



Your Transition guide to

# MOVING ON WELL



Your Year 6 guide to help you get ready  
for Secondary school

# ABOUT ME

**1.**

MY NAME IS.....

**2.**

MY AGE IS....

**3.**

MY PRIMARY SCHOOL IS CALLED....

**4.**

MY BEST FRIENDS AT SCHOOL ARE.....

**5.**

MY FAVOURITE SUBJECT AT SCHOOL IS.....

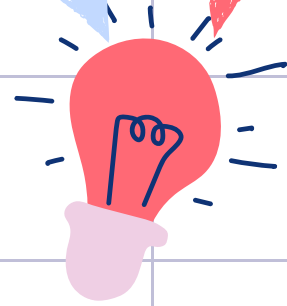
**6.**

MY NEW SECONDARY SCHOOL IS.....

**7.**

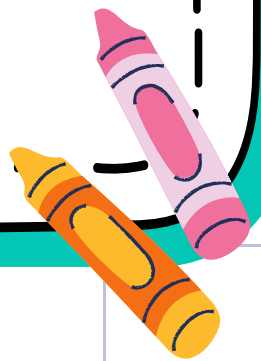
MY FAVOURITE THING TO DO OUTSIDE OF SCHOOL IS.....


# WHAT IS RESILIENCE?



Resilience is the ability to bounce back when something goes wrong. It's being able to cope with the ups and downs of life.

Write or doodle some of your best memories and greatest achievements from primary school.



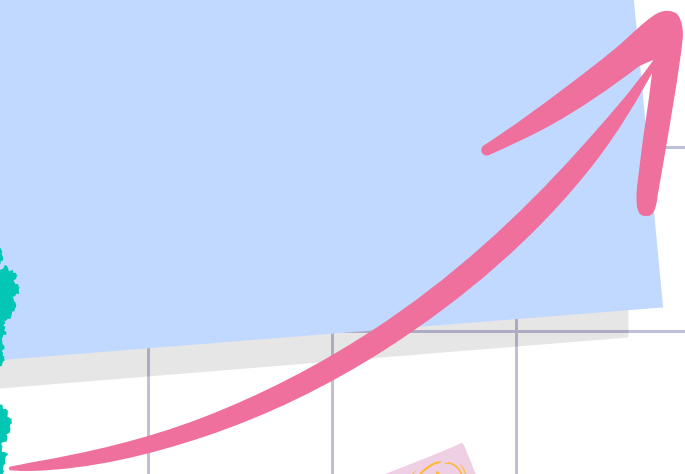


# FEELINGS, EMOTIONS & MOODS.



What are you looking forward to about moving to secondary school?

What are your biggest concerns about moving to secondary school?



It is very normal to experience lots of different emotions when you are facing a big change like moving schools. Learning which positive coping strategies work best for you is a good way to manage your emotions and help you feel more in control.



# COPING STRATEGIES:

Which coping strategies help you when your emotions are heightened or you are feeling out of control. We're all different so we all have different coping strategies.

Tick the ones that work for you or write your own in the boxes below.

## PHYSICAL

- ☐ Go for a run
- ☐ Dance
- ☐ Punch a pillow
- ☐ Play with a stress ball
- ☐ .....

## CONSTRUCTIVE

- ☐ Do school work or study
- ☐ Tidy or organise
- ☐ Build lego
- ☐ Cooking or baking
- ☐ .....

## CREATIVE

- ☐ Write poetry or a journal
- ☐ Play a musical instrument
- ☐ Drawing or colouring
- ☐ .....

## COMFORT

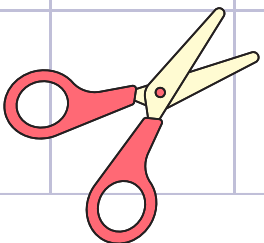
- ☐ Playing with a pet
- ☐ Having a bath
- ☐ Drinking hot chocolate
- ☐ .....

## BEING WITH OTHERS

- ☐ Have a hug
- ☐ Call a trusted friend
- ☐ .....

## INSPIRING

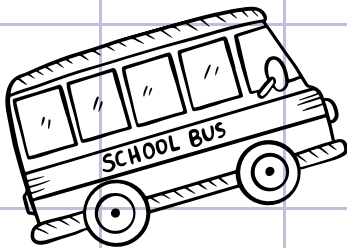
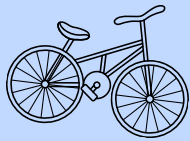
- ☐ Yoga or meditation
- ☐ Watching the clouds
- ☐ .....



# GETTING TO SCHOOL

How will you get to and from school everyday?

- ☐ Walking
- ☐ Cycling
- ☐ Traveling by car
- ☐ Taking the bus
- ☐ Taking a train or a tram



**DON'T BE LATE!**

School starts at: \_\_\_\_:

I will leave my house at \_\_\_\_:

I will wake up at \_\_\_\_:

Write down some of the problems you may face when traveling to and from school and what you can do if it happens.

