?	Do you know anyone else going to the same secondary school as you?
What do you think secondary school will be like?	How do you feel about making new friends at secondary school?
What do you like doing best at school?	What could you do if you feel upset or sad in school?
What would your teachers say your strengths are?	What would your friends say your strengths are?
What subjects are you looking forward to in secondary school?	Are there any subjects you are worried about in secondary school?





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