



# Moving Up

## MANAGING CHANGE

.....

ACTIVITIES TO DO WITH YOUR FAMILY DURING  
THE TRANSITION TO SECONDARY SCHOOL

### PART 1: GETTING READY

.....

Name:

School going to:





# INTRODUCTION



**You are now on a journey into secondary school!**

For any journey you need to do lots of preparation - planning how you'll get there, what to wear and what to take.

**It's also important:**



To feel **confident** and **good** about yourself



To think about where you're going and how it'll be **different**



To say **goodbye** to who and what you're leaving behind



It's a journey not just for you but for your family and it'll mean changes for them too.

This pack has some fun activities to do with them before you start your new school – the '**Getting Ready**' pack.

You'll get some more activities once you start at school all about "**Settling In**".



**Talk** to your family about the activities.

If you successfully complete the activities, you will get stamps in your passport. If you complete all of them you will get a certificate.

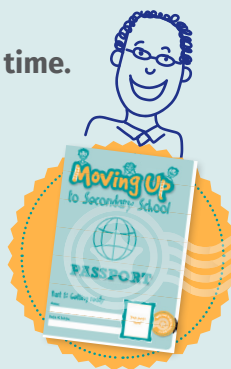
**Remember to give in your activities at the right time.**



**It's your pack – have fun colouring in the doodles!**



**YEAR 7**



**YEAR 6**





# MY PROFILE



You are going to complete your profile together with your family. This activity will let you talk and think about what you would like your new form teacher to know about you!

With help from your friends and family, think about the **positive** aspects of your personality... the **good** things about you and what you like doing to show your new form teacher.

Write them down on the **Profile Sheet** (overleaf)...



What I like to read



**My star qualities. Give examples of how you demonstrate these**



What I am good at. How do you know?



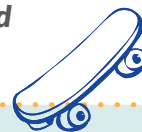
**What I've done that I am proud about**



What people love about me



**How can you solve problems?  
Give some examples of problems you've solved**



(It isn't easy to be positive about yourself... it's easy for negative things to creep in. But it's important to focus on what's good – it'll be important later on when you go for interviews for college or jobs too).

Date completed .....



# MY PROFILE SHEET



**What I like to read:**

A large rectangular box with a dotted orange border, intended for writing what the user likes to read.

**My star qualities:**

A large rectangular box with a dotted orange border, intended for writing star qualities.

**What I've done that I'm proud of:**

A large rectangular box with a dotted orange border, intended for writing about proud achievements.

**What I'm good at:**

A large rectangular box with a dotted orange border, intended for writing about skills or things the user is good at.

**What people love about me:**

A large rectangular box with a dotted orange border, intended for writing about things people love about them.

**How can I solve problems?**

A large rectangular box with a dotted orange border, intended for writing about problem-solving strategies.

*You could do this on the computer if you'd prefer – print it out to show your new teacher*



# MY PROFILE SHEET

## Recommendations!



Ask members of your family, your friends and even your current teacher to ‘recommend’ you to your new school ...they can tell you or write some things which they think are positive or special about you – **what you’re like or what you’re good at**. Write their quotes in the speech bubbles below and who said them.

### FAMILY

### what THEY say about you!

### FRIENDS/TEACHERS



WHO SAID THIS?

Speech bubble for Family recommendation

WHO SAID THIS?

Speech bubble for Family recommendation

WHO SAID THIS?

Speech bubble for Family recommendation



WHO SAID THIS?

Speech bubble for Friends/Teachers recommendation

WHO SAID THIS?

Speech bubble for Friends/Teachers recommendation

WHO SAID THIS?

Speech bubble for Friends/Teachers recommendation



Now tell your parent or carer some of the things that you like about them and put them in the speech bubbles below.

### what YOU say about them!



Speech bubble for self-recommendation

Speech bubble for self-recommendation



Speech bubble for self-recommendation

Speech bubble for self-recommendation

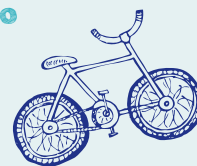
Date completed



## GETTING ORGANISED

For any journey you need to do lots of preparation – planning how you'll get there, what to take with you, what to wear and what you need to buy. So now is your chance to talk to your family and get organised.

### Getting to School



Your new school is probably further away from where you live and it is important to plan and practice your new journey to school ready for September.

**Talk about it together...** What is the best way to get there?

Read the bubbles together, then shade in the ones you will need to think and talk about.

How am I getting to school?

Where is the nearest tube station?

Who will drive me?

What is the quickest way?

Where is the bus stop?

Will I go with a friend?

Is the route well lit?

What time do I have to leave?

Is there a school bus?

Where can I leave my bike?

How much does the train/bus cost?

Do I get a pass?

How long will it take?


Is there a bike shed?

Where can I leave my helmet?

Should I get a bike lock?

Will I get a lift home?

Is my jacket bright enough?



Now write down your plan for how you might get there (and rough timings if you can).

### My journey plan

Once you have decided the safest and quickest way to and from your new school, set a date to practice the journey.

Date  Time

Who is going?

How long did it take you?

What time do I need to leave the house?

(Remember that there might be more traffic in September so leave some extra time)

*Having done the journey once with a parent or helper, organise to do it on your own with a friend. Always of course letting your parents know...*

Date completed







## GETTING ORGANISED



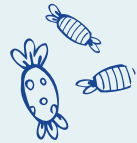
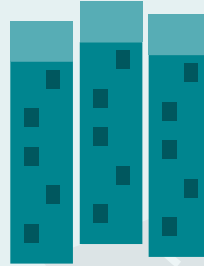
### Keeping safe

Your safety is very important and will be one of the things your family will worry about. Agree together what your rules will be to make sure you are safe and healthy.

#### Think about:



- ★ Crossing roads
- ★ *Cars seeing you easily*
- ★ When you'll get home
- ★ *Who'll be at home*
- ★ Texting or ringing your family so they know you're OK
- ★ *Going to other people's houses after school*
- ★ Being approached by a stranger on the street
- ★ *Going to the park*
- ★ If you're late
- ★ *Feeling intimidated by older children*
- ★ Buying sweets or fizzy drinks
- ★ *Using the internet*



#### Our safety rules...



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Date completed .....



## GETTING ORGANISED

**Make a poster below about keeping safe going to and from secondary school.**





# GETTING ORGANISED



## Uniform

Look together at the information from your secondary school about the uniform. If you do not have the uniform list, look it up on the school website or contact the school office and ask to be sent the list.

Make a list together of what you need to buy.  
Tick it off when you have got it.

Remember  
to write your  
name on all your  
uniform in case  
it gets lost



### My uniform shopping list

For some subjects you might  
need special items or kit.  
Look at what you need for:



PE .....

Other subjects



.....  
.....  
.....  
.....  
.....  
.....



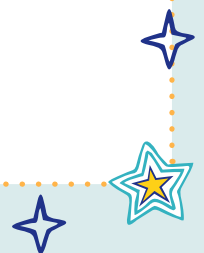
Ask your parents/carers or  
other family members about  
what they wore at school.

Have they got any photographs  
they can show you?

Have they got any funny stories they  
can tell you about their uniform?

My ..... wore  
(write or draw a diagram, right)

Date completed .....





## Equipment



What you need to take to secondary school will be different from primary school – you will need a bigger bag as you will be carrying lots of things around with you as you move to different classrooms.

Which of these objects will you need (and be allowed) to take to your new school?

Tick the box next to the drawing and to make sure you have the right answer look at the information you have been given or on the school website. If you're not sure put a ? and check when you start at school in September. No one will expect you to have all the right things in the first week!

Books ☐



Ruler ☐



Bag ☐



Pencils ☐



Calculator ☐



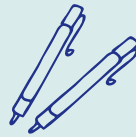
Cuddly toy ☐



Money ☐



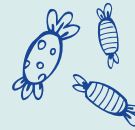
Pens ☐



Dictionary ☐



Sweets ☐



Lunch box ☐



Planner ☐



Door ☐



Mobile ☐



### what do I need to buy?

(Tick it off when you have got it) ...

**First impressions** – what impression do you want to give when you start your new school?



Date completed .....



## Was it the same in your day?

Together make up the chatterbox puzzler template on the next page.

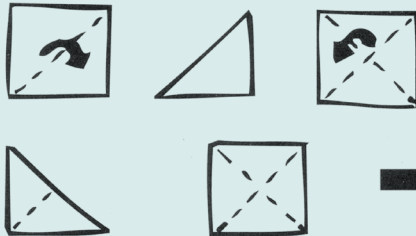
You can start by using the one we have printed for you, but you might also want to make your own and ask some different questions on the blank template.

Once you have made your game play it with older members of your family or friends ... your carer, Mum, Uncle, Grandma.

What was it like when they went to secondary school? What do they remember? ...any surprises?

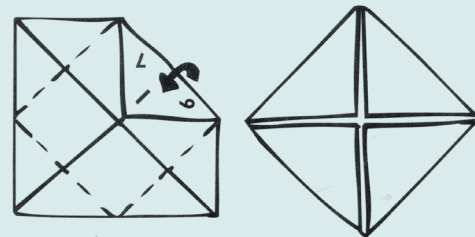
## To make your puzzler...

### 1. Cut out the Puzzler square.

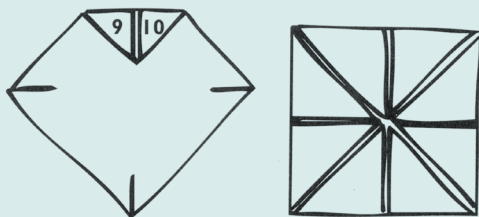


Fold and crease the square along each diagonal. Open it out and lay it flat.

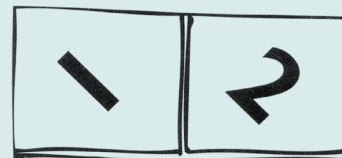
### 2. Turn the square over so that the writing is on the back. Fold all four corners into the centre.



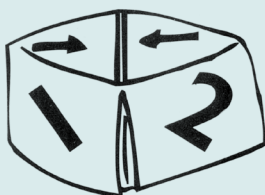
### 3. Turn the square over again (with the flaps facing down). Fold the four corners into the centre again.



### 4. Fold the square towards you in half.



### 5. Push the top corners towards the centre



### 6. Open out the top flaps.



Put one finger or thumb in each of the four compartments - this will allow you to operate the puzzler.

Date completed .....



## Changes: Chatterbox puzzler

Cut along dotted lines 

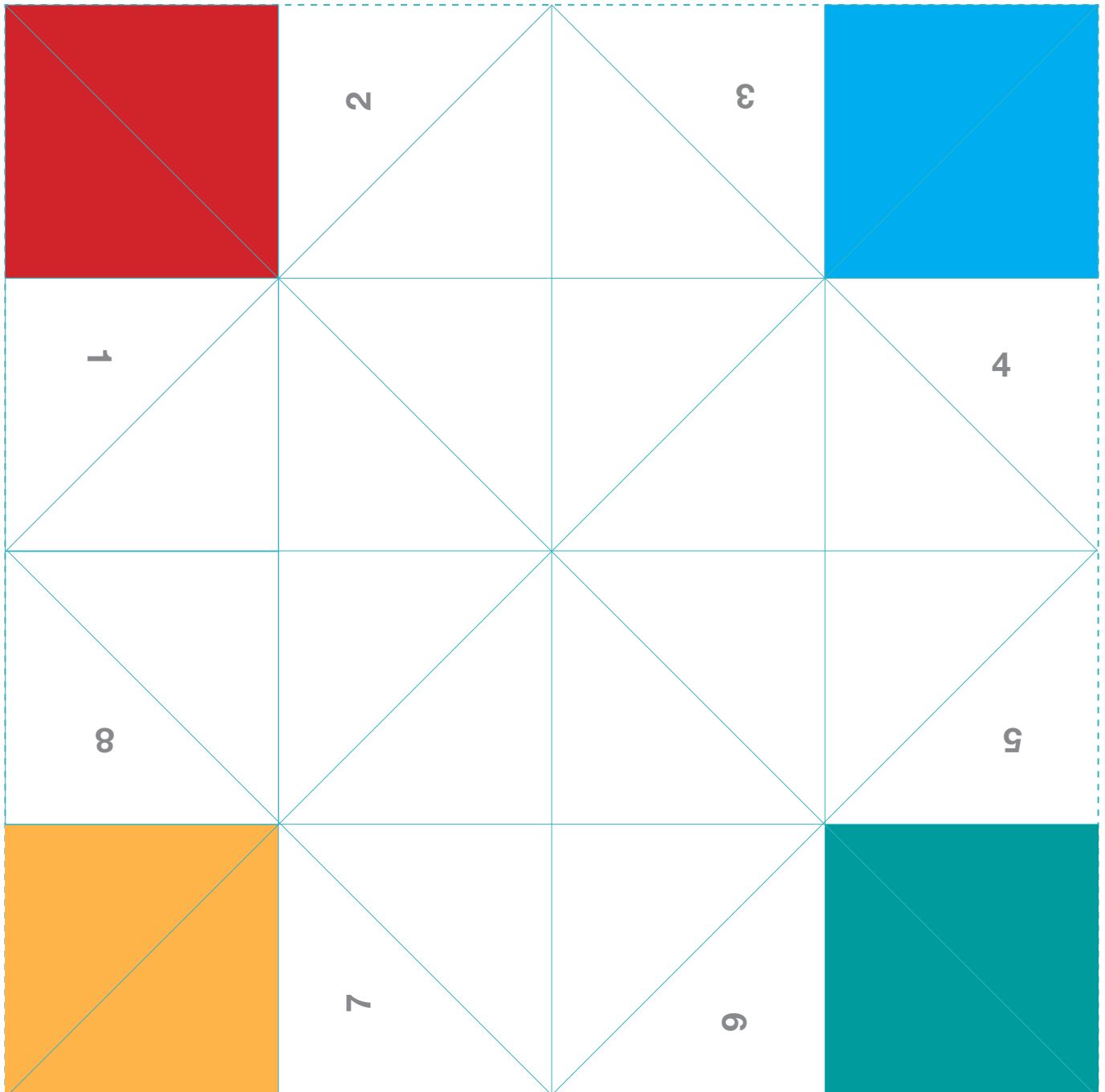




## Changes: Chatterbox puzzler

Use this blank template to create your own puzzler...

Cut along dotted lines 



## Changes



Use the 'Changes' sheet

Using the sheet overleaf, **talk** with a family member about what will stay the same when you move to secondary school and then write or draw it inside the middle section of the Changes sheet. *e.g. my cat Smudge will still sleep on my bed! My favourite tea will still be pizza, I will still live at...*

**Talk together** about what it's like at primary school (write that in the primary school half) and how it's different at secondary school (write that in the secondary school half) *e.g. I have one teacher (at primary school)... I will have lots of different teachers (at secondary school).*

Looking at what you have written, how are you both feeling about the changes that going to secondary school will bring?

Me

what we're excited about/looking forward to...

Family

Me

what we're a bit worried about...

Family

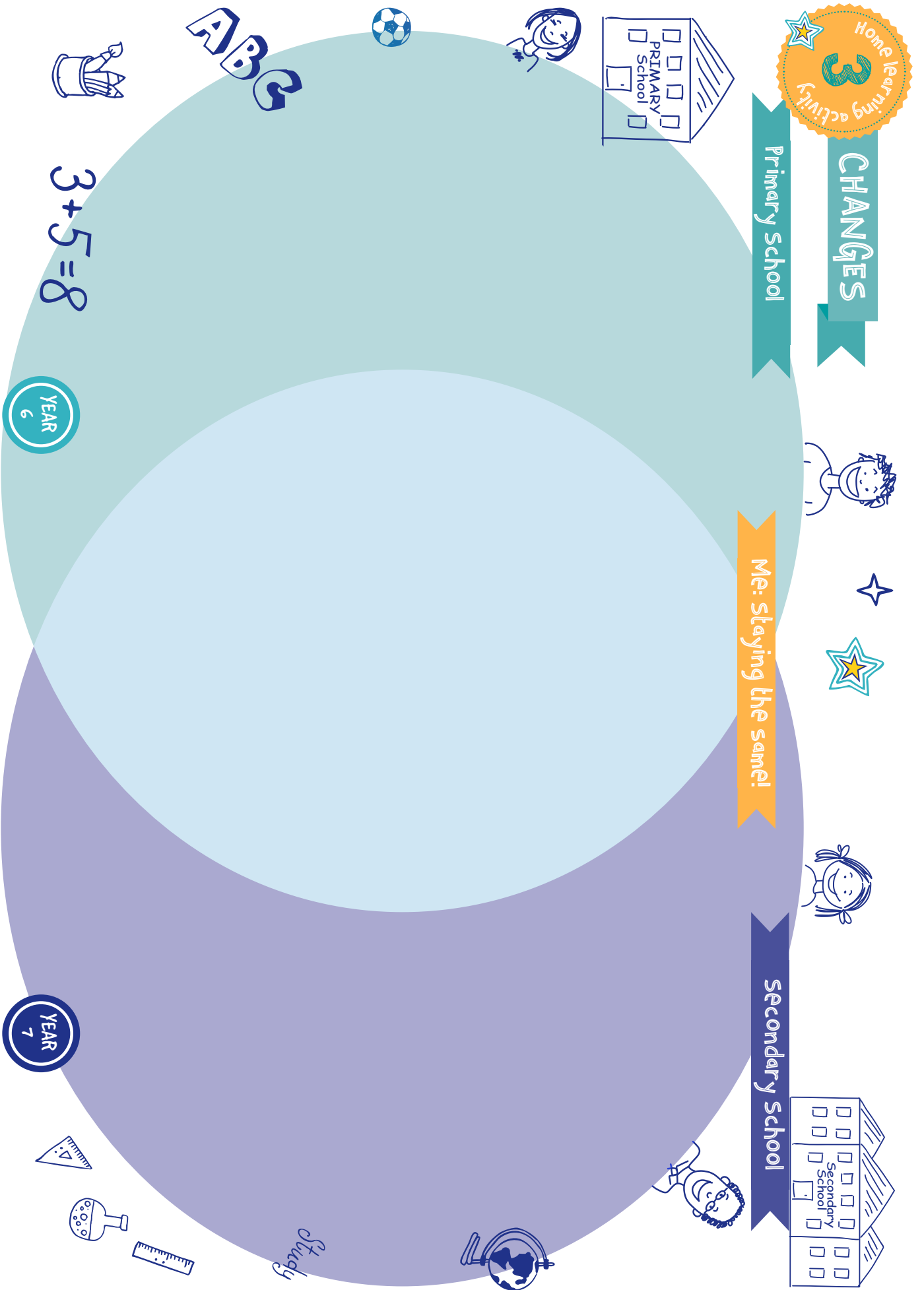
**Talk** with your family about what you're worried about: **Listen, think and talk together** about possible solutions that could calm both your worries.

Write your possible solutions in the box, right.

**E.g: Worried about friends?**  
A solution could be to meet up with someone starting the same school over the summer holidays.

Date completed .....







## PRIMARY SCHOOL MEMORIES



**Take a trip down memory lane with your family and friends. It's important when you have a big change ahead to think about what you are leaving behind on your journey – it's a big thing to leave primary school. Hunt out drawings, photos, certificates, and awards and any other evidence of your life in primary school.**

### Remembering together...

**Talk to a member of your family about your memories of Primary School right from when you started. Here are some questions you might want to start with...**

- ★ Which events, trips, plays, assemblies, sports, and music activities do you remember?
- ★ What jobs or roles of responsibility have you had in primary school?
- ★ What lessons have you enjoyed the most? (or the least?)
- ★ Who have been your best friends at primary, how long have you known them?
- ★ Who were your favourite teachers/ helpers?

**Then ask your family about their memories of primary school:**

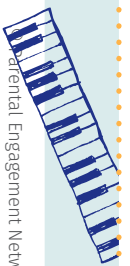
- ★ What has been your proudest moment or achievement?
- ★ Which of the teachers do you remember and why?
- ★ What is your favourite memory?
- ★ Is there something in particular you remember about a school event?
- ★ Can you think of a time when something made you laugh? Or made you worried or scared?
- ★ When did you get any certificates or rewards and what for?



**Write down your family's memories here...**



**Date completed** .....





## Timeline: Journey from Year 6 to Year 7

What has been happening most recently in Year 6 and what are your hopes for Year 7?  
On the timeline below, write down specific events or things that have happened since March when you found out about which school you were going to.

What's happened at school or at home and how have you felt about it?

Now think about anything you know will happen in the summer holidays and next term at home or at secondary school.

Date completed .....



Going on a journey means adjusting to changes.

Your routine will change when you start secondary school. Talk together and try and work out what your new routine might look like.

Fill in your routine for a school day (roughly) - write down what you will do and when on the digital clocks below.

## My daily routine...

You can write your own routine in here in you prefer!



00

Time to wake up

Washing

00

Getting dressed

00

Breakfast

00

Brushing teeth

00

Leaving for school

00

Arrive at school

00

End of school

00

After school clubs/sports

00

Arrive home

00

Homework

00

Evening meal

00

Leisure / family time

00

Get bag ready for next day

00

Brushing teeth

00

Bed time

00

Breakfast is the most important meal of the day



Z  
Z  
Z

Teenagers need between 8-10 hours sleep a night



## Some top tips ...

- ★ Make sure all your belongings have your name on.
- ★ Pack your bag the night before – use your timetable to help you
- ★ If your school uses a diary/planner always take it with you.
- ★ Set the alarm clock leaving enough time to have breakfast, and make sure you are clean and smart, wearing the correct uniform.
- ★ Leave the house with plenty of time for your journey to school.



Date completed .....



# ROUTINES

## Keeping healthy and safe



### Screen Time

It's very important to agree on how much time you will spend on devices and how to keep safe. Make an agreement together.

Hours  
watching  
TV

Being on  
the phone  
e.g at  
mealtimes

Playing  
computer  
games



### Screen Time agreement

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Look at  
[www.saferinternet.org.uk](http://www.saferinternet.org.uk)  
to make  
sure you are  
keeping  
yourself safe  
when using  
social media



11-12 year olds  
need an hour a  
day of moderate  
or vigorous  
exercise

### Record exercise taken over summer term

**Remember:** to be ready for secondary school you need to be healthy and fit. Keep a record of exercise you have recently taken, and any family members.

Date	Exercise	How long for ?	Any other family members involved?

### Plans for exercise over the summer holidays

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Date completed \_\_\_\_\_





# Moving Up

MANAGING CHANGE

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