



Moving onto Secondary School Workbook

Name:

Primary School:

TASK: Is there anything holding you back?

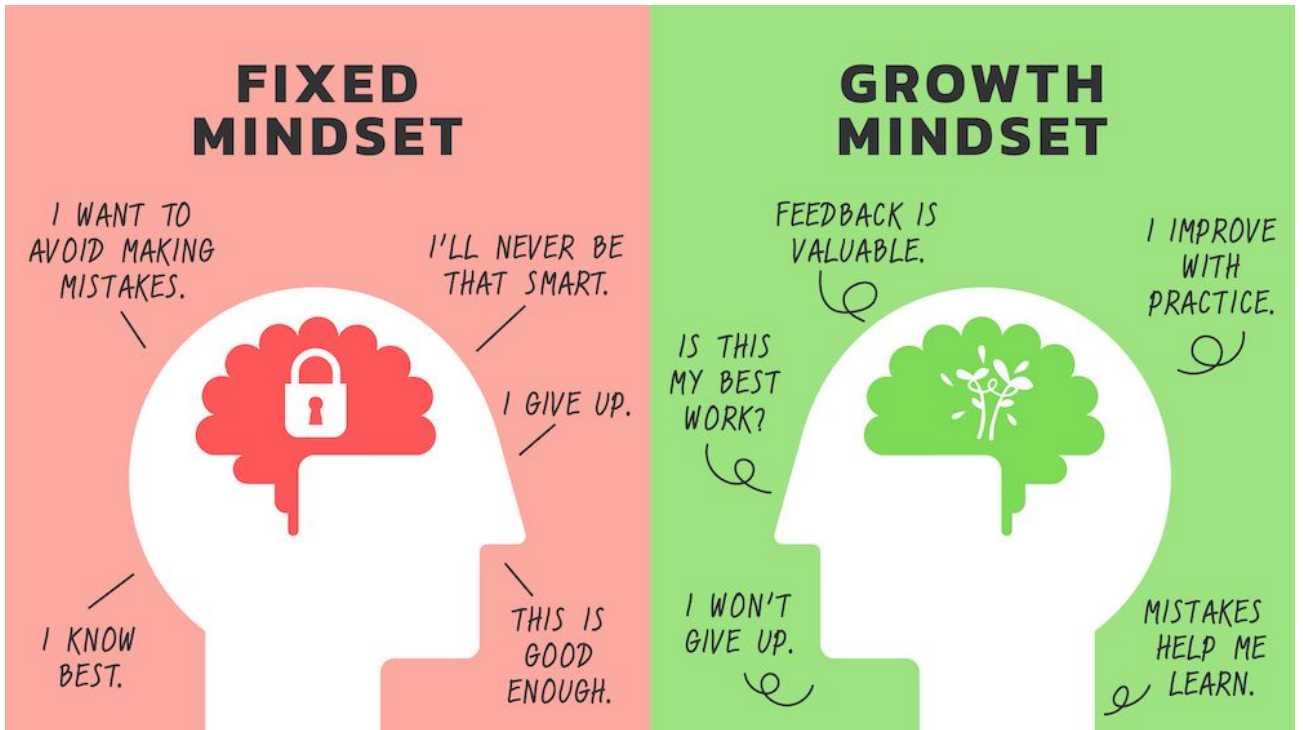


You find it hard to focus

Making new friends

Trying new things

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?

Growth Mindset



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?

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:	

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?



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.

Memories



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!

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?

Joining Oathall

Write down three things that you are really excited about doing at Oathall

1.

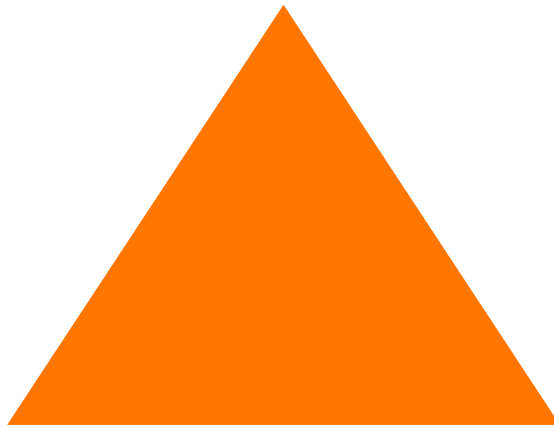
2.

3.

This is the Triangle of Trust



Who is in your Triangle of Trust? Write their names on the triangle below:



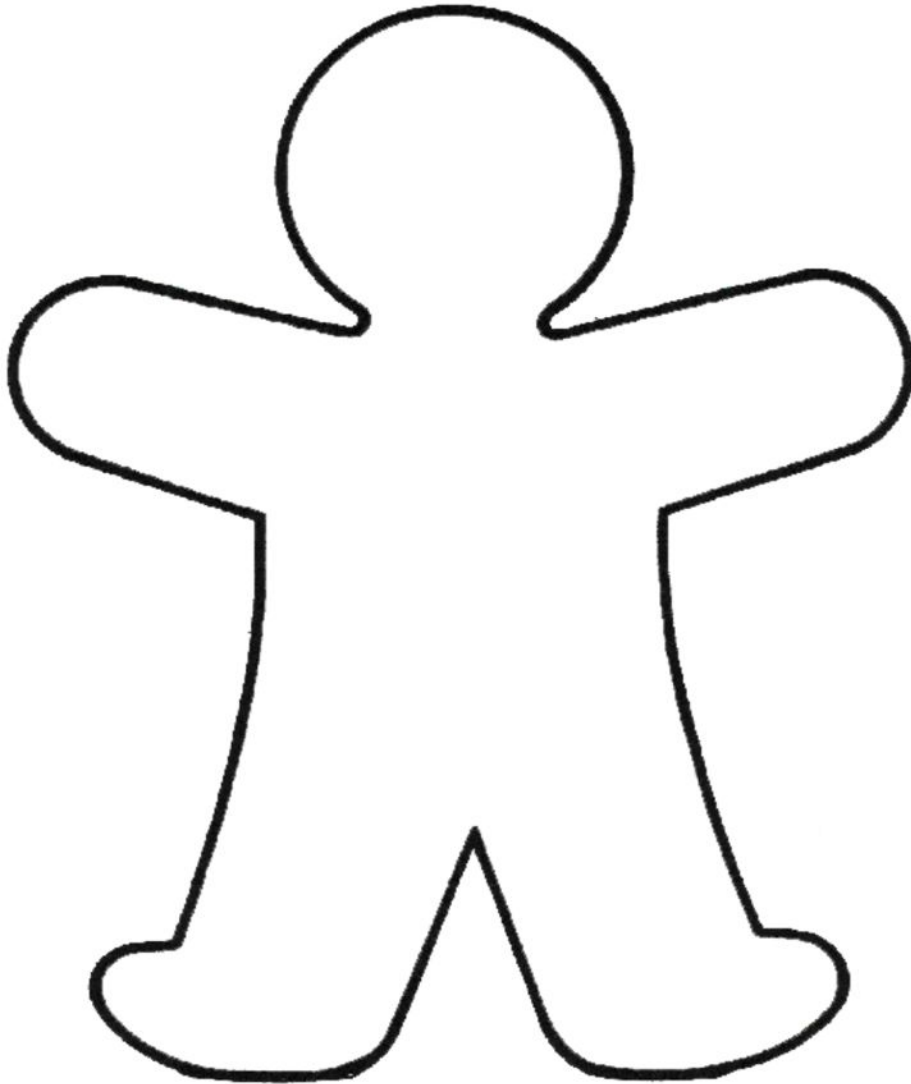
Where is your safe place to just relax?

Kindness

Kindness
is
Magic

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!

Preparation



Do you know what the Oathall uniform and PE kit is? 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?

Friendships and fallouts



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

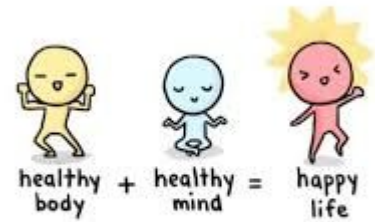
What kind of friend do you want to be to other people?
Make a list.

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?

Keeping yourself well



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

1.

2.

3.

4.

5.

Exciting introductions

Fill this in and email to your new form tutor at Oathall
(newstarters@oathall.org)

All About Me Hoodie

Name

Favourite Colour

Favourite Animal

Age

Class

Favourite Song

Hobbies

Self-portrait

Favourite Book

Favourite Sport

Favourite Drink

Favourite Food

Favourite Subject at School

Dream Travel Location

Favourite Sports Team

Favourite Film

Future Career

Favourite Festival or Celebration