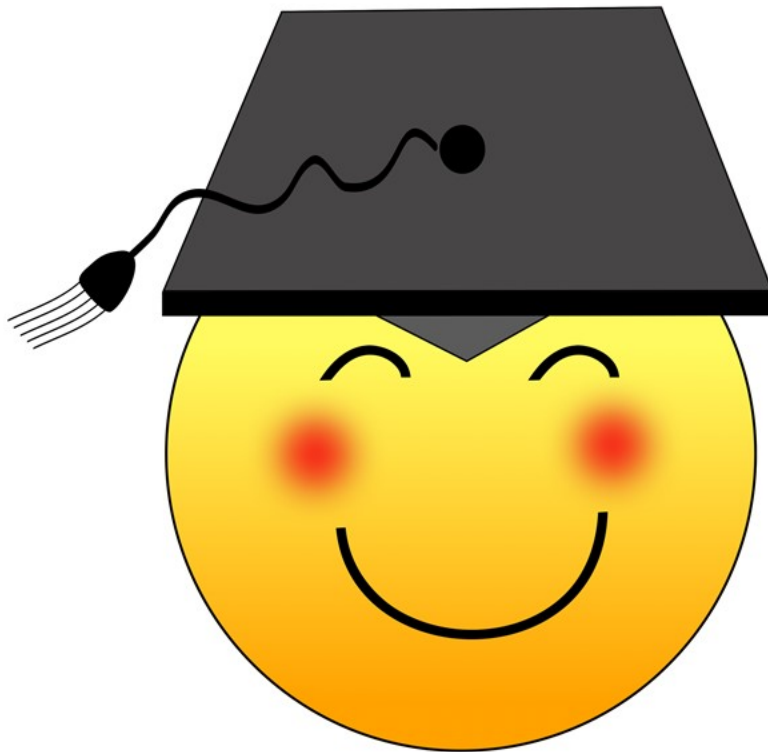


Moving on!

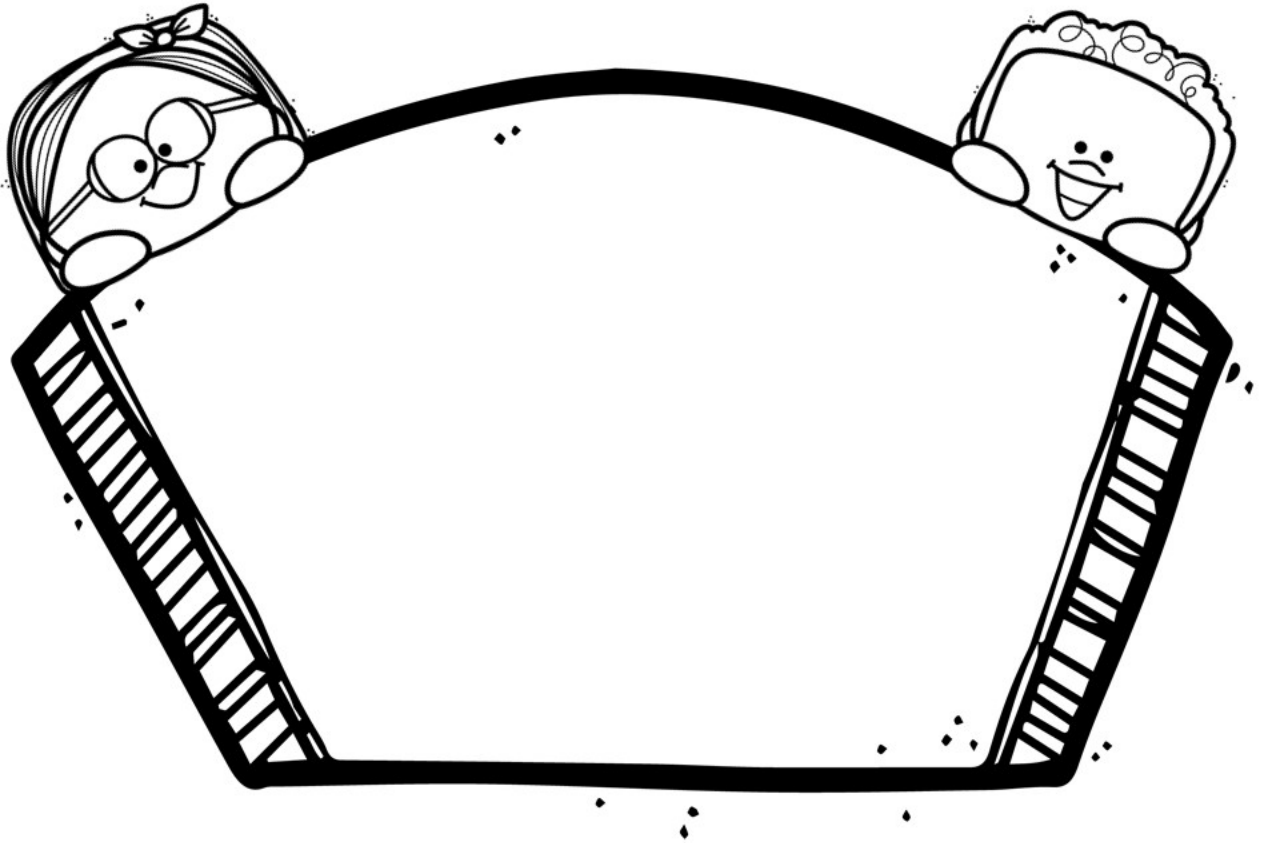


Contents

- Happy Memories
- Happy Experiences
- My Proud cloud
- Proud Moments
- Getting Better
- Tricky Things
- Changes
- Emotions
- Worries
- Who can help me?

Happy Memories

What is your happiest memory from last year? Draw a picture and then write about it.





Happy Experiences



Write down your happiest experiences every day for 1 week

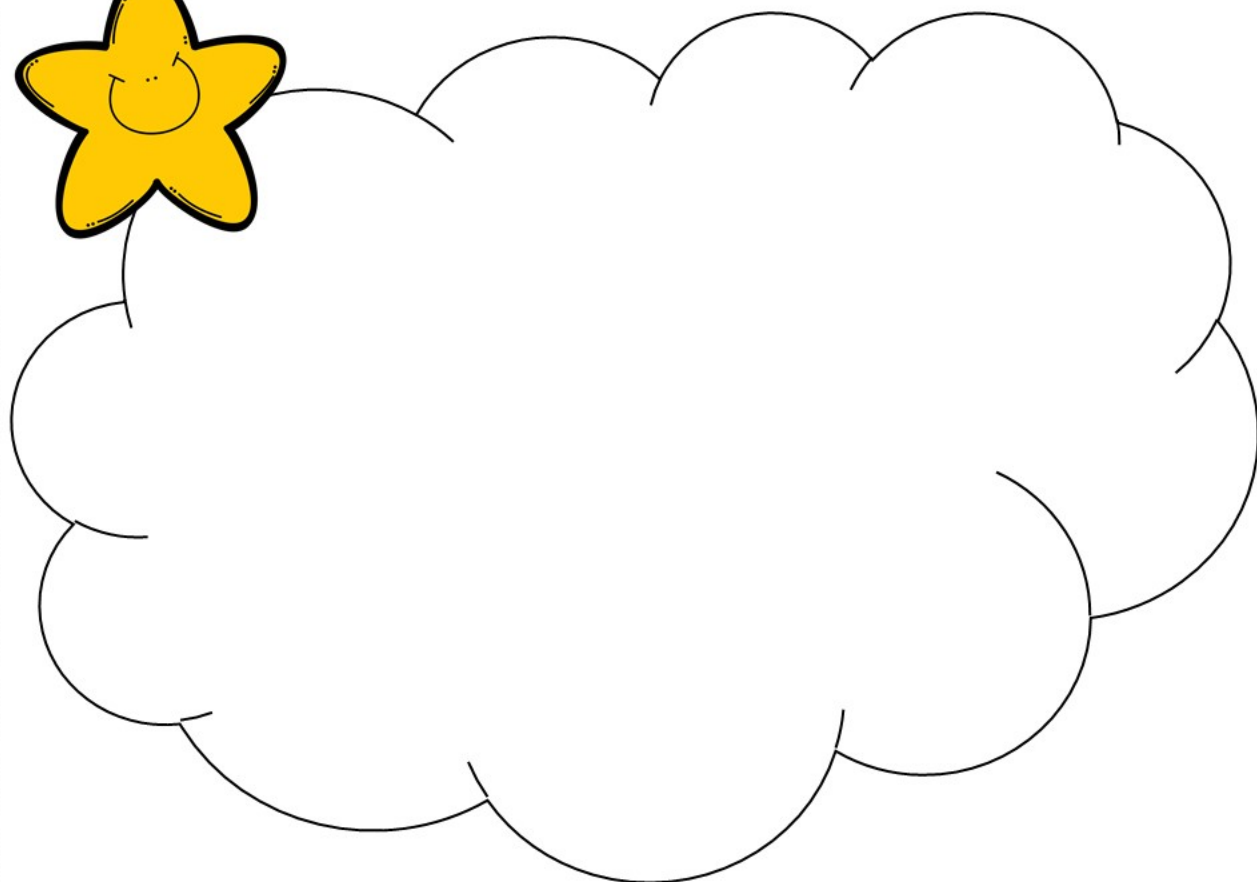
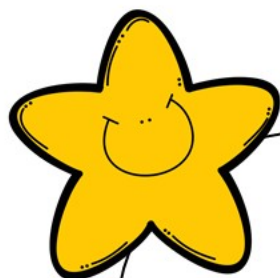
Happy Experiences	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Take it away and
bring it back for
the next session

My Proud Cloud



What were you proud of last year? Draw a picture of you looking proud and then make a 'proud cloud' with all your proud moments.





Proud Moments



Write down every time you felt proud each day for 1 week

Proud moments	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Take it away and
bring it back for
the next session

Getting Better



What do you WISH you could be better at? Think about last year and all the things that you wish you could have done better. It might be something like 'reading', maths, writing, singing, sports or anything really. Write some ideas in the cloud shapes.

Four large, empty, fluffy cloud shapes arranged in a 2x2 grid, intended for children to write their wishes inside them.



Tricky things



Think about some things you have done at school this week that were a bit tricky. Write them down each day and put a tick against the ones that would like to get better at.

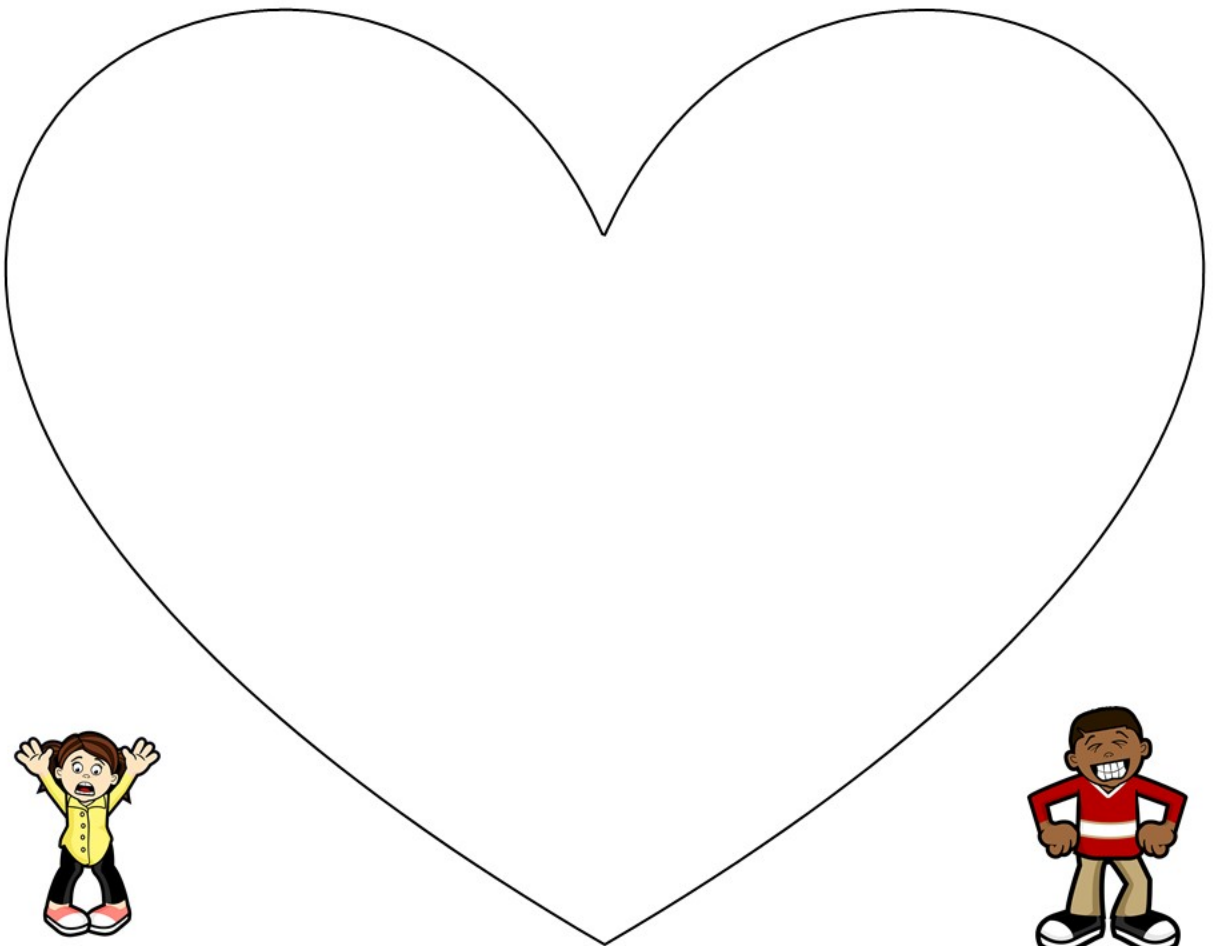
Tricky things		✓
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Take it away and
bring it back for
the next session

Changes



How do you feel about moving classes or school? Fill in the heart shape with all your emotions. Fill in the key with the emotion word and colour that you used.



Emotion	Colour





Emotions



You filled in your heart with all those emotions about things changing next year. This week think about your emotions and jot down some of the reasons why you are feeling that way. The first one is done for you as an example. You can use any of the emotions that you feel but try and think of a reason why.

Emotion felt	What is making you feel that way?
Excited	To make new friends. Getting a bus to school Learning new things

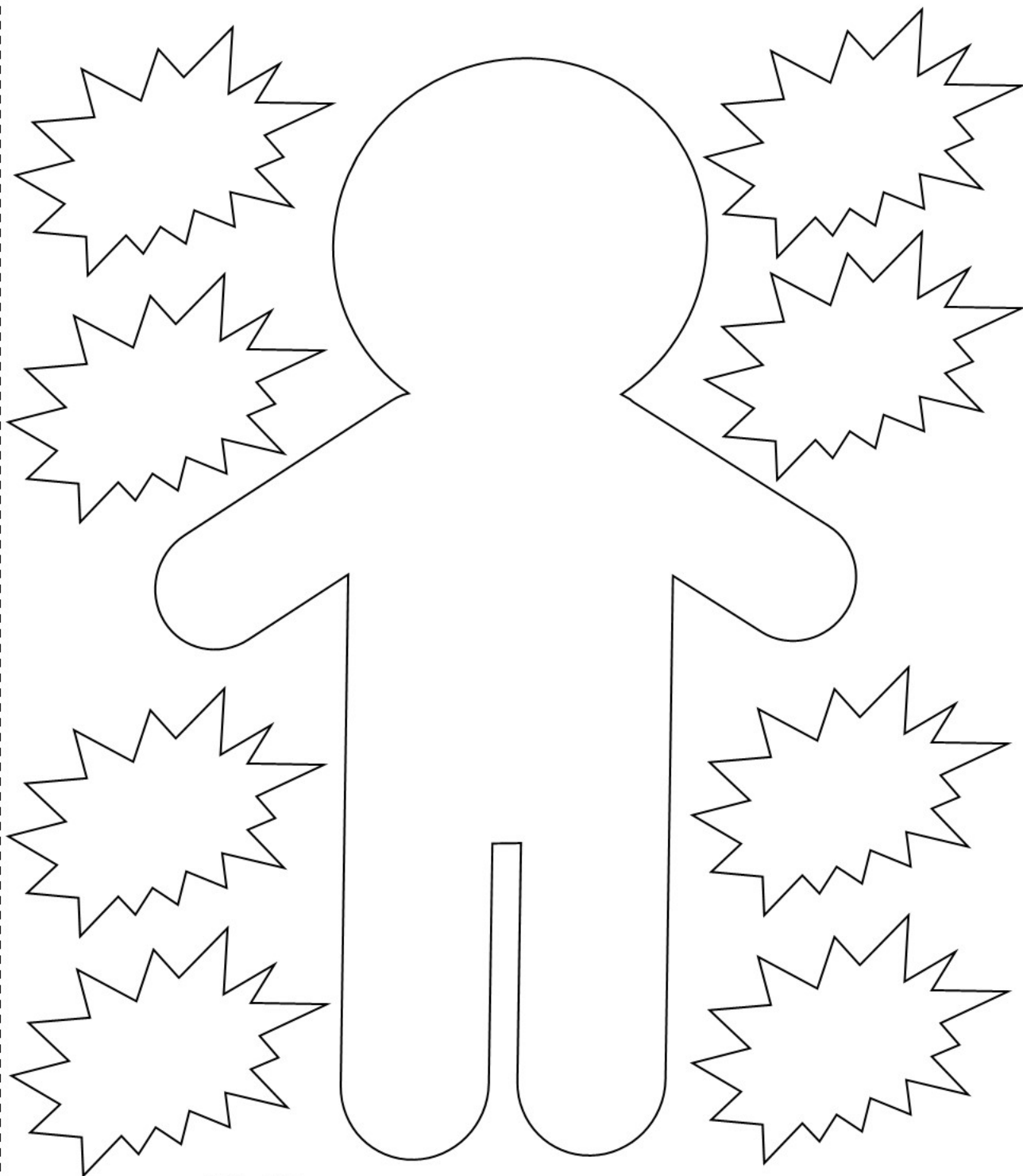
Take it away and
bring it back for
the next session



Worries



We discussed worries in our session today. Write down any other worries you have below in or around the person. You can give the person a worried expression too.



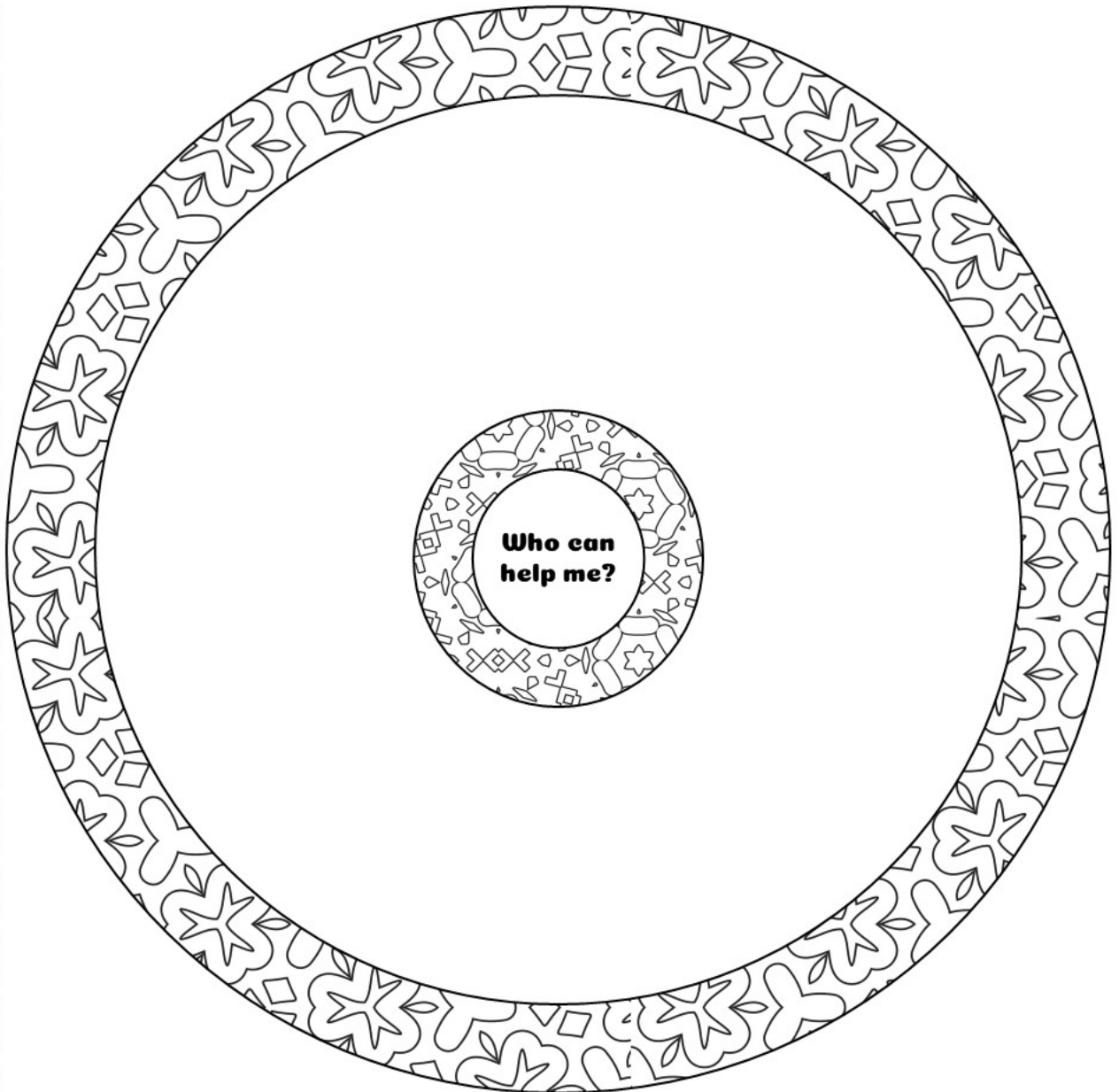
Take it away and
bring it back for
the next session



Who Can Help?



When you are worried about something, who can you ask for help? Write all the people in the circle who can help. It might be a friend, family member, teacher, ELSA, teaching assistant, or anyone else that you feel comfortable talking to about your feelings. When you have written them down you can then colour in the circles.



You can colour
the circle in at
home.