



Coping with change



Changes ahead



With a family member talk 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...**



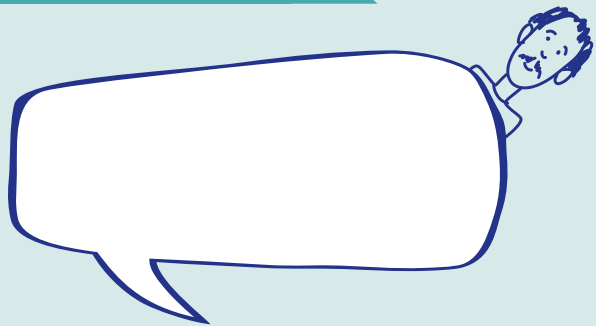
Then talk together about what it's like at primary school (write that in the primary school half) and how it's different at secondary school (write that in the secondary school half) e.g **I have one teacher (at primary school) ... I will have lots of different teachers (at secondary school).**

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

Me

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

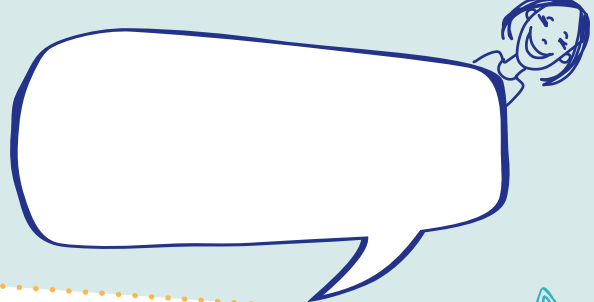
Family



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.

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

