

# THE TRANSITION MISSION

## A YEAR 6 - 7 TRANSITION BOOKLET

Mental Health Support Team

My Name:

My Primary  
School:

My Secondary  
School:



**@BDCFT\_MHST**

# Hello!

We know that the transition from primary school to secondary school can make us feel all sorts of emotions.

For example, we might feel excited, nervous, confident or worried, but we want you to know, all of these feelings are completely normal!

With this booklet, we want you to think about your favourite times at your school, the difference between primary school and secondary school, and practical things you might need to know about your new school. This can be completed on your own, but some of it might be easier with the support of a teacher or a grown up at home!

We hope you find it useful,

From,

The Mental Health Support Team



# Introduce Yourself!

It's time for you to introduce yourself! What would you want your new tutor and teachers to know about you?

Why not draw a picture or stick a photo of yourself here?



Write (or draw!) 4 things that describe you!

You might want to think about what you like doing, your interests, or your best qualities!



# Introduce Yourself!

Fill in the speech bubbles with your favourite things, you can always choose more than one for each category!

**My favourite things to do at home are**

**My favourite lesson is**

**My favourite thing about school is**

**My favourite people at school are**

# Primary School Memories

When you are moving on to secondary school, it's nice to take some time to reflect on your favourite parts of your time at primary school.

## Things I will miss

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## Happiest Memory

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## Funniest Memory

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# Hopes and Worries

It's completely normal to have some hopes about what secondary school might be like, and also some worries! Here is a space to write about any hopes and worries you might have, look at the examples below and then try it yourself.

## My hopes for secondary school are

- Making new friends
- Join new clubs/Team

## My worries about secondary school are

- I might get lost
- Work will be tricky

## What can I do to help and who can support me

- I can ask a teacher or member of staff if I get lost

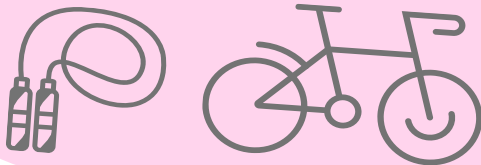
**Remember, worries can seem really big when we are the only one who knows about them, but we should always share our worries with a trusted adult because this can make them feel less scary!**

# Wellbeing Toolbox

Having a 'toolbox' or list of activities we can do that we enjoy and make us feel happy, makes it easier when we are feeling a bit down, worried or stressed to help lift our mood. There are some suggestions below and space on the next page for you to list your own ideas!

## Keeping Active

Being active and exercising can help you sleep better, have more energy, and feel happier.



## Go Outdoors

Being out in nature can help lift your mood, improve concentration and reduces stress

## Listen to Music

Listening to happy music can make us feel better when we are feeling a bit down



## Talk to Others

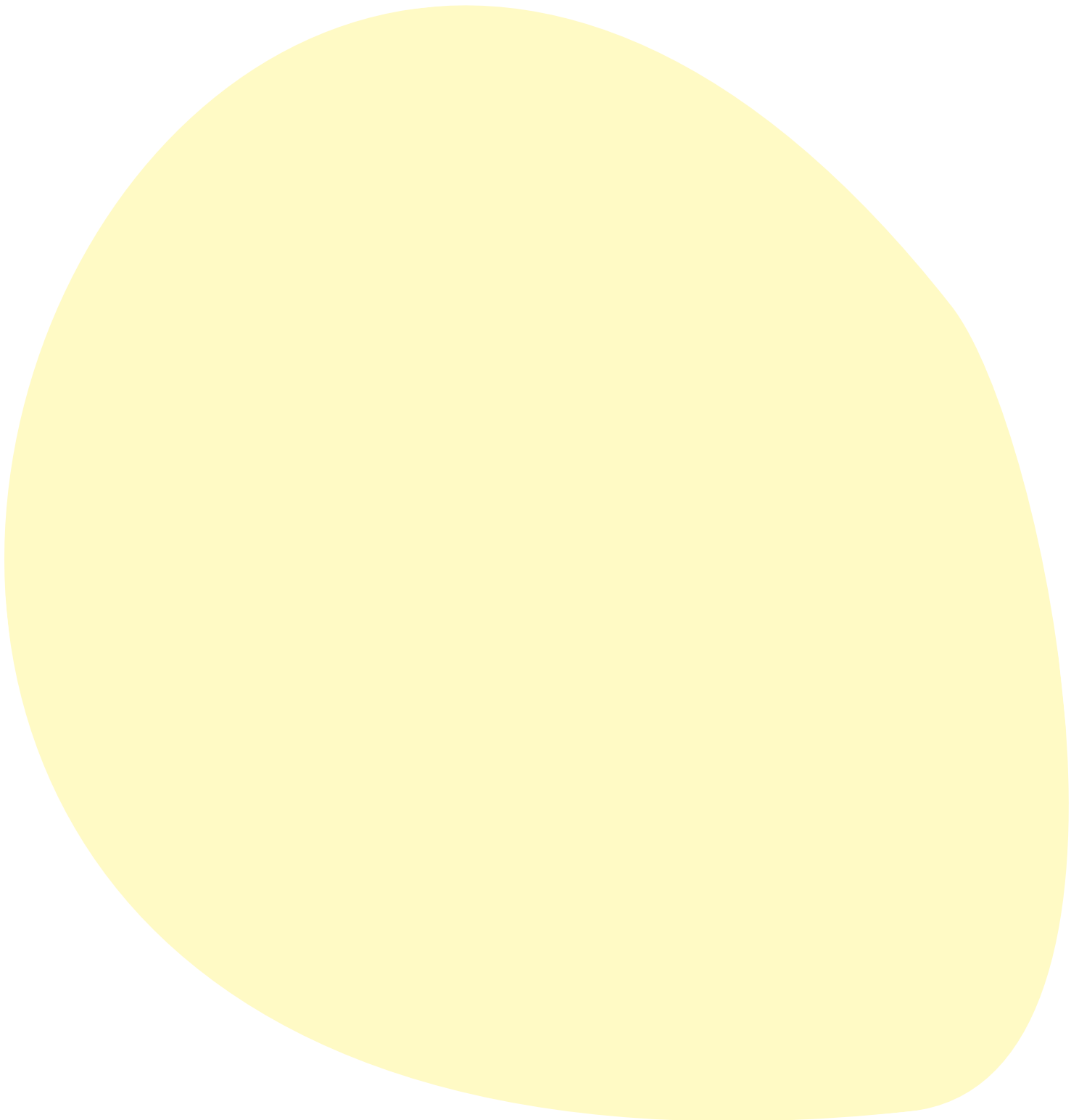
Talking to others about anything that is troubling us can help us feel better, or even just writing it down in a journal





# Create your own

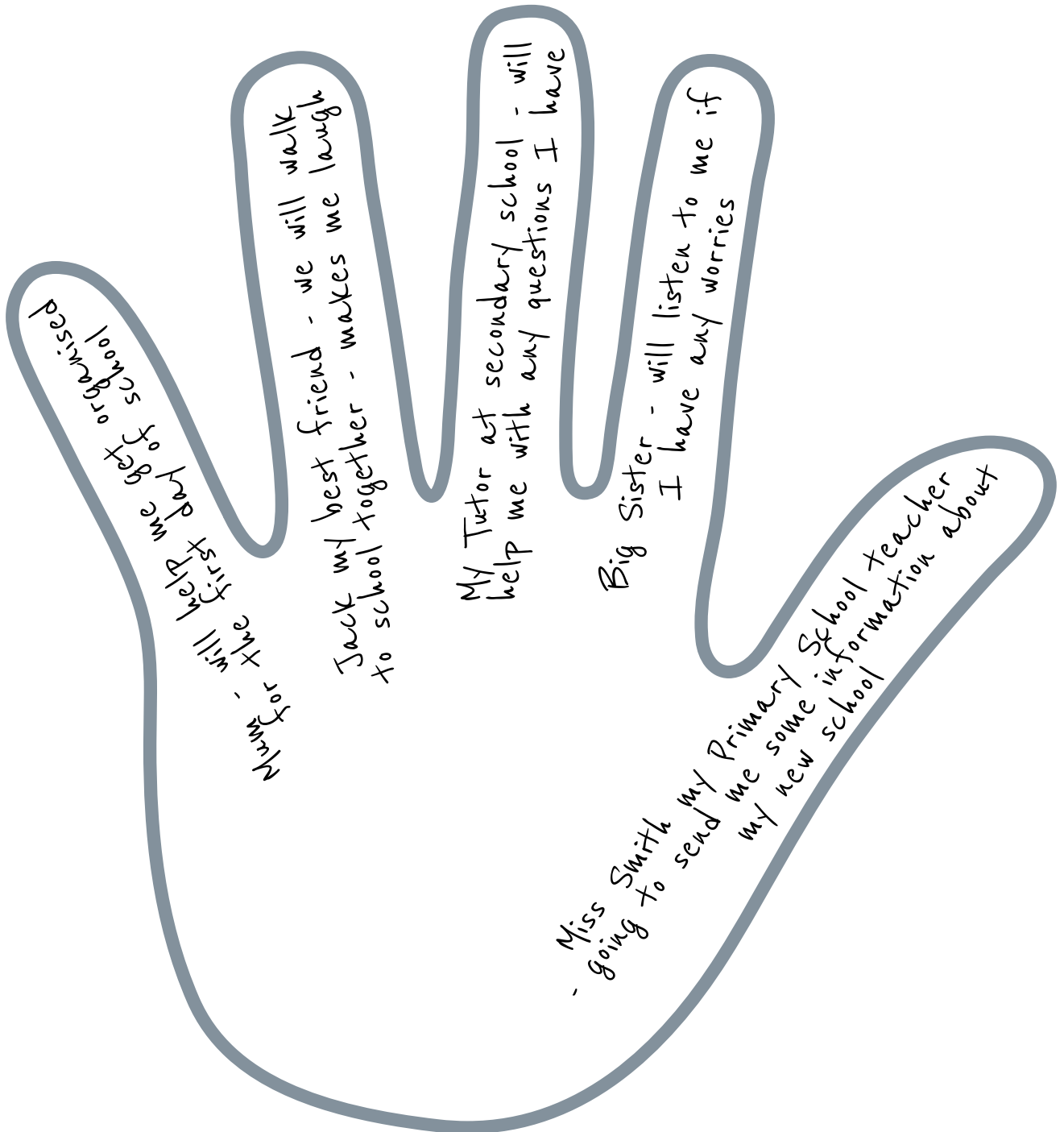
This is a space for you to create your own wellbeing toolbox, you could write or draw in the space below! Think about your favourite things to do that make you feel good, you could also write down the names of people that you like spending time with!



# Helping Hands!

There is a whole team of people that can help you when you need it, they might be people in your new school, or friends and family.

- Draw around your hand using the box on the next page
- In each finger, write the name or job of the people that can support you, and how they can help
- Have a look at our example below!



# Helping Hands!

It's your turn! Remember, the people who support you will be different for everyone. Why not speak to the people on your helping hand about how they can support you?

# Still feeling worried?

Below are some useful suggestions about who you can speak to for extra support, as well as some great resources.

## People you can talk to:

If you're feeling nervous you can speak to your class teacher at primary school, and when you get to secondary school, you will have people like your tutor or Head of Year you can speak too if you have any worries.

**The best thing you can do is speak to someone, especially a trusted adult, when you have any concerns or worries**

## Websites that might be useful:

### **[annafreud.org/on-my-mind/self-care](https://annafreud.org/on-my-mind/self-care)**

- useful suggestions for activities for self-care and wellbeing

### **[bbc.co.uk/bitesize](https://bbc.co.uk/bitesize)**

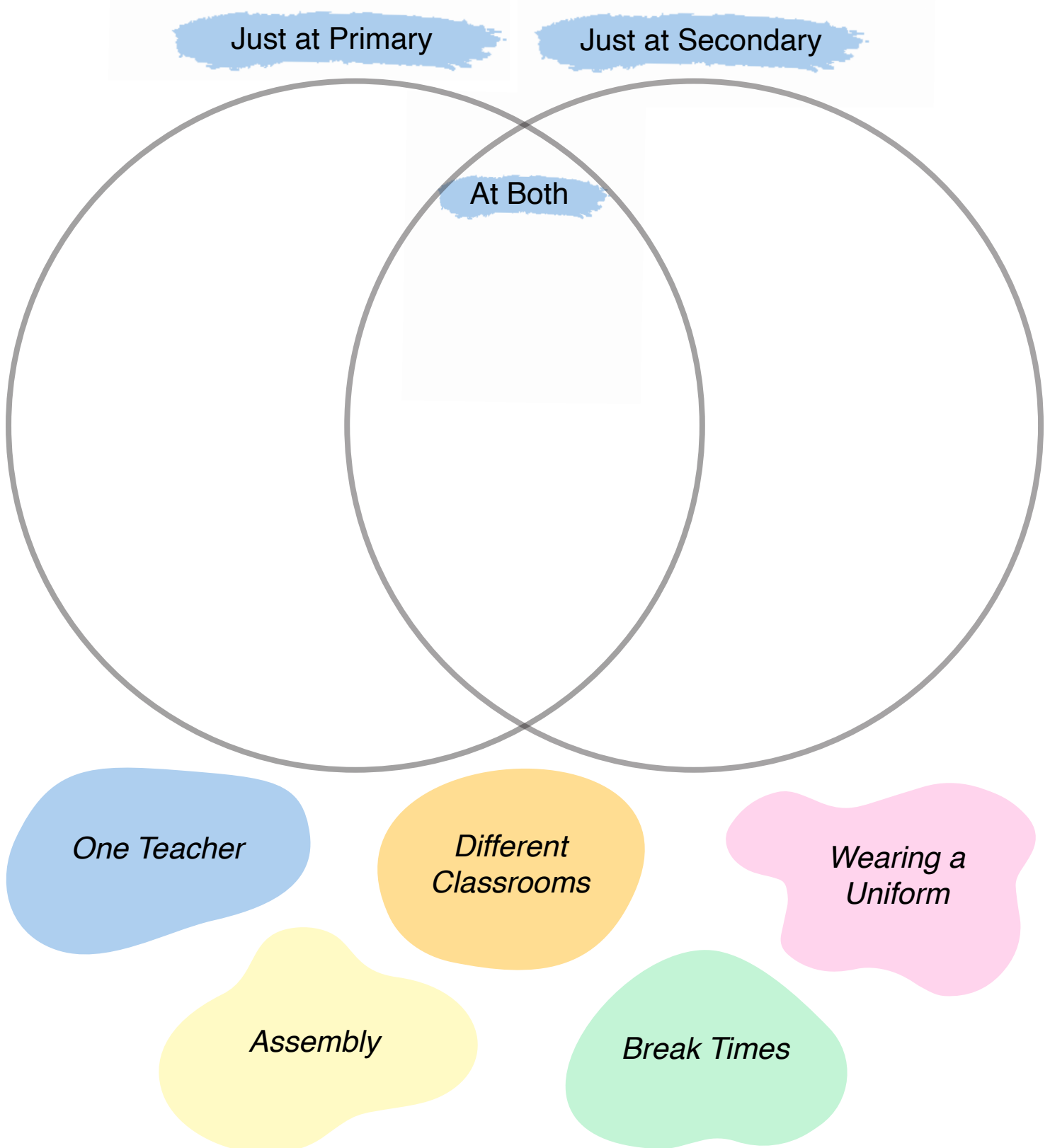
- useful information about starting your secondary school

### **[youngminds.co.uk](https://youngminds.co.uk)**

- lots of information on mental health and information about transitioning to secondary school.

# Differences & Similarities

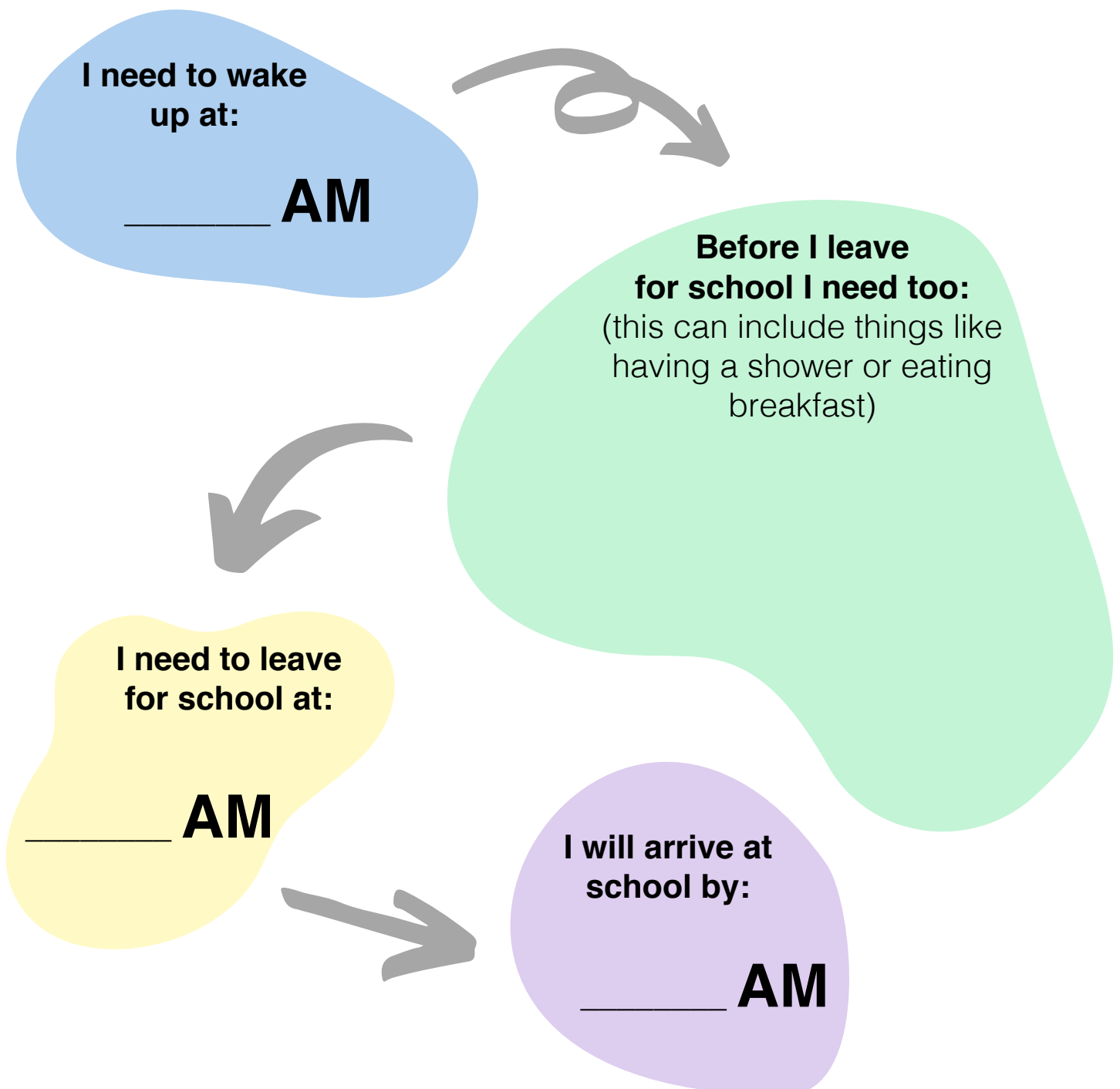
There are some similarities and some differences between primary and secondary schools. Can you sort the labels into the Venn diagram below? Feel free to add your own ideas too!



# Routines & Plans

Having plans and routines can help us to be more prepared for what is going to happen. Remember, it is important to do something each day that makes us feel happy too. Have a look at the suggestions below and try and make a daily plan for your school day!

## My Morning Routine



# Routines & Plans

## My Afternoon & Evening Routine

I finish school  
at:

\_\_\_\_\_ **PM**

I'll arrive home  
from school at:

\_\_\_\_\_ **PM**

**I would like too:**  
(This could include any  
activities or hobbies that  
make you feel good)

**I need to:**  
(This could include any  
homework, getting things ready  
for tomorrow or helping around  
the house)

I'll go to bed  
at:

\_\_\_\_\_ **PM**

# Checklists

We have given you some checklists below that may help you to feel organised. We have added some things you can think about, and there is space to add your own!

## Everyday Checklist

- Bag
- Pen
- Pencil
- Ruler
- Rubber
- Lunch/Lunch Money
- Timetable/Planner

## Travel

- If you're getting the bus,  
remember your bus pass
- If you're walking, make  
sure you know the safest  
route
- If you're cycling, remember  
your helmet and lights

• Monday I need:

• Tuesday I need:

• Wednesday I need:

• Thursday I need:

• Friday I need:



# You've got this!

We want you to know that you're not alone when it comes to having worries about secondary school, and there are always ways to cope with change.

You can use this booklet as a reminder of how to make yourself feel better, and what to do and who to talk to when things get difficult or you have any concerns about leaving primary school, starting secondary school - and everything inbetween!

We hope you've enjoyed looking back on your favourite parts of primary school, and are looking forward to making new memories at secondary school!

From,

The Mental Health Support Team

