



Moving onto Secondary School Workbook



Name:

THE CLASS
OF 2020

Primary School:



Activity 1

Being awesome



TASK: Write down what you can learn from your primary school experience ahead of going to secondary school.

- Think about a time when you showed an awesome attitude. Write about it here:

- Write down the kind of person you want to be at secondary school.

- What advice would you give someone starting primary school?

- What did you learn to do when things got tricky at primary school?

TASK: Is there anything holding you back?

These are some examples:

You find it hard to focus

Making new friends

Trying new things

Worried things might be hard

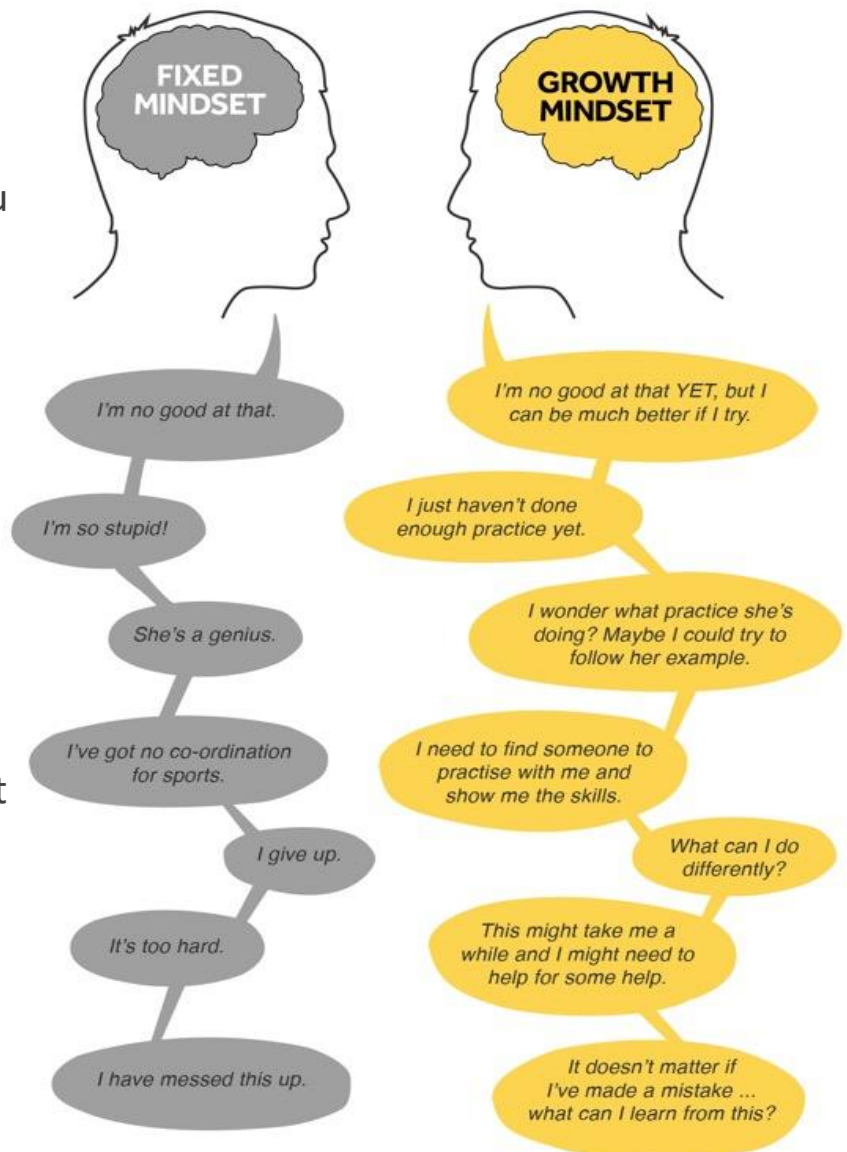


Activity 2

Unlocking your mind

TASK:

- Look at these two people, each with a different mindset.
- Which mindset are you and why?
- Does it change depending on different situations in your life?



The Worry Jar

- What are the things you tend to worry about which might stop you from trying something new or hard?
- Write them down on strips of paper (or you can write them down in your booklet).
- Put those strips of paper in a worry jar – any jam jar or a pot will do.
- In a week's time, look at the strips of paper again (maybe with a parent or sibling) and see if the worries still apply.
- Throw away the ones that don't.
- Take a look at the ones that are still worrying you. Is there someone you can talk to about these?

These are some jars made by Y6 last year:



Use this time before Year 7 to have a go at things.

TASK:

- Identify three things that you say you 'can't do'. Write them down.

- 1.
- 2.
- 3.

- Now write each thing down using a growth mindset approach. For example, 'I can't do maths' turns into, 'I am going to practise the things in maths that I can't do yet'.

- 1.
- 2.
- 3.

- Think of something you've always wanted to get better at. Write it down. How could you practise that thing now?





Session 3

Dare to take risks

What are your hopes and dreams for secondary school?

You will be there from when you're 11 to 16 years old.

A lot will change in that time.

Write down your thoughts about the following:

- What do you hope you will achieve?
- Write down three words that you hope people will say about you.

1.

2.

3.



Activity 4

Making the change

Before you make a change, it is good to look back as well as look forward. Doing this can help you to see how far you have come! You started primary school when you were just 5 years old – you couldn't read or write back then!

School memories

Name three things that have changed the most about you since you started primary school.

1.

2.

3.

What will you miss most about your old school?

Exciting Opportunity

New school

Write down three things that you are really excited about doing in secondary school.

What advice would you give your friend when they are starting secondary school?



Activity 5

Lost but not lost

Change the statements on the left so that they are positive and hopeful. Your brain sometimes tells you negative things that are not based on fact. Your job is to tell your brain that there is another way to think and that it is wrong sometimes!

Statement	Transform it!
I might not fit in.	This is not true – I will find people who are like me; I just need to find them!
I will always be lost.	
I can't do these subjects.	
I won't make friends like I had in Year 6.	
I miss my primary school.	
One of your own:	



This is the Triangle of Trust

Write down who is in your Triangle of Trust.
Put their names on the triangle.

Who can you talk to about different things?

What three things makes you feel happy and good?

- 1.
- 2.
- 3.

Where is your safe place
to just relax?

YOUR Triangle of Trust:



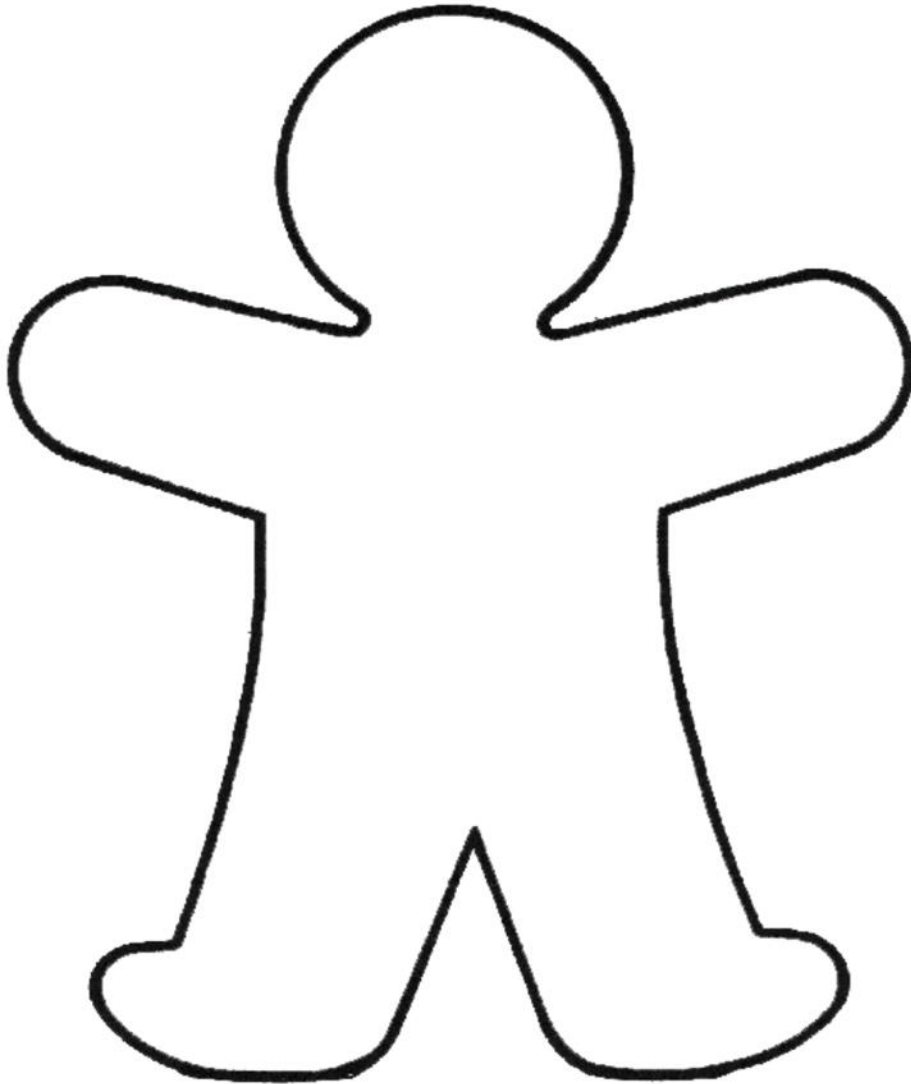
Activity 6

Kindness



What does 'be kind' mean?

Fill in the person outline with all the things that you can do to show kindness.



How many of these things do you do already? (tick these)

Highlight the ones that you would like to do more of!

Activity 7

Preparation



What is the uniform you will have at your new school? Do some research, go onto the school website and have a look at what they say.

1. Write down a list of things that you have to wear.
2. What are you NOT allowed to wear?
3. Your equipment is also part of your uniform. What do you think you need to take with you?

Activity 8

Friendships and fallouts



What kind of friends do you want to have in secondary school? Make a list.

What kind of friend do you want to be to other people?
Make a list.

Your friendships



- Who makes you laugh?
- Who is a good listener?
- Who can you trust?
- Who will give you an honest opinion?
- Who will help you get through the transition to secondary school?

Activity 9

Living well

Keeping yourself well



Write down three things that you are going to do when starting your new school to help you stay well.

1.

2.

3.



Activity 10

Exciting introductions



Why don't you write to your new tutor at secondary school and introduce yourself? You could choose one of the "All about me" sheets to complete on the next two pages. You can email this to newstarters@oathall.org with your full name and primary school.

Tell them what you have learned from doing this workbook.

A large, glowing sign with the text "Your Journey Starts HERE.." in a bold, serif font. The sign is set against a dark, textured background that looks like stone or concrete. The text is illuminated from within, giving it a bright, ethereal appearance.

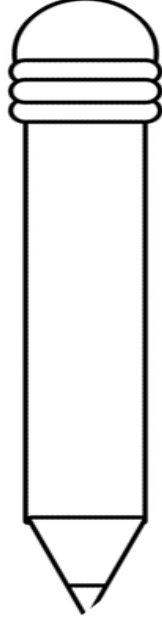


All about me

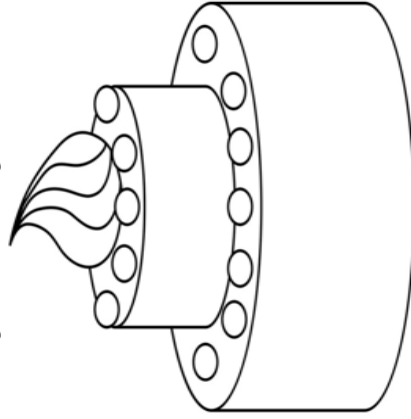
My favourite subject is:

My name is:

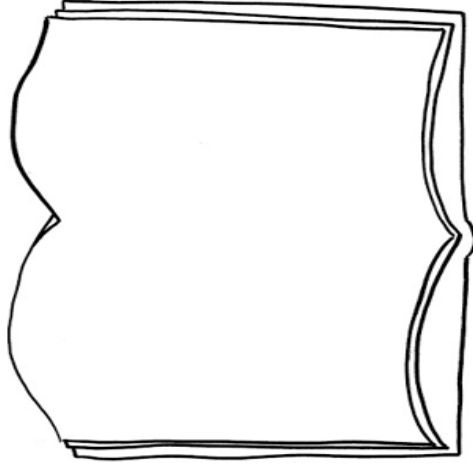
Draw a picture of yourself
here or add a photo.



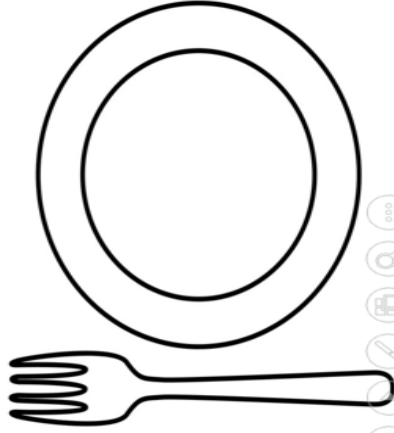
My Birthday is:



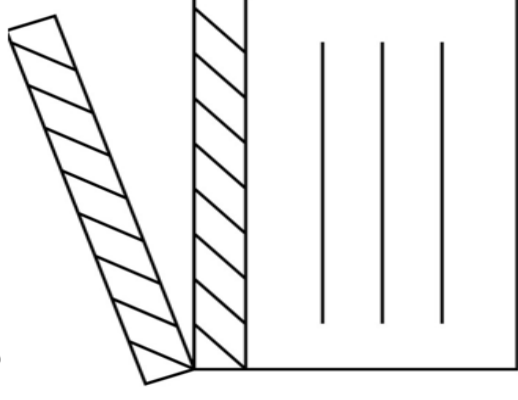
My favourite book is:



My favourite food is:



My favourite film is:



Something else I would like
you to know about me:



All about me

Name:

Draw a picture of yourself here or add a photo.

My Background: (e.g do you have brothers and sisters, any pets, where were you born?)

Things I love/enjoy: (e.g do you support a sports team, what do you like doing with your family and friends?)

Do you have any ideas what you might like to do when you are older?