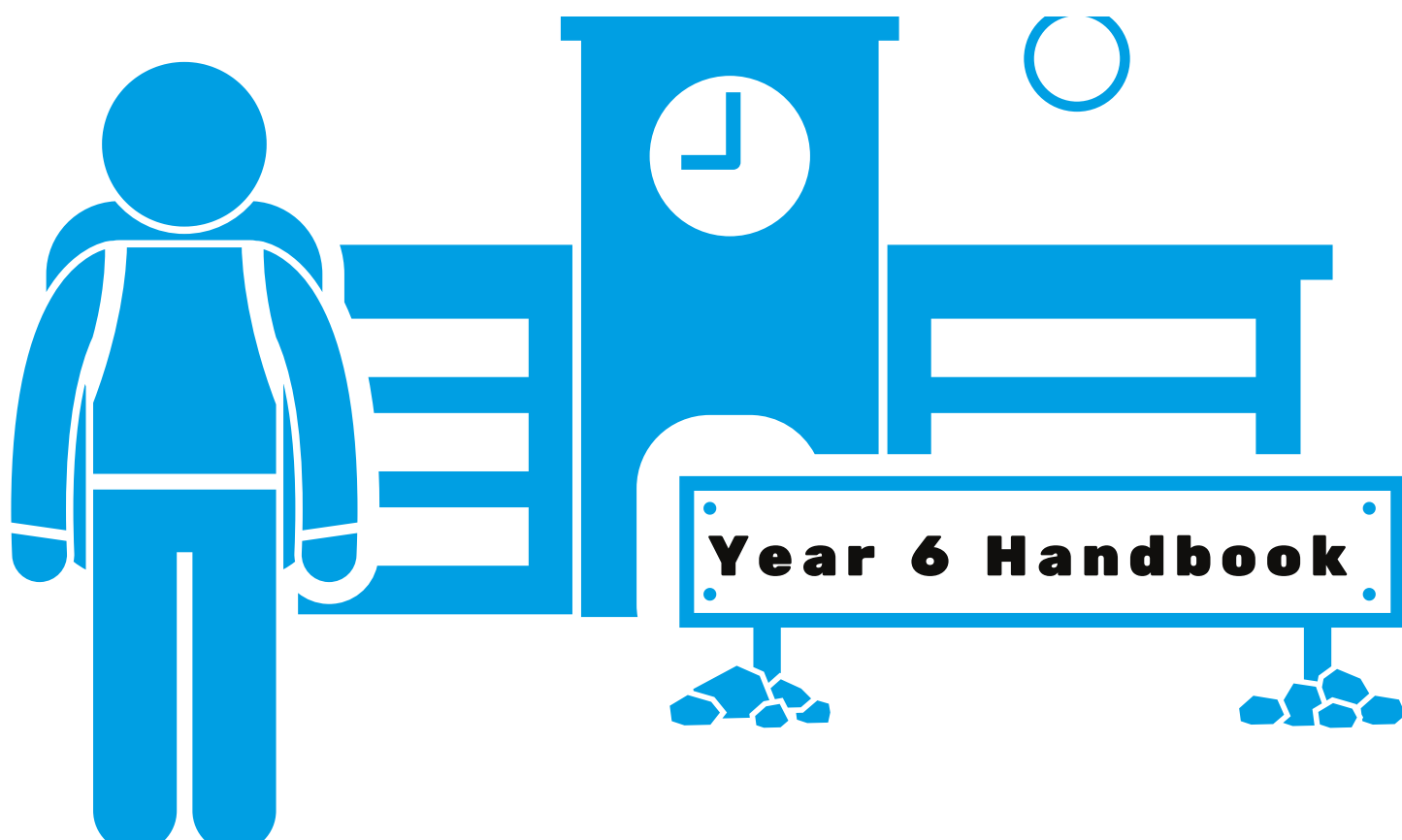


SMOOTH MOVES

TO SECONDARY SCHOOL



Designed by John Khan

PRIORITY 1-54

All about me



We are all unique and individual, but what makes you, you? What do you like doing? Are there things that make you feel happy or help you to relax when you are worried? Fill in each of boxes below.

My favourite:

TV show

Food

Colour

Book


Movie

Activity

My one superpower:

.....

.....

A yellow and red superhero logo with the words "SUPER HERO" in bold, stylized letters, surrounded by stars and a lightning bolt.

One person I look up to and why:

.....

.....

Three words that best describe me:

1)

2)

3)

When I grow up I want to be:

.....

.....

My achievements



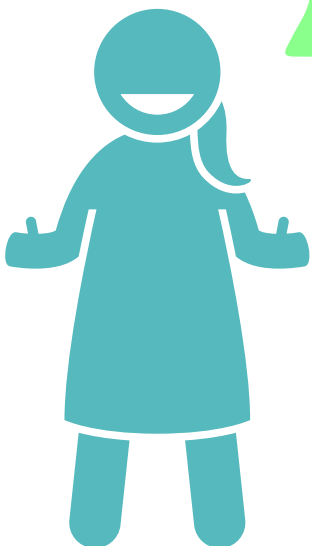
List 3 things you have achieved at primary school that you are proud of.

For example, you may be proud of a piece of artwork or friends you've made. You may like to add an explanation to your answers.

1

2

3





List three things you are going to miss about primary school

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

List three things you are not going to miss about primary school

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

If you had to do primary school all over again, what would you do differently?

.....

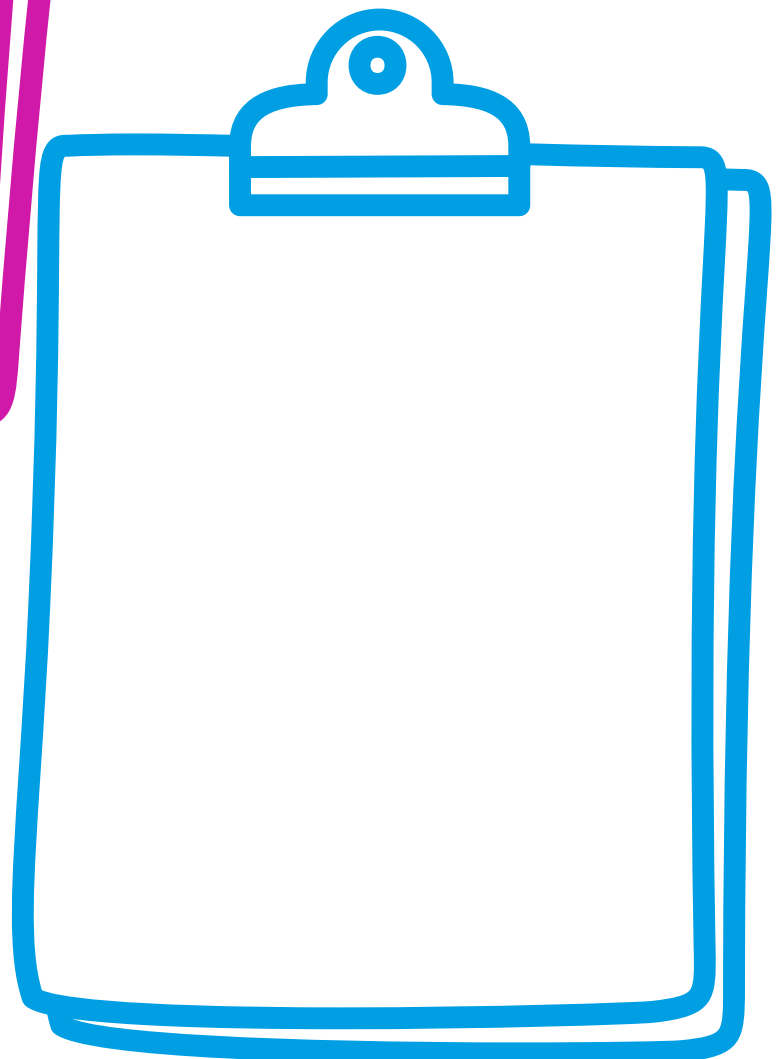
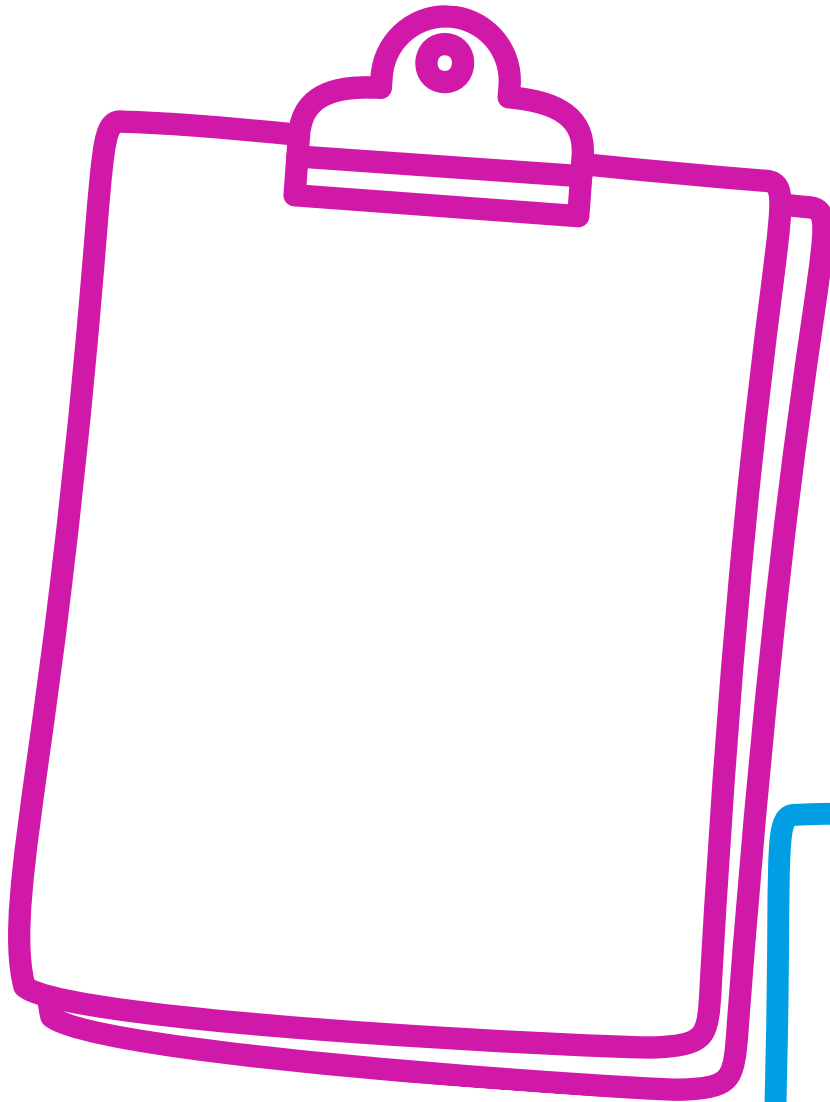
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Thinking about secondary school



For this activity, you need Resource One, scissors, and a glue stick. Resource One is a list of things related to secondary school that you might be looking forward to or worried about. Cut out all of the phrases and glue them under each of the headings.



Solution-focused change



In this next section, we're going to look at some of the changes you might experience when moving to secondary school, what the move might be like, how it might feel, and how you can manage these changes.

Match-up the strategies outlined below to each scenario.



Be friendly and be yourself



Take your time getting to know people



Ask for help if you are finding the work difficult



Take time out to relax



Talk to a trusted adult or friend about your worries and feelings



Join a sports club or after school club



Remember what you are good at



Think positively - 'I can do this'

Setting personal goals



Setting yourself goals is a great skill to have when planning for the future. Think about your top 3 goals you want to achieve at secondary school and write these down in the first box, then break down each goal into manageable and achievable steps.

Top 3 goals

1.

2.

3.

Goal One

First I will.....

.....

Then I will.....

.....

After that

.....

Goal Two

First I will.....

.....

Then I will.....

.....

After that

.....

Goal Three

First I will.....

.....

Then I will.....

.....

After that

.....

How I make friends



This exercise lists the skills that can help you make and keep friends. Take a few minutes to rate yourself on each one. When you're done, choose one or two skills you want to improve on.

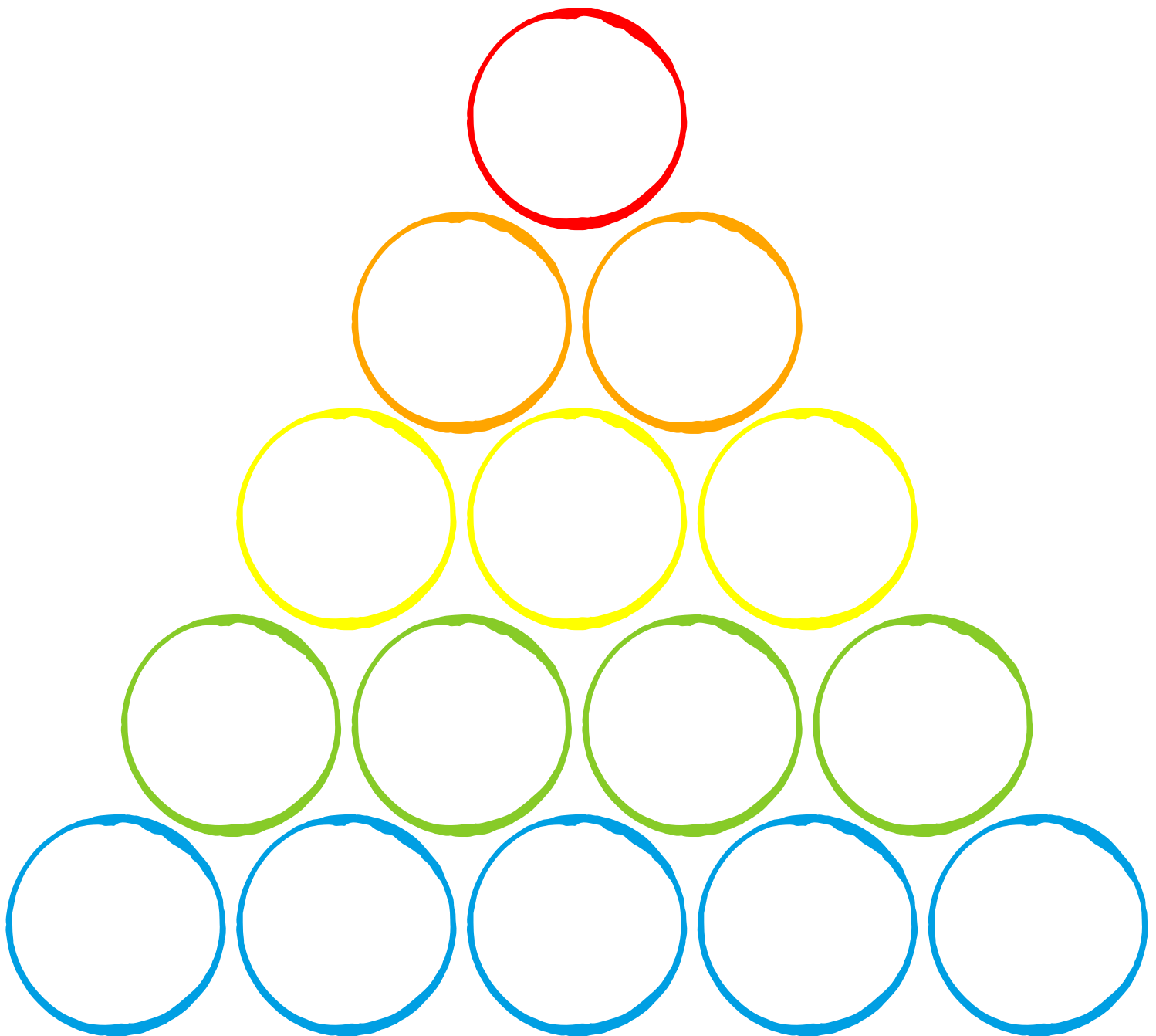
	Rarely	Sometimes	Mostly
I try to say hello to people even if I don't know them very well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I listen as much as I talk when I'm with my friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to help my friends meet other people they might like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I suggest things to do that other people think are fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't repeat gossip or hurtful comments about others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I keep secrets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know when my friends are sad or feeling left out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a friend is upset, I try to talk to them about it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I keep the promises I make	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I say I will do something, I try to do it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can disagree with someone without getting angry or upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to forgive people when they do something wrong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I apologise when I accidentally upset someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I reach out to people who seem lonely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do 'random acts of kindness' for friends and others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Qualities of a good friend



For this activity, you are going to need scissors, a glue stick and Resource Two outlining the qualities that make a good friend.

Cut out the qualities and arrange them from the most important quality at the top to the least important qualities at the bottom. Once you think you have them in the correct order, glue them to the page.



Walk or Talk



The aim of this activity is to think about how you can repair friendships when they become difficult. The best course of action might be for you to walk away from the issue or you might choose to talk through the problem.

Read each statement and then decide if you are walking or talking? You need to think about the consequences of your decisions. For example, if you walk, what will the result be?

- | | | |
|----------|---|--------------|
| 1 | Every time you see other people you like, your friend tries to make you feel guilty. | Walk
Talk |
| 2 | Your friend likes to make jokes about other people and wants you to join in. | Walk
Talk |
| 3 | You've found out your friend is spreading untrue rumours about you. | Walk
Talk |
| 4 | Your friend always tries to tell you what to do. | Walk
Talk |
| 5 | Your friend thinks it's funny to make jokes about the way you look. | Walk
Talk |
| 6 | Your friend looks down on people from other countries. | Walk
Talk |
| 7 | Your friend is often rude and knows it. | Walk
Talk |

Your views matter...



Think about the things we've talked about in the workshop can you think of one thing that schools or adults can do to help with your move to secondary school?

For example, it could be:

- More opportunities to talk about moving to secondary school
- Extra support if you are feeling worried about your new school
- More visits to your secondary school



Time to reflect

PLEASE TAKE A MOMENT TO ANSWER THE FOLLOWING QUESTIONS. YOUR FEEDBACK IS REALLY IMPORTANT TO US.

Overall, how would you rate the workshop?

Excellent Good Fair Poor Very poor

I felt respected and listened to in the workshop

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

I feel more confident about moving to secondary school because of the workshop

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

I feel better able to set personal goals, which will help with my move to secondary school, because of the workshop

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

I feel better able to deal with challenging situations i.e. moving to secondary school, as result of the workshop

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

I feel more confident about making new friends at secondary school because of the workshop

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

What did you enjoy most about the workshop?

.....
.....