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Important information

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.

Under our terms and conditions these leaflets must not be put onto school websites.

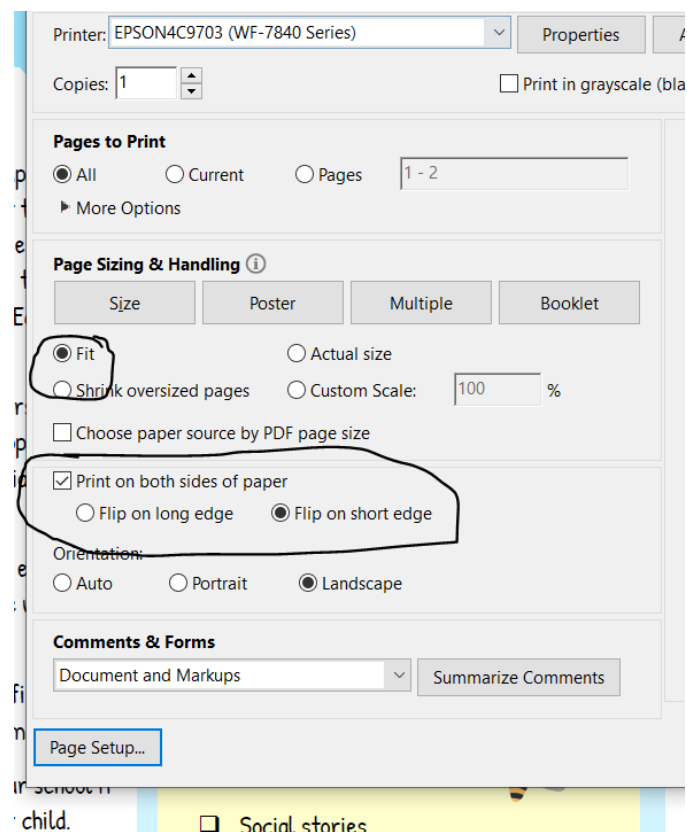
They are for printing and giving to pupils at the end of a session or you could use them as a basis for your session. You can work through each part with the pupil.



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you



Exciting times

4



There are exciting questions you can ask yourself too!
Here are a few:

- What subjects are you most excited to learn about at your new school?
- Does the possibility of making new friends make you feel excited? What would you like your new friend to be like?
- Are there any afterschool clubs that excite you?
- Are there any future school trips that excite you?
- How do you think your new school will help you to learn and grow as a person? Does this excite you?
- What qualities in a new teacher excite you?
- Do the school lunches excite you?
- Does the trip to school excite you?
- What sports teams can you join that excite you?
- Which languages are you excited to learn?
- What art projects can you do that will be exciting?
- What will music be like? Can you play an instrument? Will that be exciting?

Do you have some exciting questions to ask?
What are they?

Exciting!

Being prepared

5

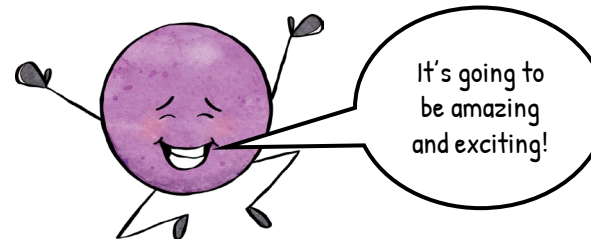


Try to prepare yourself by asking all those 'What if' questions and getting the answers. This will help to calm those worries and help you feel more excited about your new school.

Have a practice before the big day and get all your things ready and make your way to school. Ask an adult to come with you the first time.

You can use your imagination to Imagine what your first day will be like. You can think about getting up, getting ready and putting on your uniform, eating a good breakfast, getting all your things ready, making your way to school, and then think about all the exciting lessons you will do and the new friends you will make.

You are going to have a fantastic time at your new school! You have **EXCITING TIMES AHEAD!**

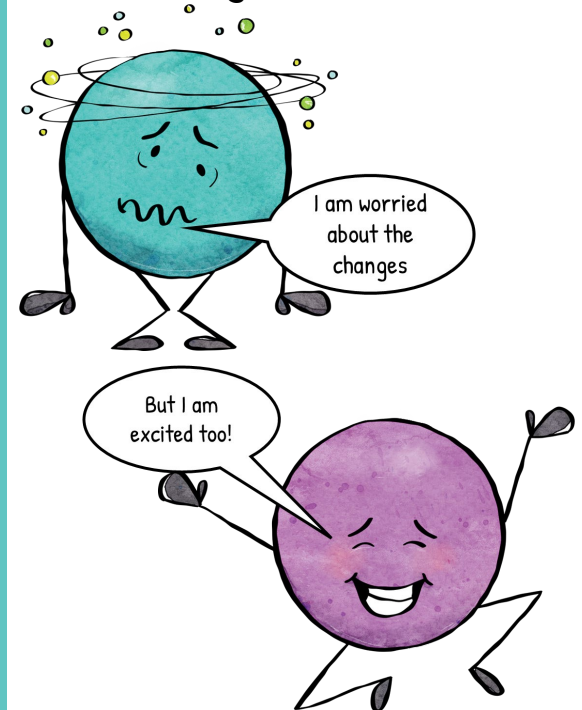


If you need more help...



Exciting Times Ahead

Moving to a new school



Feelings

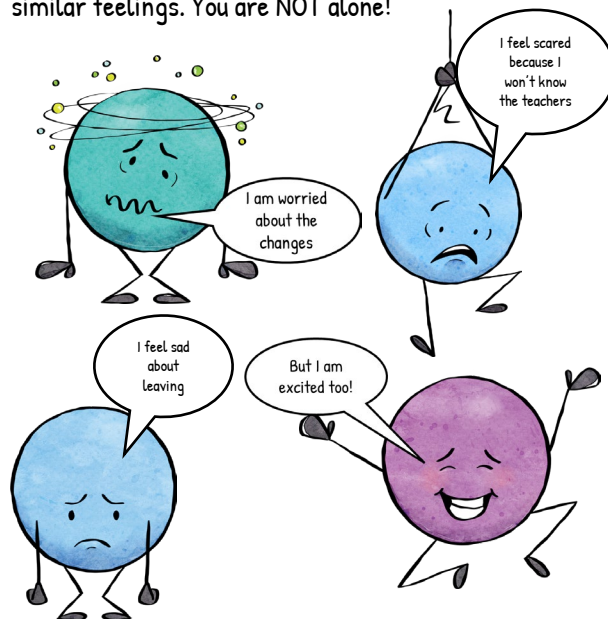
1



You are moving on from Primary School and moving to secondary school. This is a big step, filled with new adventures and opportunities. This leaflet is here to help you feel excited and prepared for the journey ahead.

It is normal to have a mix of feelings when things change. You have been at the same school for some time now and have made friends. You know the teachers well and everything feels comfortable and safe.

You might feel anxious, excited, sad, happy, scared or nervous. Your feelings might feel really big. That is completely normal. Everyone else is probably feeling similar feelings. You are NOT alone!



What ifs?

2



Everyone will have some worries about their new school. That is completely normal. Those worries often start with 'What if?' Here are some common ones:

- What if I don't make friends?
- What if I get lost in my new school?
- What if the work is too hard?
- What if I don't like the teacher?
- What if I am late for school?
- What if I am not allowed to go to the toilet?
- What if I get bullied?
- What if I don't feel well?
- What if I can't do the homework?
- What if I can't remember what the next lesson is?
- What if I can't remember the teachers name?

Do you have some 'What ifs?
What are they?

What if?

Who can help with What ifs?

3



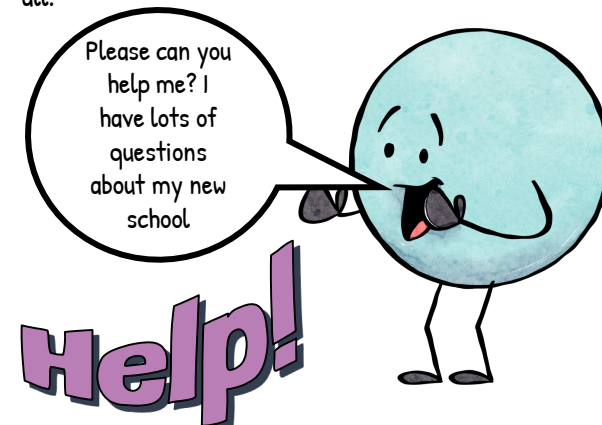
There are lots of people who can help you with those 'What if' questions. There are people in your current school and in your new school that can help you. There are people at home and people you know that can help you. You just have to ask!

You could talk to:

- Your older brothers or sisters
- Your parents or carers
- Your teachers
- Your friends
- ELSAs or Teaching assistants
- Your Head teacher

Who would you talk to?

The important thing is to talk and ask for help. Keeping all those worries inside you doesn't help at all.



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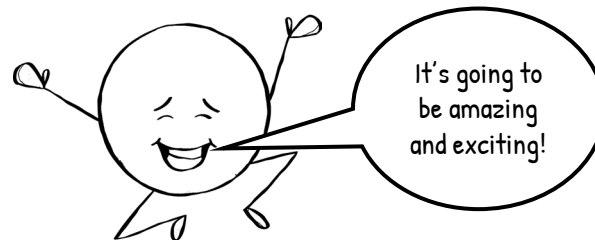


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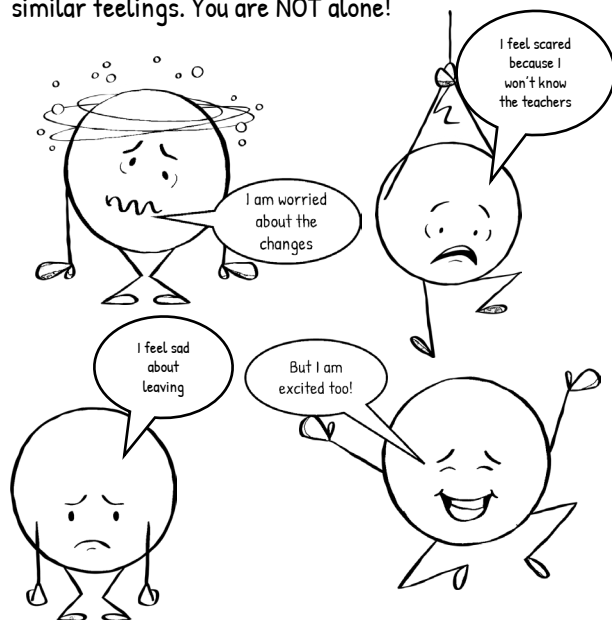
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