

1 + 1 = 2



Solihull Specialist Inclusion Support Service  
Autism Team

# Supporting the Transition from Primary to Secondary School.

A parent and child workbook



Services and support for children and young people aged 0-25 with special educational needs or disabilities.



Birmingham and Solihull  
Clinical Commissioning Group

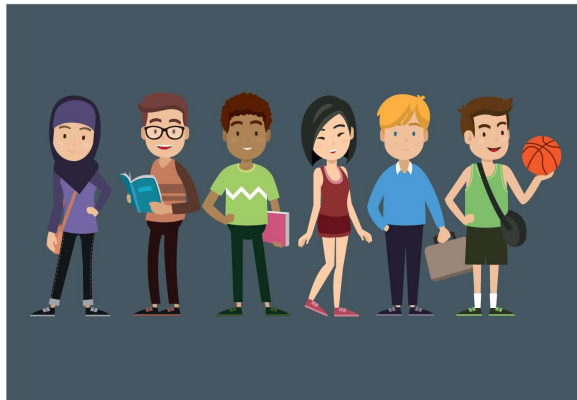
See the SEND Local Offer website for details [www.socialsolihull.org.uk/localoffer](http://www.socialsolihull.org.uk/localoffer)


# Introduction

 **We have lots of different journeys in our lives, and it is important to prepare for each one.**

It is also important to...

- Be confident and feel positive about yourself, which will make it easier for you to take brave steps, and have a go at new things.
- Think about which school you will be going to and what might be different.
- Think about and say goodbye to the people and places you leave behind.




 This booklet has been put together to help you get ready for the next exciting step in your life of starting secondary school!


Talk to your family about the activities in this booklet, or even better, do it together!

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# Coping with Change

## Similarities and Differences

 You can expect secondary school to be very different to primary school, but there will also be some similarities.

 List below the things that are different about each school and then in the middle, list the things that will be the same.

Primary School


Secondary School


• Structure  
- How the day is set up.

↑  
Things that are the same

# Coping with Change

## Feelings

 You will have lots of different feelings about starting secondary school. Some things might feel exciting, while others might feel a bit scary or worrying to start with


 Together, list all of the things you are excited and worried about. Ask your family what they are excited or worried about too and talk about these things.


What I am excited about? .....

What do I need to find out about?.....

# Coping with Change

## Problem Solving

 Try using this problem solving chart to think about possible solutions to some of the worries on your list. Listen, think and talk together with your family.

 Problem	All possible solutions	Pros and Cons for this.	Can you do this?	How good is this plan? 0 to 10
<b>What if I lose my homework?</b>	<b>Talk to my teacher and explain.</b>	<b>My teacher will know and tell me what to do.</b>	<b>Yes, but I might take my friend with me.</b>	<b>9/10</b>


Once you have had a go at problem solving some of your worries, pick the best solution/s and try them out.


# Routine

Your routine is very likely to change when you begin secondary school.

It is good to think about and prepare for this before it happens.

Talk together with your family about what your routine might look like and fill out the chart below.

 **My Daily Routine**

Tasks 	Alternative Task/Routine	Time 
<b>Get up at 7am</b>	<b>Get up at 7:15am</b>	<b>7:15am</b>

# Friends

**You might already know some people at your new school.  
What things can you try to make new friends if you wanted to?**



**Put a tick next to the ones you could try.**

- Join a school club
- Give a compliment
- Smile
- Ask someone a question
- Join in with group work
- Invite someone to sit with you at lunch
- Say hello to someone new

## **Thoughts:**

How can you tell that someone is a good friend?

How am I a good friend to others?

What qualities do I like in a friend?



# Coping Strategies

It is normal to feel more nervous than usual on your first day at a new school.

Here are some tips to help you manage those nerves.

## Helpful thoughts:

What could you say to yourself on your first day to help yourself feel more relaxed and confident?

Make a list... there are a few to get you started.

- ☺ ***Everyone is likely to be feeling the same.***
- ☺ ***Lots of people won't know anyone on their first day.***
- ☺ ***I can do it!***

## Coping strategies:

What other things could you do if on the day you feel worried or nervous?

Here are a few suggestions, talk with your family and list your own ideas too.

- 👉 Talk to someone, a teacher? Someone in your year?
- 👉 Try some of our relaxation techniques (next page)
- 👉 Take deep breaths – in through nose, out through mouth
- 👉 Find out what to expect, talk to someone you know that attends the school or a teacher
- 👉 Try problem solving using the chart on page 5 of this booklet.



# Relaxation Strategies

**CALM DOWN WITH TAKE 5 BREATHING**

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly - slide down the other side.
4. Breathe in through your nose - out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.

PRINT YOUR COPY AT [CHILDPROUDTODAY.COM](http://CHILDPROUDTODAY.COM)

**BALLOON breathing**

1. Think of your belly as a balloon.
2. Put your hand on your belly to feel it rise and fall.
3. Take a deep breath in through your nose to fill your balloon.
4. Hold your breath for 2 seconds.
5. Breathe out through your mouth slowly to deflate your balloon.
6. Repeat balloon breathing 5 times.

\*Follow your own breathing rhythm.



**5-Star Breathing**

**Rainbow Breathing**

Red  
Orange  
Yellow  
Green  
Blue  
Indigo  
Violet



I have a lot of different feelings. Sometimes things are going really well. During those times I feel happy and calm.



[bitsofpositivity.com](http://bitsofpositivity.com)

Here are some relaxation techniques that you can try.

[copingskillsforkids.com](http://copingskillsforkids.com)

**BREATHE IN**

Pretend you are smelling a flower.

**BREATHE OUT**

Pretend you are blowing a leaf.

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[teacherspayteachers.com](http://teacherspayteachers.com)

# Relaxation Strategies

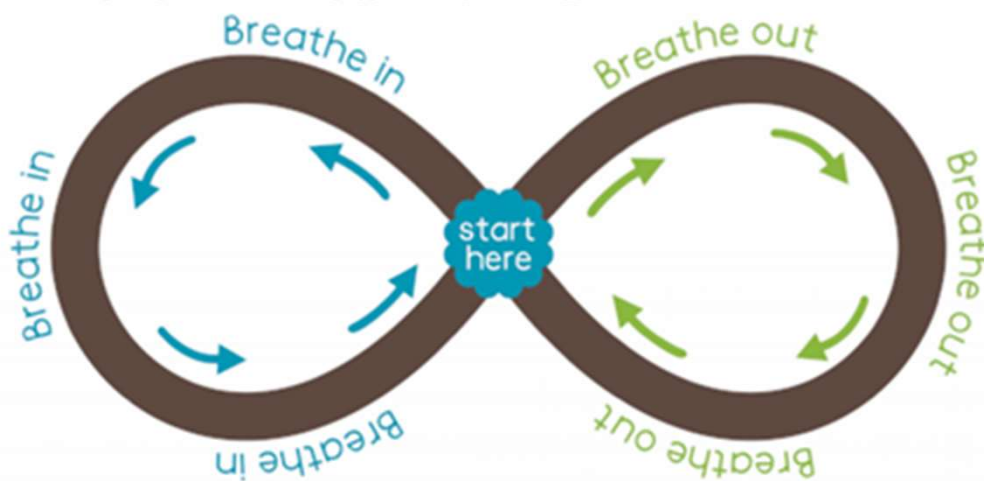
## ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

- 5 things you can see 
- 4 things you can touch 
- 3 things you can hear 
- 2 things you can smell 
- 1 thing you can taste 

weheartit.com

coping skills for kids



Trace your finger on the black line and follow the breathing instructions.

There are also some really good **free Apps** that you can try to help you relax. You could add some more to this list, if you like or tell your friends about them too.

- Headspace
- Calm
- New Horizon
- Ninja Focus

# What am I looking forward to?



Name some things that you are looking forward to at your new school.

😊 **Making new friends.**



# Well Done!

You have completed the booklet and we hope this has helped you feel ready and excited about joining your new Secondary school.

If you have any further questions or thoughts about your new school, write down the name of someone who could help you in the space below.

(Name) \_\_\_\_\_ could help me if I have any more questions about school.





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A big thank you to  
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who helped inspire this booklet. Some  
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Relaxation Strategies influenced by:  
[Bitsofpositivity.com](http://Bitsofpositivity.com)  
[Copingskillsforkids.com](http://Copingskillsforkids.com)  
[Teacherspayteachers.com](http://Teacherspayteachers.com)  
[Wehearit.com](http://Wehearit.com)



AaBbCc



ABC



a b c d e f g h i j k



$e=mc^2$



A+

