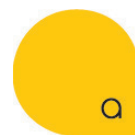


MOVING ON **MOVING UP ...**

**Transferring from
primary to secondary**

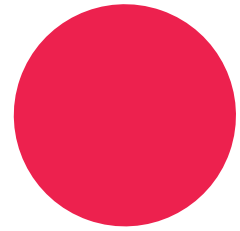
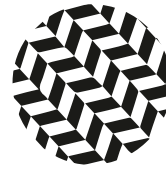
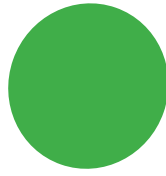
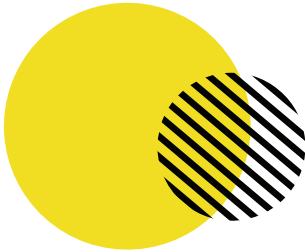
Changing schools is likely to bring up mixed feelings for all Year 6 pupils. These exercises support children in preparing for this. They feature original drawings by Aleesha Nandhra, an artist and illustrator. By colouring them in, you will bring her illustrations to life!



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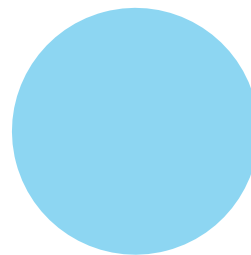
Welcome

.....

Moving on/Moving up is designed for Year 6 pupils just like you. Your final months at primary school have been unique. No other children before you have been through such a long school closure! It is likely that everyone has had a mixed experience of this with some ups and downs. However, life is settling down now and schools are slowly getting back to normal.

Living through a lockdown reminds us that life can present us with unexpected challenges. When this happens, we learn to cope by sharing our difficulties with others and asking for help when we need it!

... Give some examples of good experiences. Remembering these can help when we go through ups and downs!

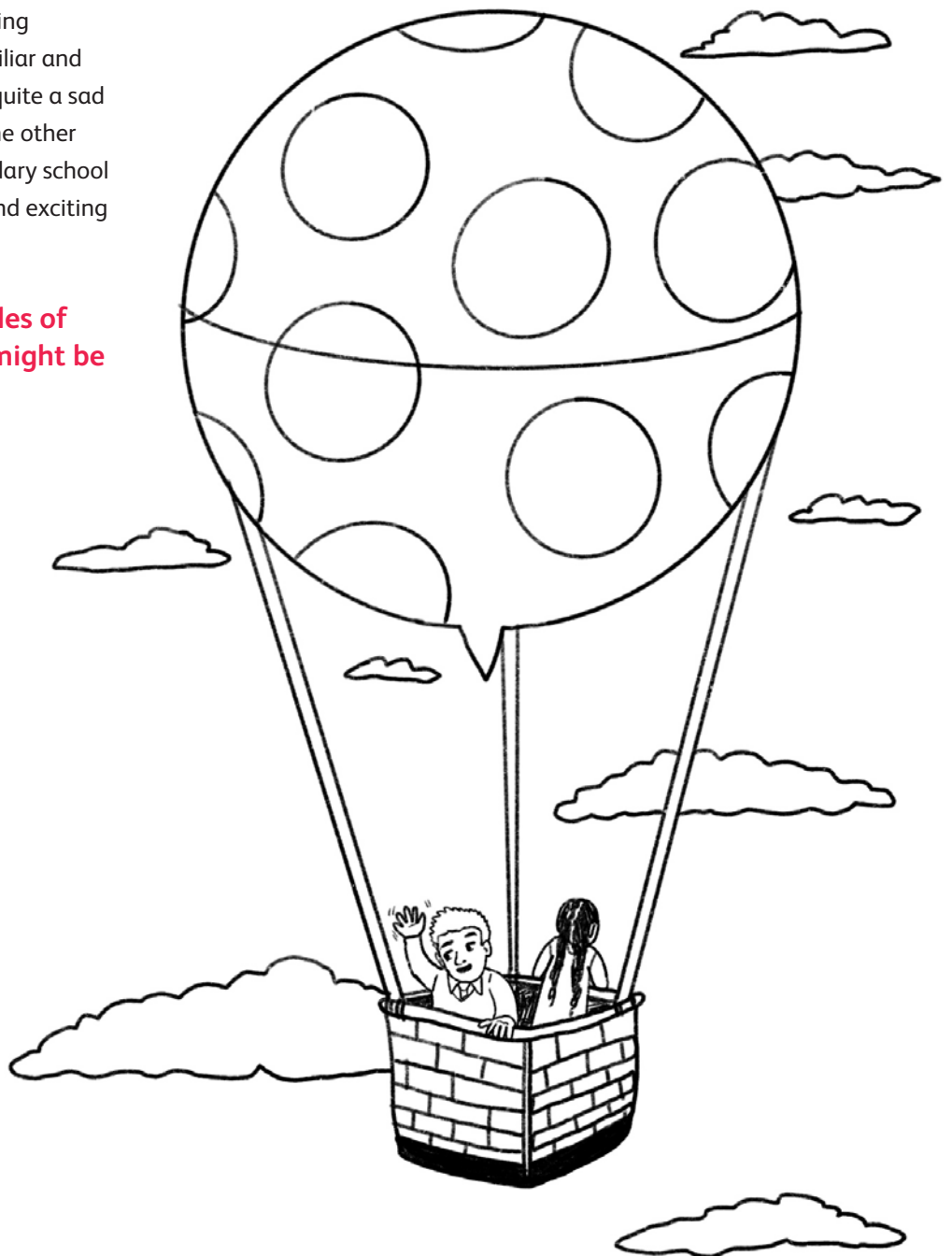


Preparing to leave Primary School

.....

Completing Year 6 is a big moment in all children's lives. At the end of the year, children say goodbye to teachers and other school staff. They will also be leaving behind a way of working and doing things that may feel familiar and comforting. This can be quite a sad time in some ways. On the other hand, going on to secondary school can also be a welcome and exciting change.

... Give some examples of what Year 6 pupils might be looking forward to.



Big and little goodbyes

We all have to get used to saying goodbye to people and places. This is part of life for everyone. Leaving primary school is a very big goodbye and will bring up many different

emotions. Regardless of our age, whenever we're getting ready to move on, our feelings can spin round and round and up and down just like a fairground wheel!

... Who will Year 6 pupils be saying goodbye to? What parts of primary school life might be hardest to leave behind?

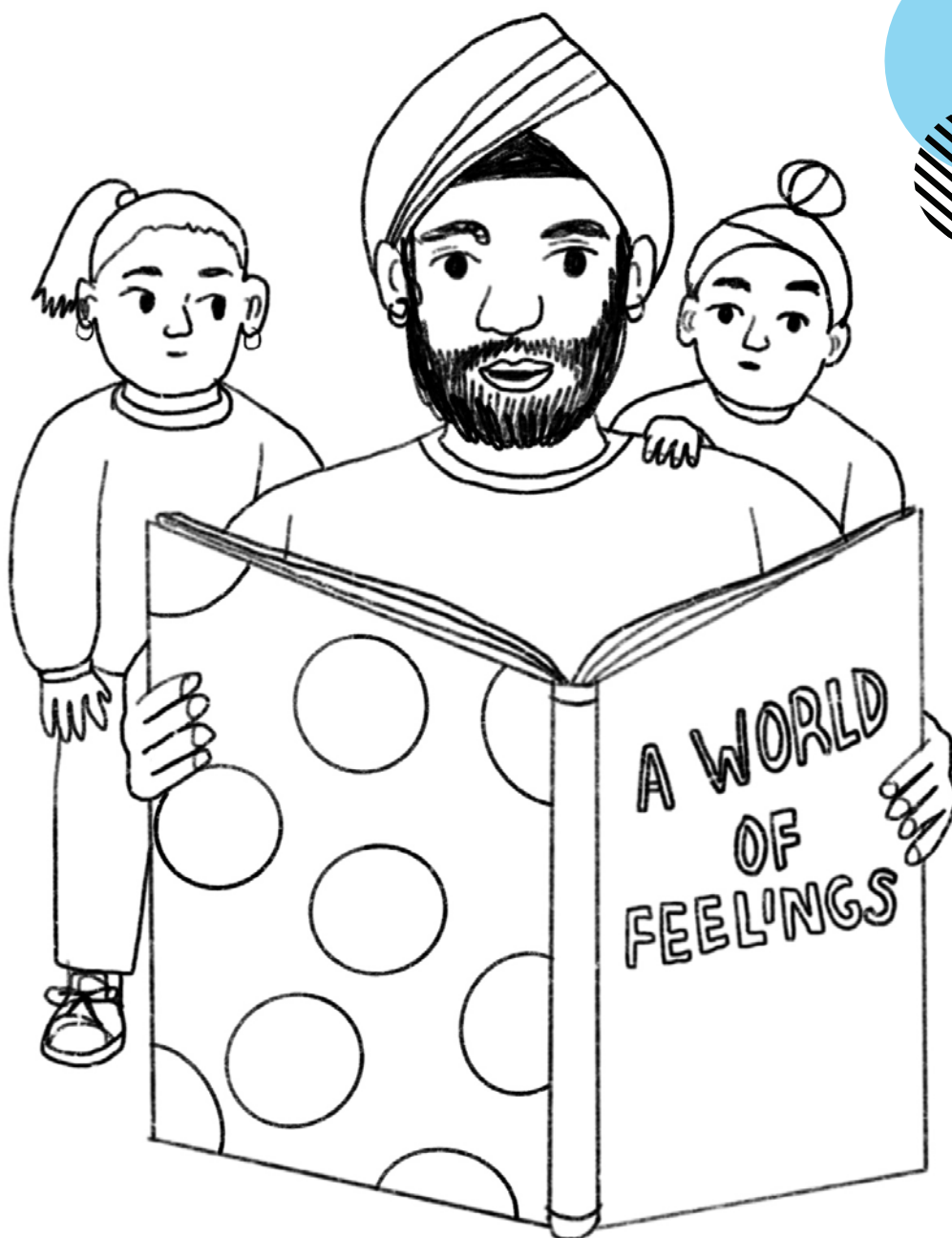


Moving on brings mixed feelings

Part of preparing for change is accepting that we'll have mixed feelings when we face anything new. For example, when Year 6 pupils look ahead to secondary school, they can feel excited,

worried, curious, confused and hopeful all at once! If we share our concerns, we'll discover that everyone can feel nervous before a big change - it's normal.

... Give some examples of hopes and concerns Year 6 pupils could have.



People who have helped us

Looking back on our primary school years, most of us can recall people who have helped us in some way. Perhaps you can think of someone who has been really important to you.

... In what ways do people help us? How do we show our gratitude?



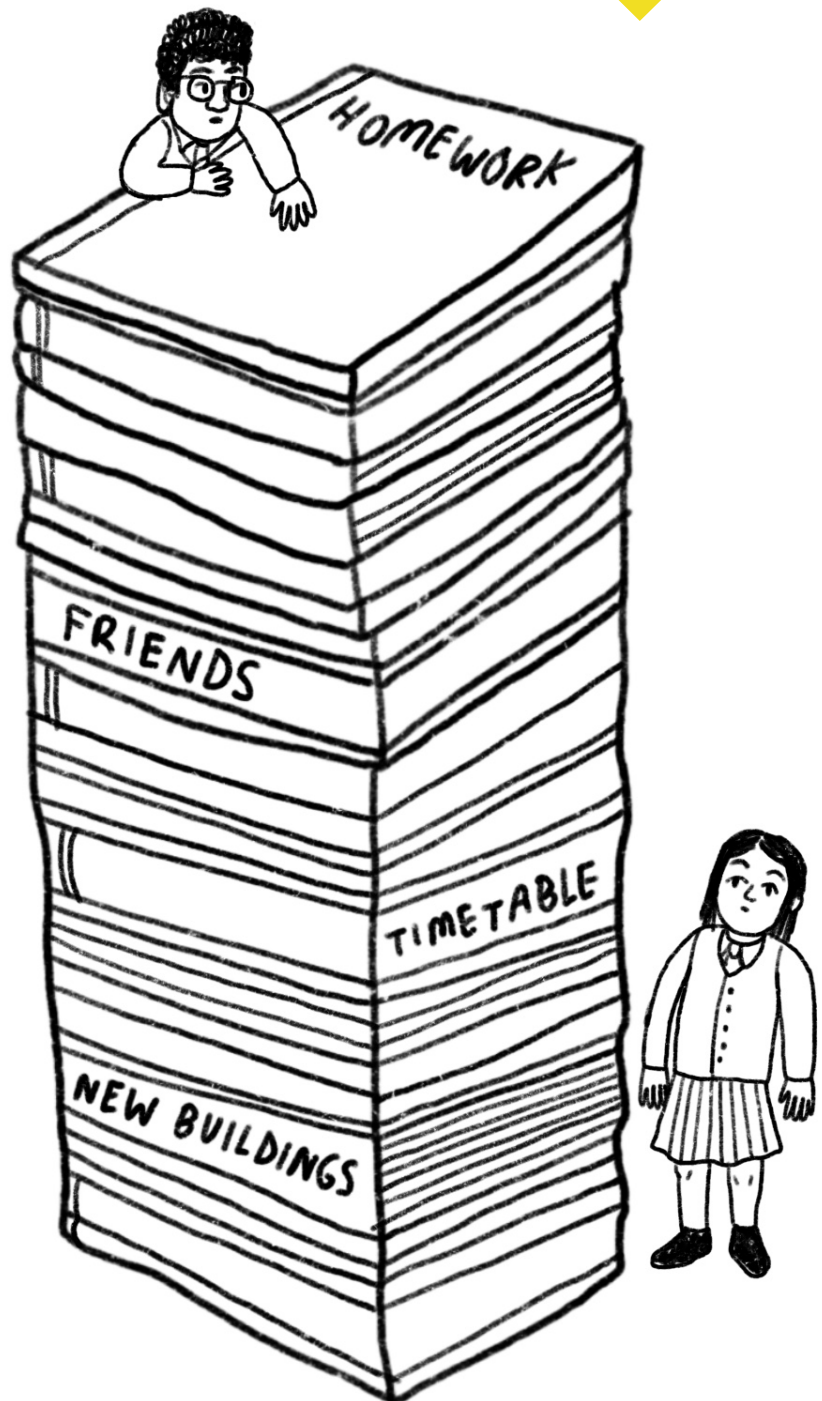
Facing up to challenges

Secondary school is very different from primary school and will take time to get used to. Here are some of the challenges Year 7 students learn to cope with:

- Secondary schools are very big so it is easy to get lost at first - everyone does!
- Making friends isn't always easy. It can take courage to reach out.
- Year 7s need to get used to changing classes and bringing everything needed for each school day.
- If school rules are broken, detentions are given.
- There is homework to do every day.

Look at the personal strengths listed below. Now try to match them with the challenges described above.

Staying motivated / Trying our best / Able to recover good feelings after a difficult experience / Being brave / Willing to ask for help



Things to look forward to

Starting secondary school is another step along the pathway of life. There are many things to look forward to such as:

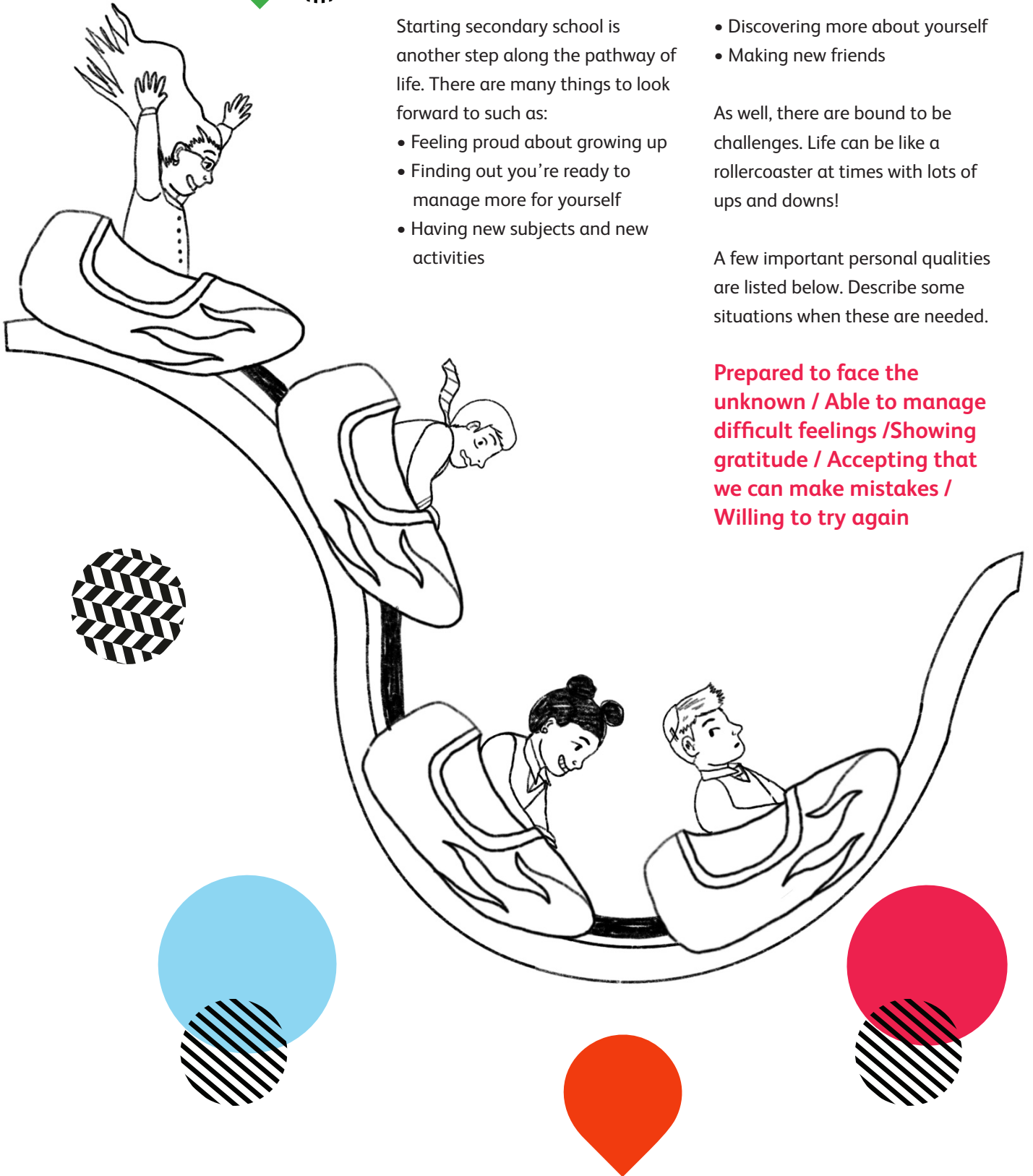
- Feeling proud about growing up
- Finding out you're ready to manage more for yourself
- Having new subjects and new activities

- Discovering more about yourself
- Making new friends

As well, there are bound to be challenges. Life can be like a rollercoaster at times with lots of ups and downs!

A few important personal qualities are listed below. Describe some situations when these are needed.

Prepared to face the unknown / Able to manage difficult feelings / Showing gratitude / Accepting that we can make mistakes / Willing to try again



Feeling at home in secondary school

At the start of Year 7, young people go from being a Year 6 pupil at the top of their school to being the youngest all over again! No matter how confident a young person is, it is common for Year 7 students to have times when they feel 'little and lost'.

There are different kinds of 'feeling lost'. For instance, new secondary school students can worry about being unable to find their classrooms and getting lost in the school. Or they can feel as if the

teachers and other adults around them don't yet know them and they are 'lost from view'. At times like this, Year 7 pupils may wish they were a small child again and could be looked after by a mother or their nursery teacher. Don't worry if you feel this way- it will pass!

... What might help Year 7 students feel at home in their new school?



Fitting in

Part of feeling at home is having a sense of belonging. However, there can be times when we imagine we don't fit in. Or it could be the opposite - maybe we form our own group of friends and leave others out. At secondary school, it is important for young people to

look out for each other and to get on. This way, everyone feels they belong. Just like pieces in a puzzle, we all have our place even if it takes a while to find it!

... Name some of our similarities and differences. What gives us a feeling of togetherness?

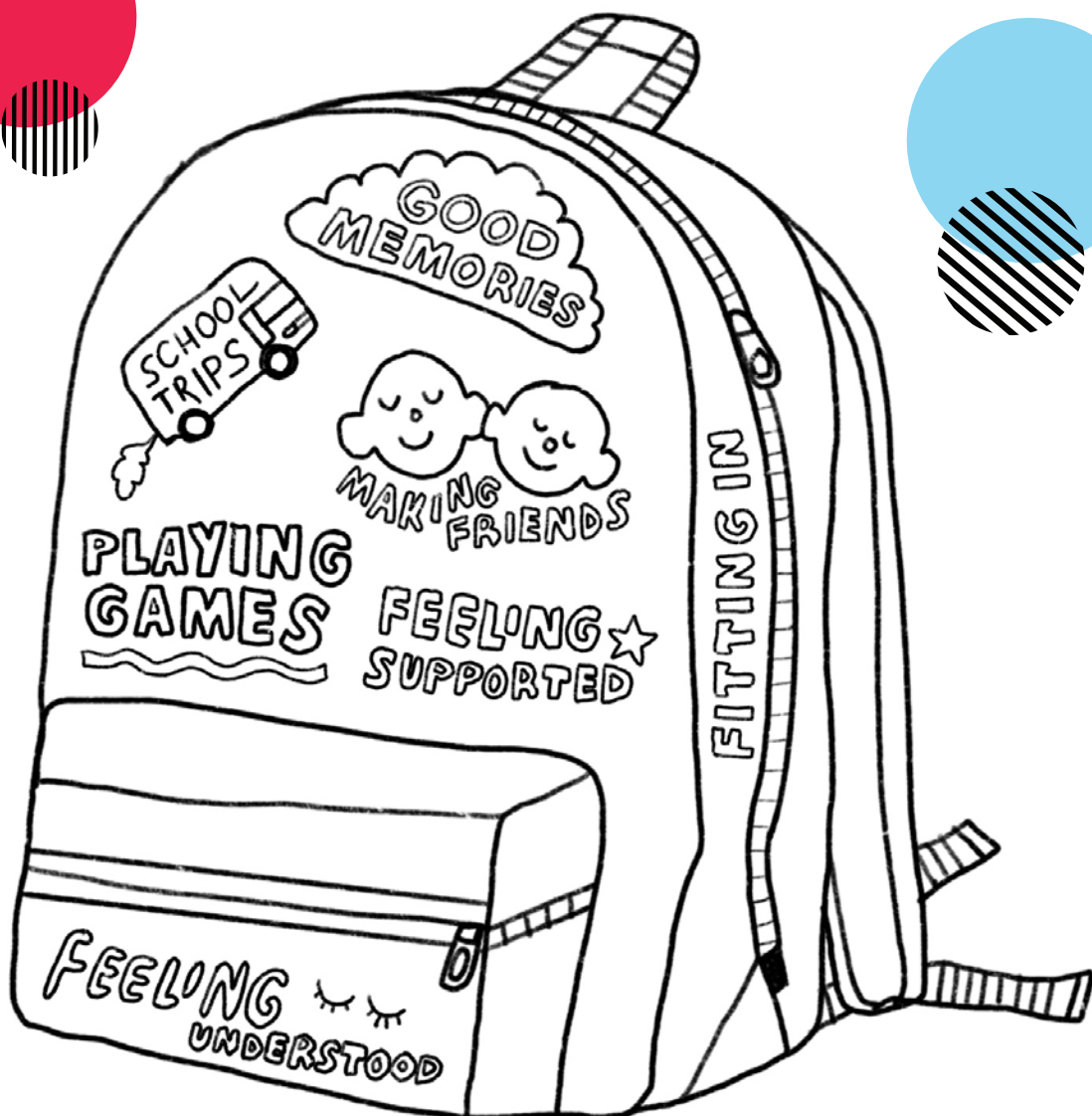


Holding onto good memories

There is a kind of happiness in thinking back over what other people have done for us, even when we (or they) have moved on. Our memories are precious and can help us to think hopefully and

positively about the future. If we have memories that aren't so good, we can remind ourselves that things can always change for the better. Secondary school brings many new opportunities and possibilities for new experiences.

... Write down as many good memories as you can. Now imagine carrying them in your backpack to school every day. Our memory is just like this backpack - we can dip into anytime!



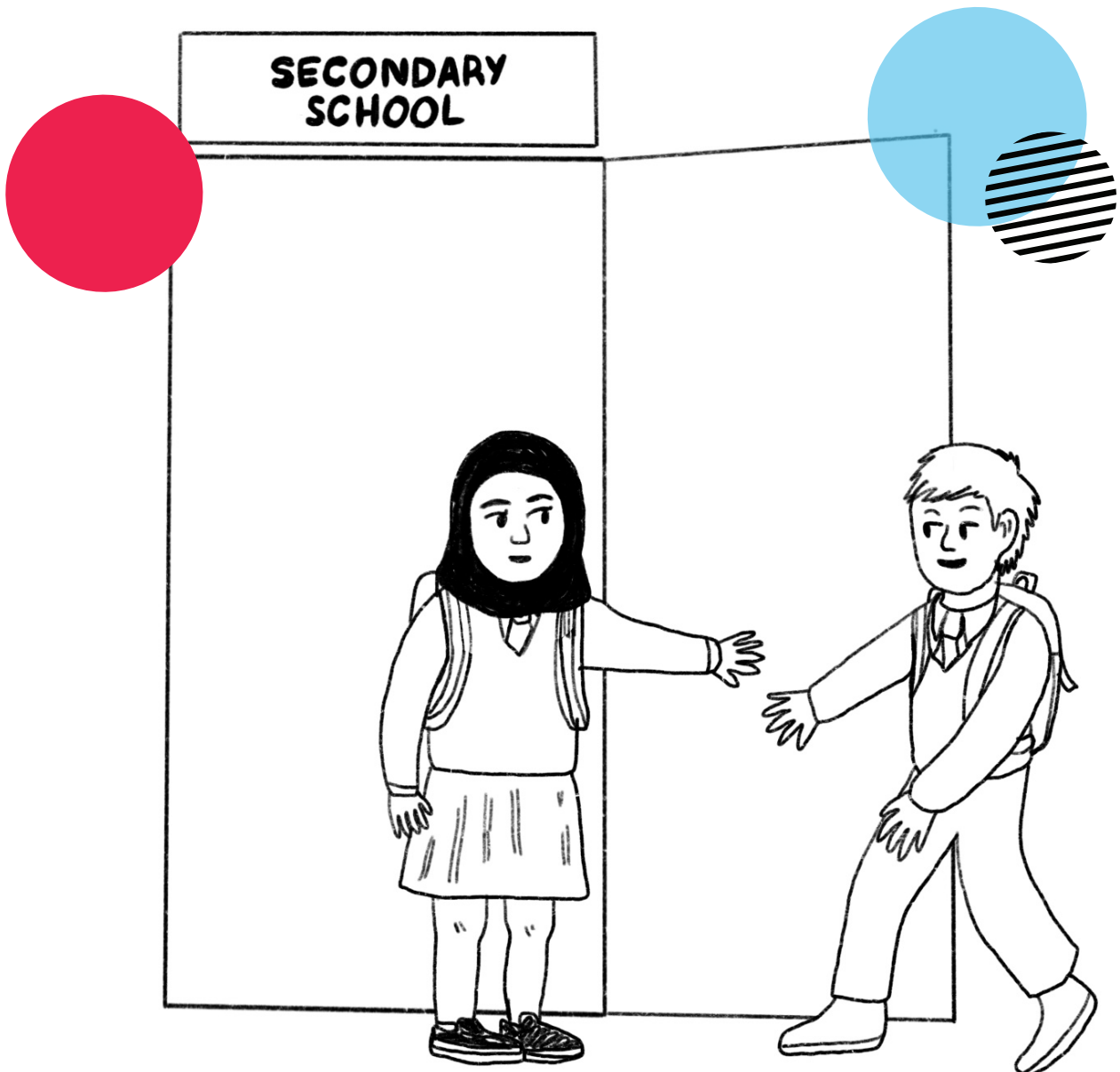
Good luck!

Soon you will be packing your school bag and getting ready for your first day as a new Year 7 pupil! Here are some tips to keep in mind:

- Try not to worry too much; worry can make things feel even harder. Just remember that over time you will be able to manage better!
- Keep asking friends, other students and adults for help and support.
- Check your timetable and pack your bag the night before.
- Try to talk about your feelings and experiences at home and at school.
- Remind yourself that many others feel just as you do even if they don't show it.
- Remember, too, that you can be proud of what you have achieved so far!

Once you settle in, you'll probably find there is much to enjoy and discover at secondary school!

... Make a note of some of your achievements. This will reassure you that you're ready to move on and up!



About us ...

The drawings in these worksheets were created by Aleesha Nandhra who is an illustrator. An illustrator is someone who draws or makes pictures for books, magazines /comics and for online uses. These pictures are called 'illustrations'. Illustrators like Aleesha need to be able to bring a picture alive and make it original. Illustrators train for their job. After Sixth Form they go to art college to study.

Aleesha's pictures and the writing in these worksheets were laid out by Sonja Frick. Design is also a job that you can go to art college to train for. Good design helps us to better understand what is being communicated in words. It makes worksheets look attractive too!

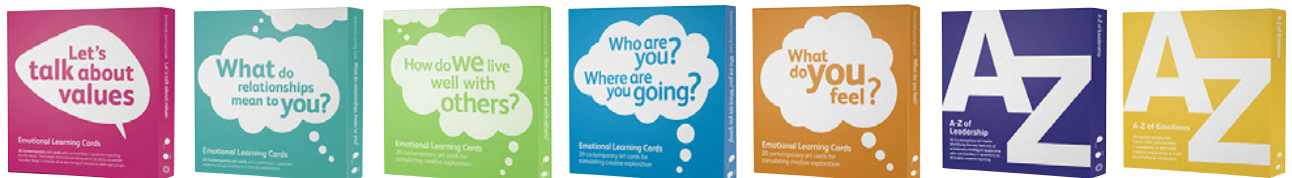
The writing about leaving primary and starting secondary school was prepared by therapists at A Space for Support. A Space helps everyone in schools - children, young people and staff - learn more about emotions and make sense of life experiences.

Later on in secondary school, you'll be thinking about what you might want to study when you're older. Do you have any thoughts about this yet?

More about us ...

Aleesha	www.aleeshanandhra.com
Sonja	www.3hcreate.com
A Space	www.aspacinhackney.org
Iniva	www.iniva.org

A Space and the Institute of International Visual Arts (Iniva) bring together art and emotional learning by creating resources such as these worksheets and our emotional learning cards shown below. We hope you enjoy them!



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