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This leaflet is meant to be used as part of ELSA Sessions or some other therapeutic session and shouldn't just be given out to children without some input. Please DO NOT just give these out without that important input. They are purely reminders for the pupil to take away and for parents to get involved.

It is your responsibility to decide whether the information in this leaflet will be helpful to your pupils.

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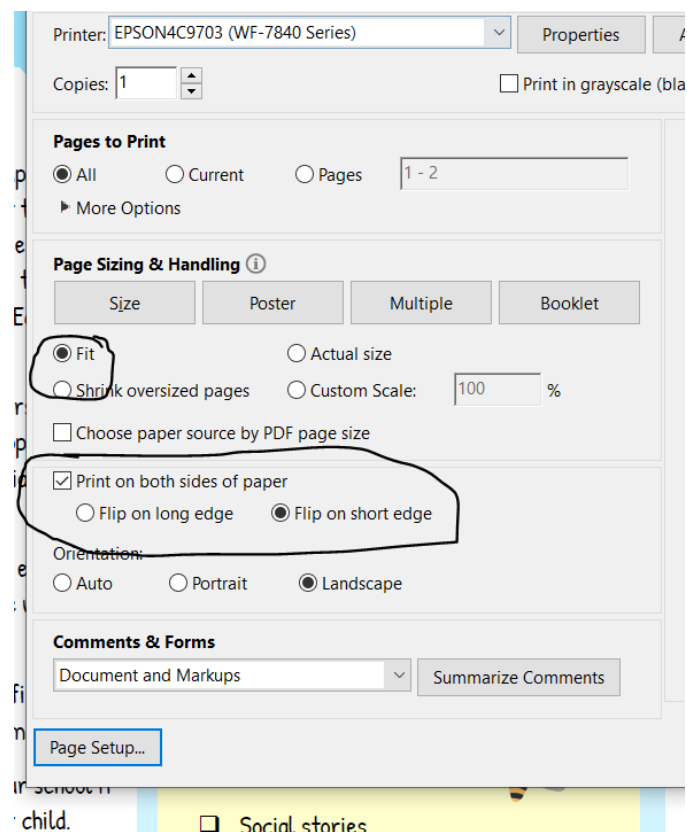
They are for printing and giving to pupils at the end of a session or you could use them as a basis for your session. You can work through each part with the pupil.



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4



Exciting times

When I move to Juniors it will be very exciting too!



It is good to remind myself of the exciting things. There are lots of things to look forward to in my new Junior School.

I can go on exciting trips

I can do exciting work!

I can do exciting after school clubs

I can do exciting sports

What am I excited about?



5



Being Prepared

- ♥ I can get answers to my worry wobbles.
- ♥ I can visit the new teacher and see my classroom.
- ♥ I can think about all the exciting things I will be doing.
- ♥ I can imagine and draw my first day in Juniors.

I am ready!

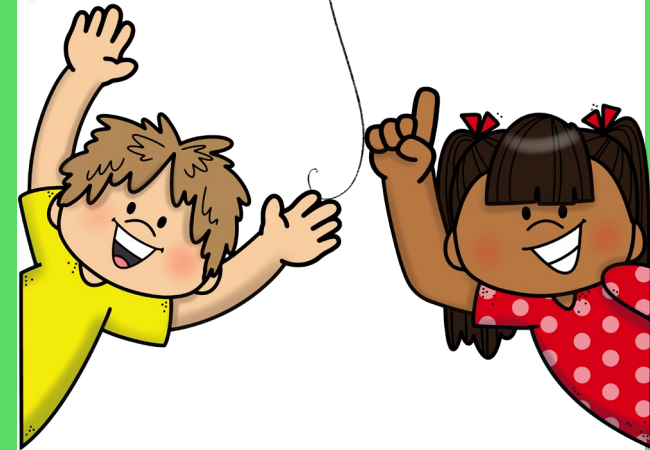


If you need more help...



Exciting Times

Moving to Juniors

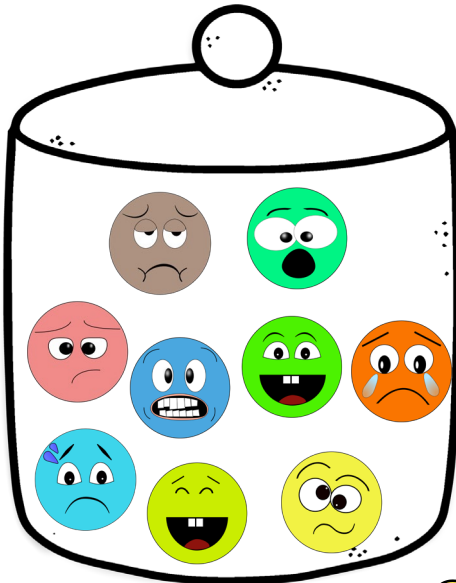


1



Feelings

I might have lots of feelings about moving to Junior school. That's ok! Everyone has feelings when things change. I might feel sad. I might feel worried. I might feel excited. I might have a mix of lots of feelings.



It's Ok to have mixed feelings



2



Worry Wobbles

I might be worried about moving to Junior school. I might have lots of 'What if? Questions. Worries might make me feel wobbly inside.

What if I can't do the work?

What if I don't like the teacher?

What if I don't like my classroom?

What if I get homework?

What are my 'What if? Questions?



3



Coping with Worry Wobbles



I need to talk to someone about my 'What if? Questions. This will help me feel better.

I can talk to my teacher, ELSA OR teaching assistant.



I can talk to my parents or carers.



I can talk to my older brothers or sisters.



I can talk to my friends,



4



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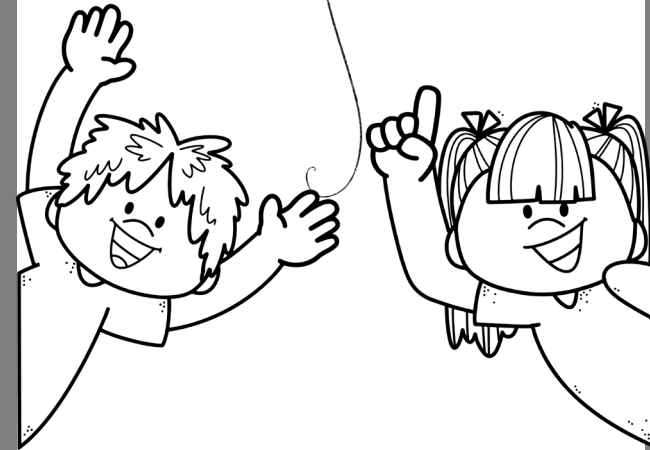


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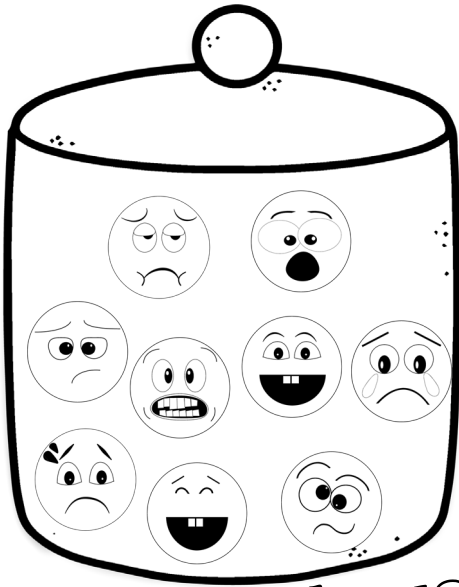


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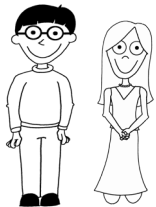


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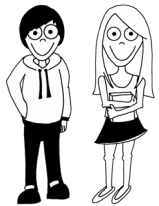
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