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what's included in the pack?

Exciting times ahead transition resource is about navigating the worries and instilling excitement over changes at new schools or in new classes. What excites them and how do they deal with those nagging worries they have?


This is a pack of 23 sheets, there is a front cover if you want to use some or all of the sheets as a booklet. Choose the sheets you feel will help the pupil you are working with.

Included in the exciting times ahead transition resource:

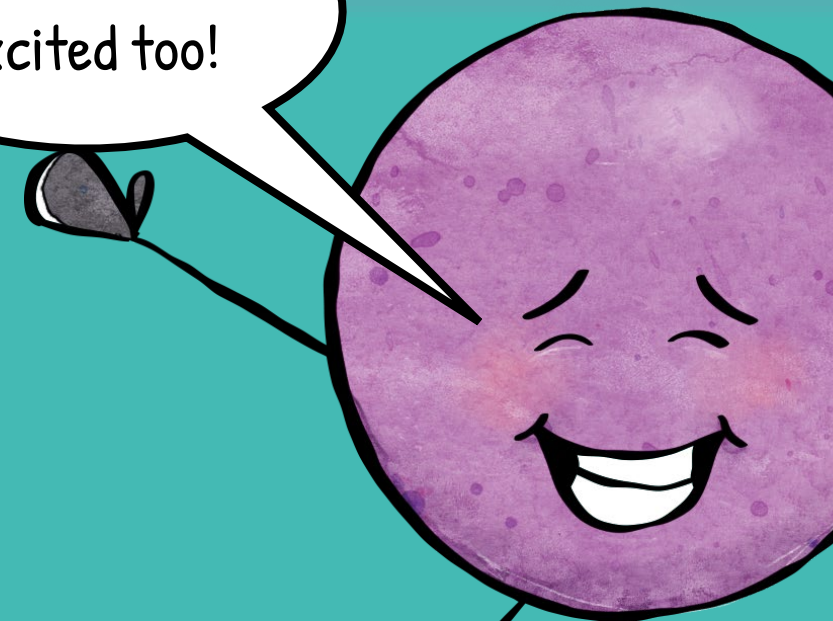
- What is excitement? - Definition of excitement and exploring exciting times
- Excited you! - Drawing a picture of them feeling excited and saying why
- Past excitement - Exploring excitement in their current class or school
- Excitement words - synonyms of excitement - what other words mean the same or similar?
- Exciting times ahead - Exciting things they are looking forward to. This could be at the new school or class or anything else outside of school
- Exciting questions - Some questions to discuss to instil excitement
- What are worries? - Definition of worries and exploring worries
- Worry words - synonyms of worry - what other words mean the same or similar?
- Worried you! - Drawing a picture of them feeling worried and saying why
- Worries - Drawing or writing worries concerning a new class or school
- Past worries - Exploring past worries and how they overcame them
- Questions I can ask - Preparing themselves by asking questions - knowledge is power
- Changing worry thoughts - Changing worry thoughts to exciting thoughts
- Problem solving - using the worry tree
- Letting worries go - some examples of letting worries go
- Problem solving worries - questions to go through to navigate a worry in their control
- Worried or excited? - Exploring whether common things in school will make them excited or worried. Includes a scale and cards
- Worry or excitement? - one thing they are worried about and one thing they are excited about
- Worry or excitement heart - Art therapy exercise to fill a heart with colour - one colour is for excitement and one for worries
- Imagine your first day - imagining the first day in a new school or class but feeling excited about it. What might happen in the day?
- Support network - who can support them?
- Worried or excited scale - use a pipe cleaner to scale worries or excitement

Exciting Times Ahead

Navigating the worries and embracing the excitement



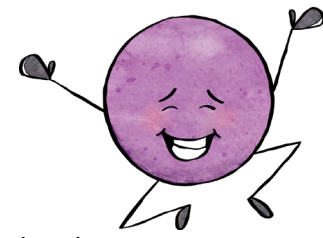
I am worried
about the
changes



But I am
excited too!

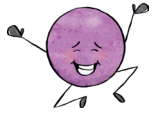
Name

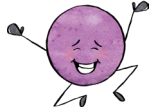
What is Excitement?

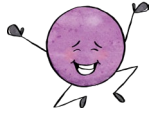


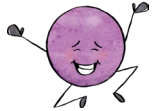
When you are excited you are eager and enthusiastic. It's a happy feeling that involves you looking forward to something. Can you think of times when you were excited. It can be anything at all and not necessarily about school.





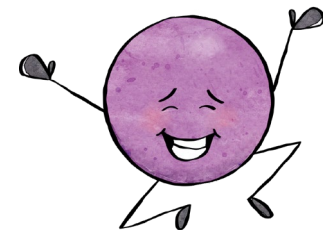




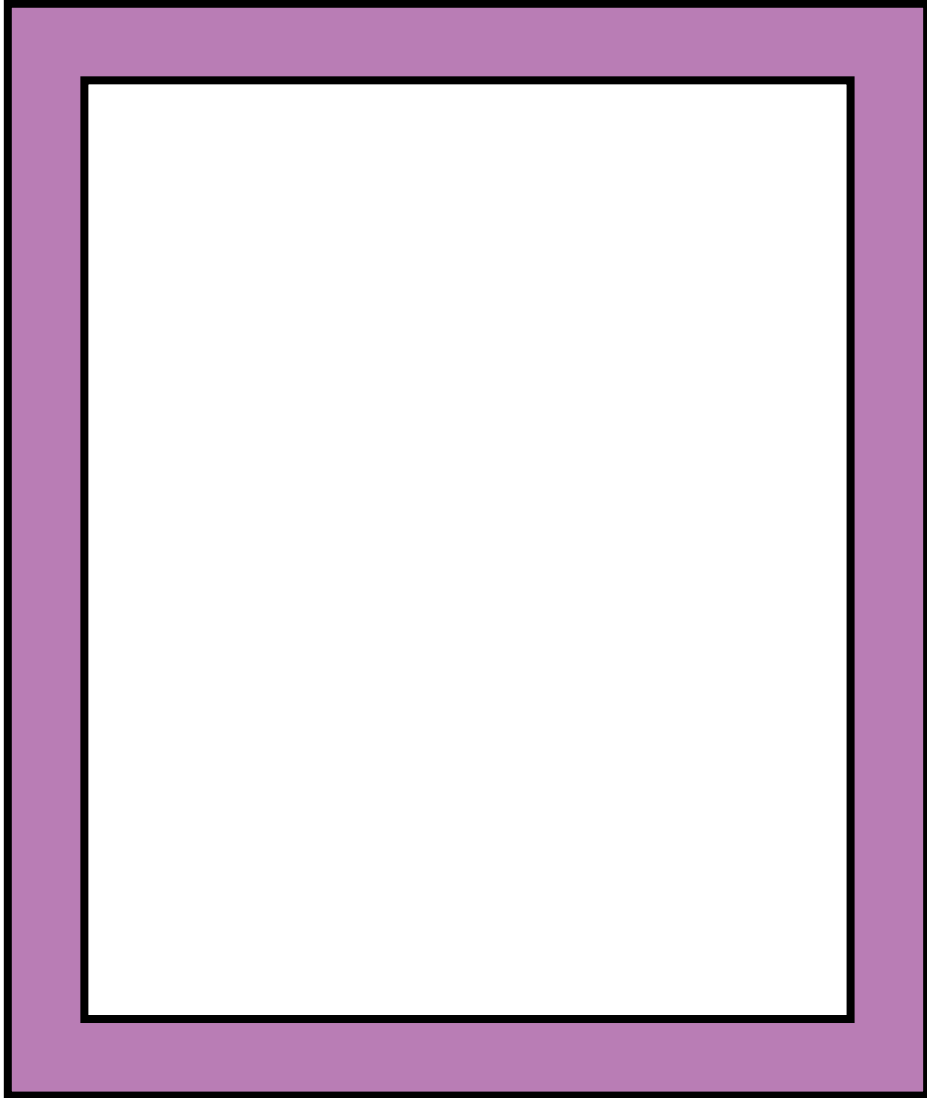




Excited YOU



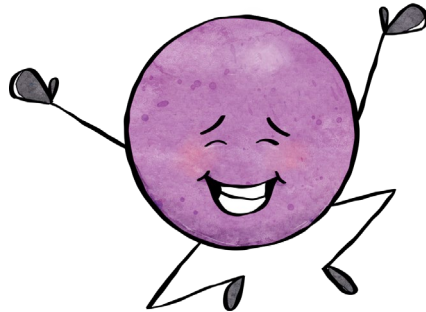
Draw a picture of you looking excited. What are you excited about?



Past Excitement

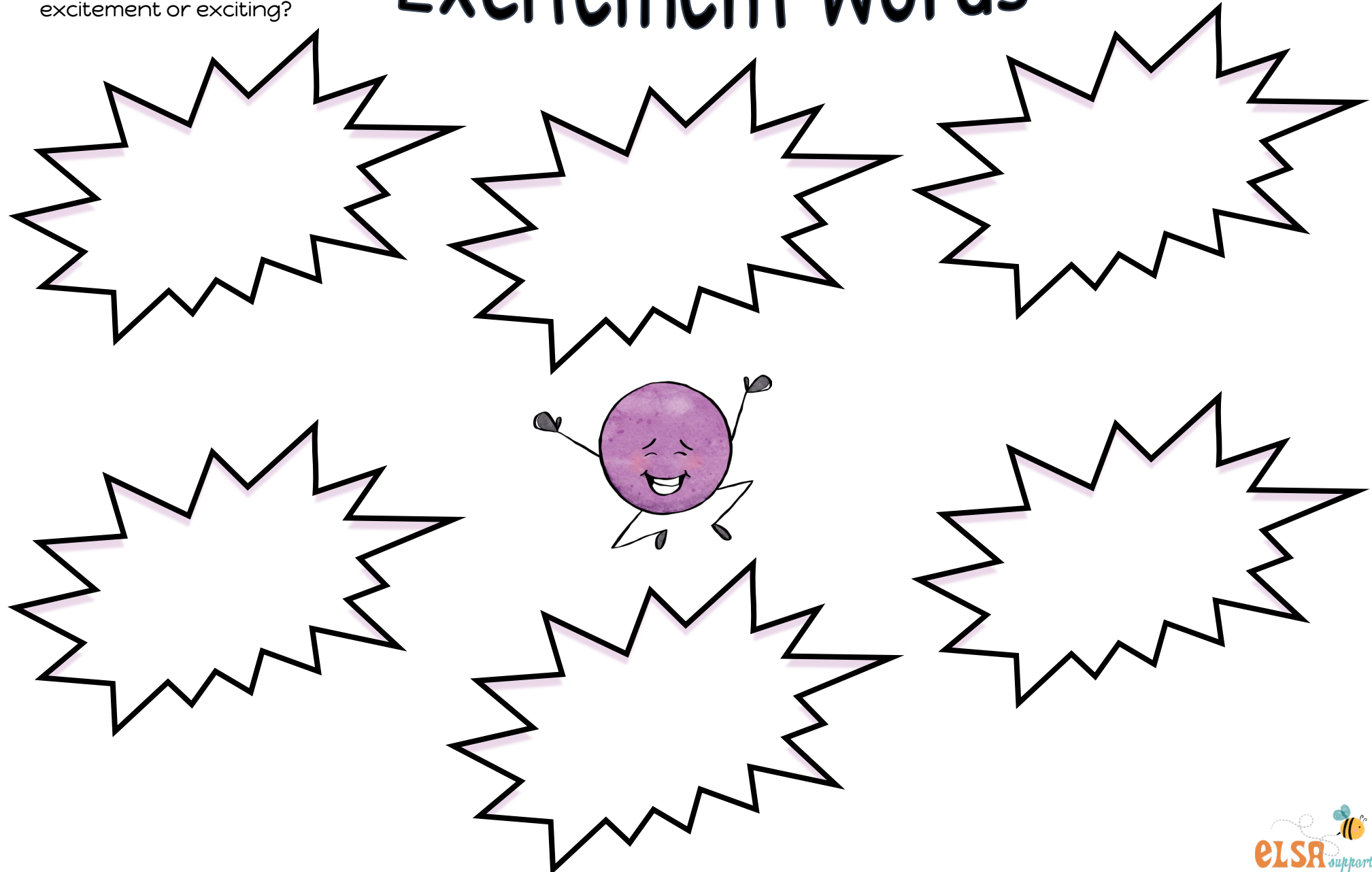
There will be exciting things that happened in your school or class now. Can you think of some exciting times? Do you think you might have more exciting times ahead?

These exciting things happened...



What other words can mean
the same or similar to the word
excitement or exciting?

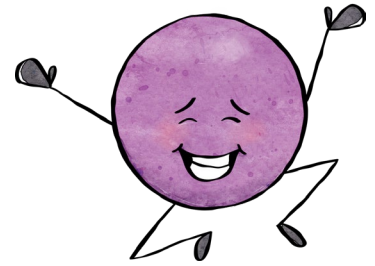
Excitement Words



What exciting things are
you looking forward to?

You can draw pictures
to show them

Exciting Times Ahead



Exciting Questions

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?

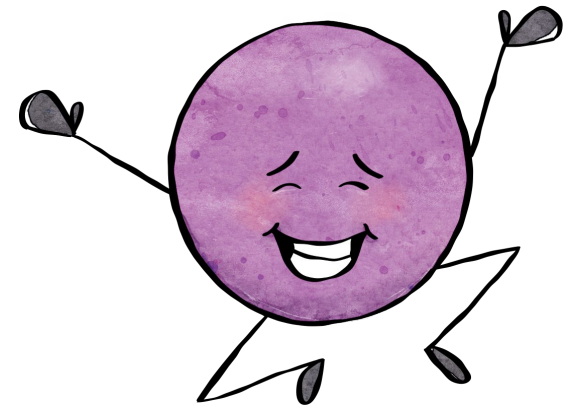
Are there any future school trips that excite you?

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 are Worries?



When you are worried you are concerned about future events. It can be a scary feeling when you don't know what will happen. Can you think of times when you were worried. It can be anything at all and not necessarily about school.







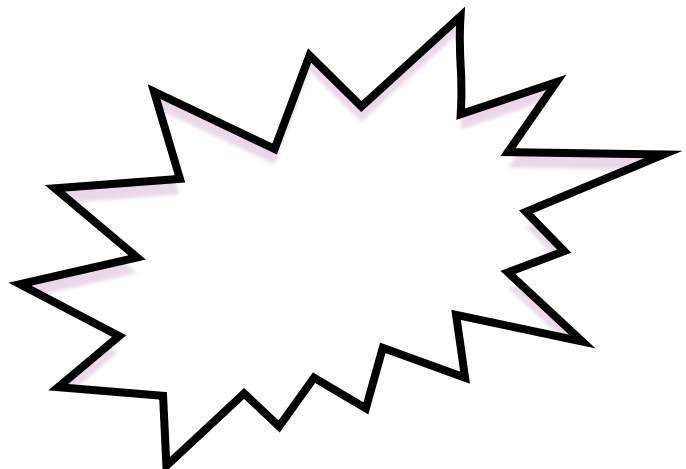
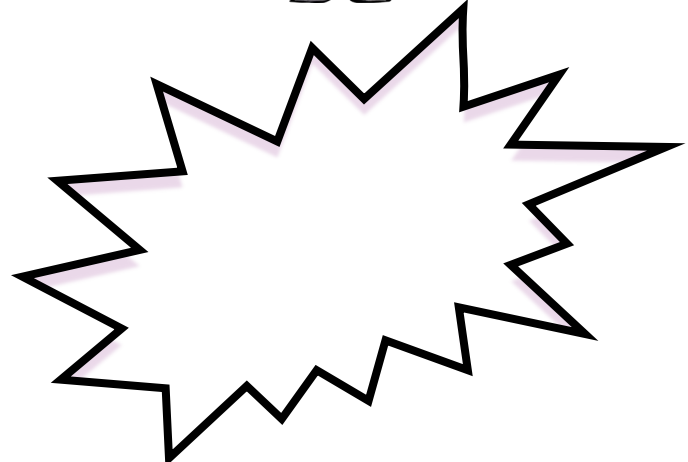
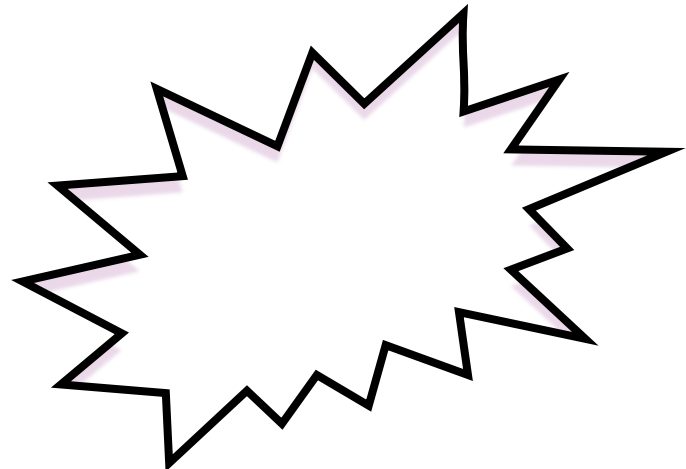
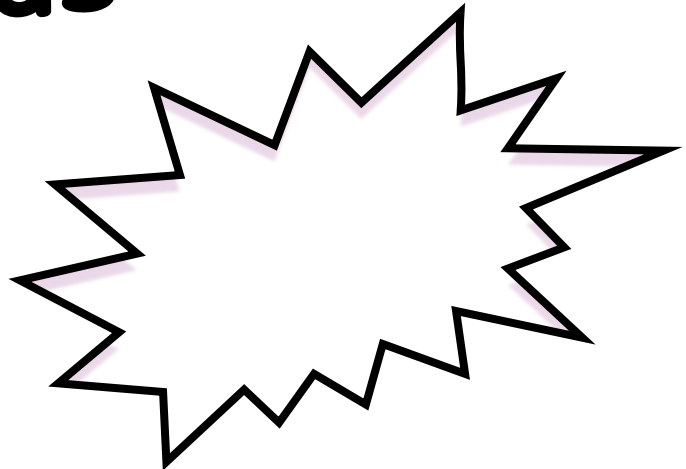
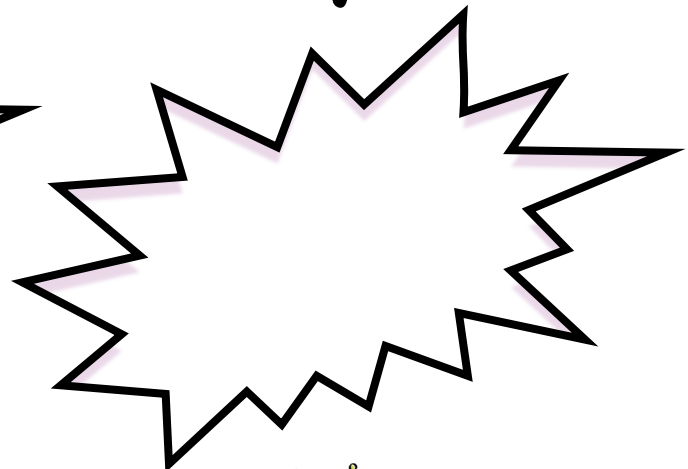
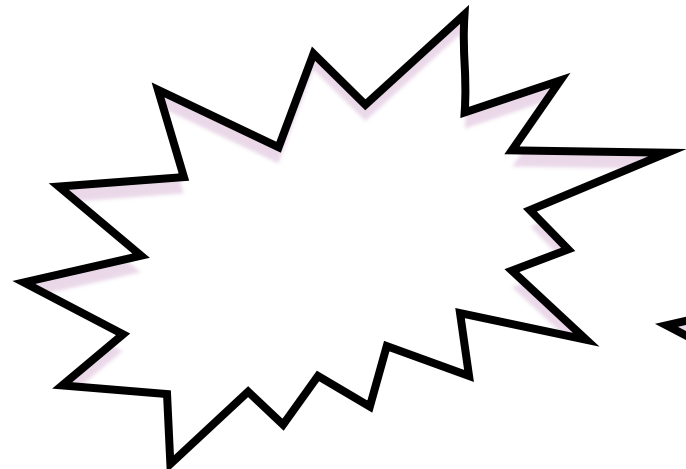






What other words can mean
the same or similar to the word
worry or worried?

Worry Words



Worried YOU



Draw a picture of you looking worried. What are you worried about?

Draw or write all the things you
are worried about in your new
school or class

Worries



There will be worries that you might have had in your school or class now. Can you think about one of them and write it down. How did you overcome the worry? What happened?

Past Worries

I was worried about...

I did this to overcome the worry...



Being prepared and knowing what is going to happen can help any worries you have. What questions could you ask about your new class or school? Who could you ask?

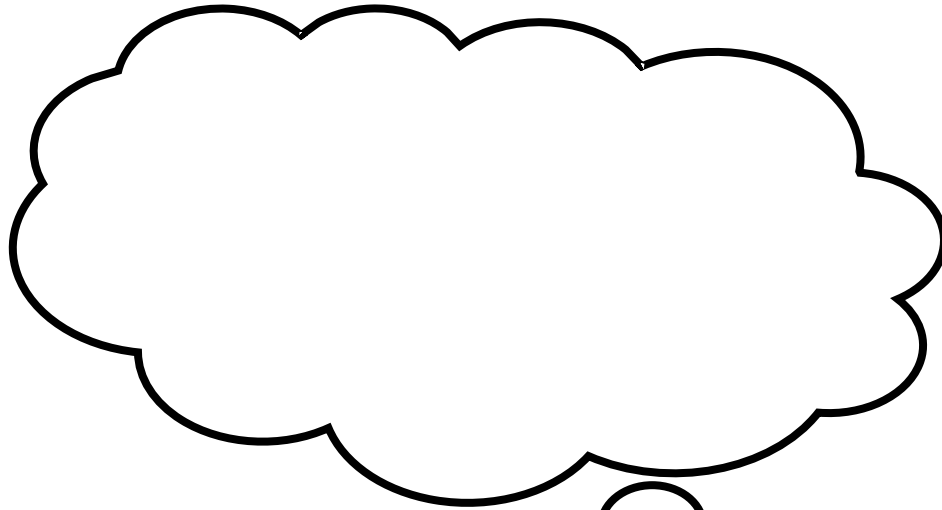
Questions I can ask



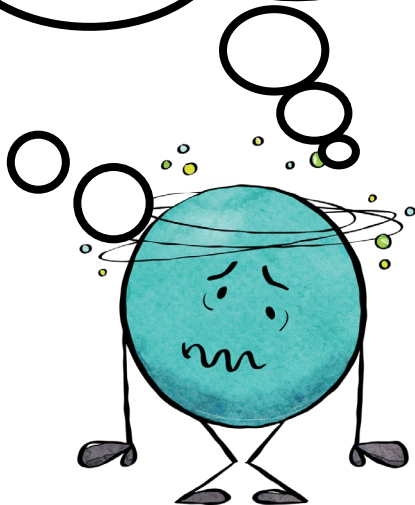
When a worry thought pops into your mind, stop and think about it. How can you change that worry thought? Can you change it to an exciting thought?

Changing Worry Thoughts

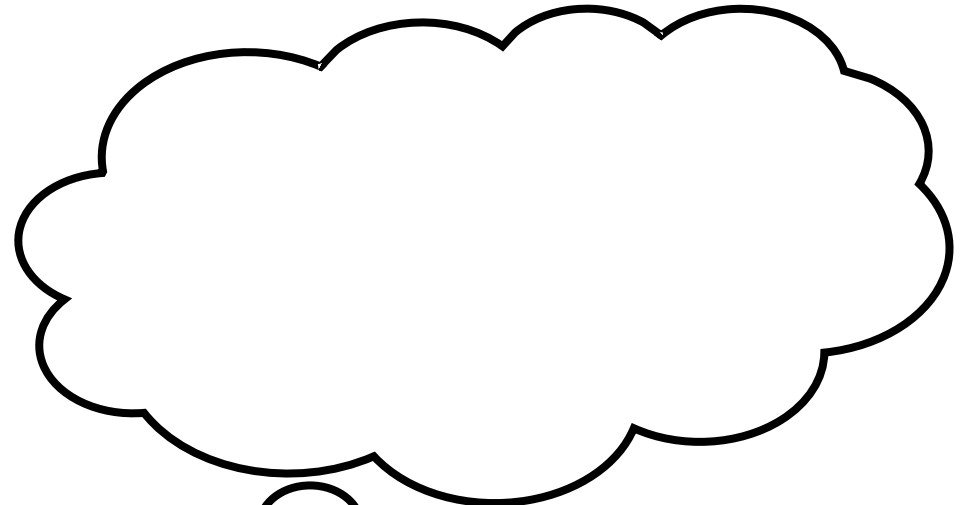
Worry thought



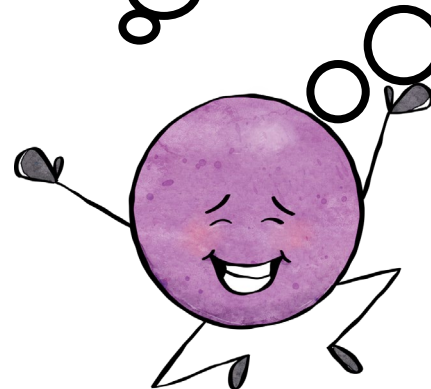
I am worried because my best friend is going to a different school



Exciting thought

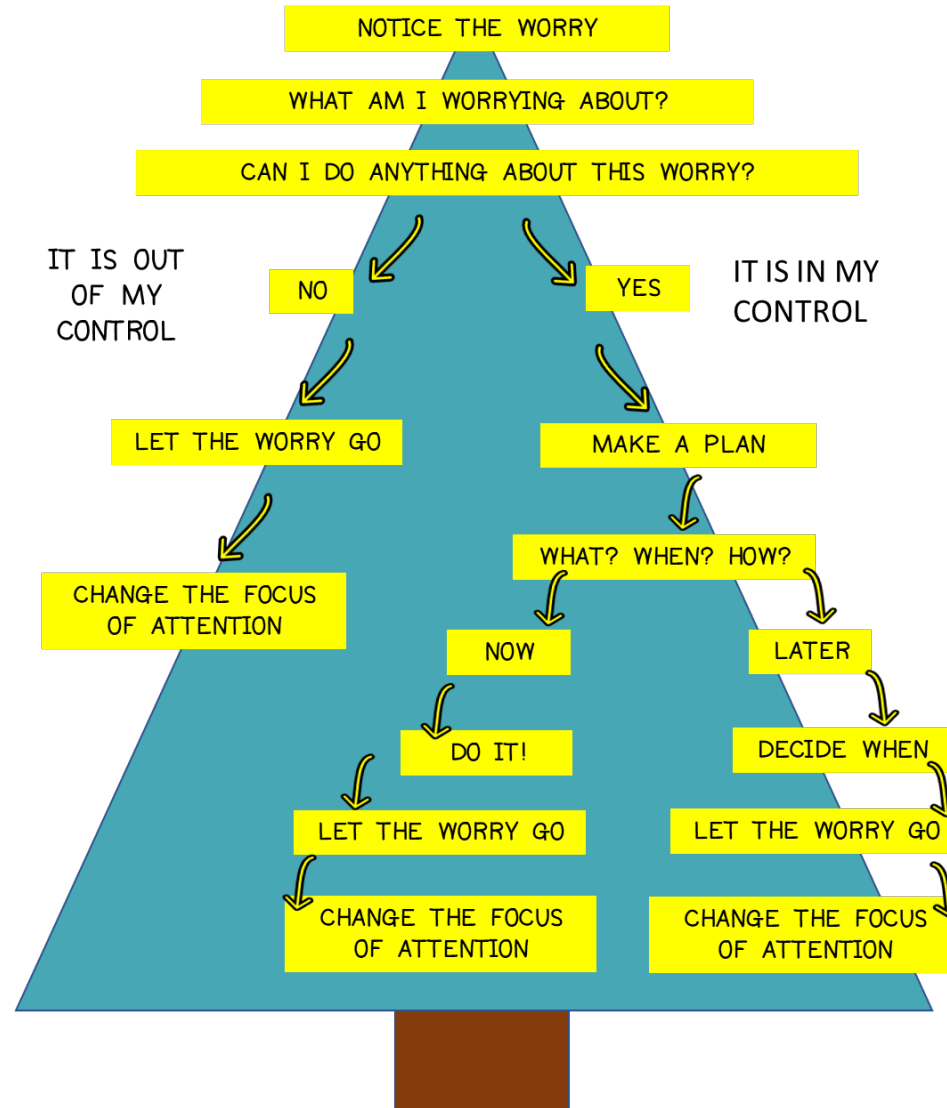


I will meet LOTS of new people and make new friends. I can still see my best friend out of school



How can you problem
solve a worry?
The worry tree is a great
way to work through
your worry.

Problem Solving



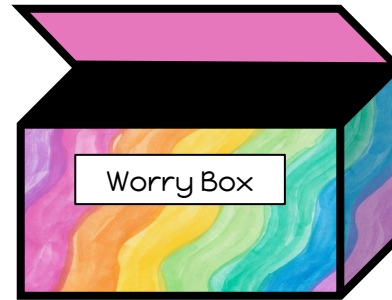
Letting Worries Go

Sometimes you have worry thoughts and there isn't anything you can do about the worry. You can't problem solve it. You can't plan how to deal with it. You need to let it go. There are ways of letting worries go so you don't have to think about them anymore.

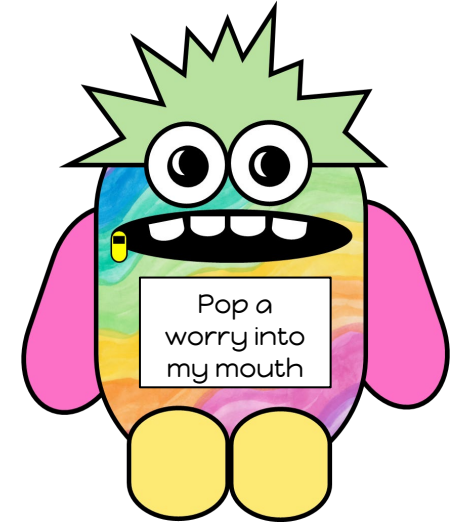
Imagine the worries are floating away inside a balloon. Once they have gone you have no need to worry anymore



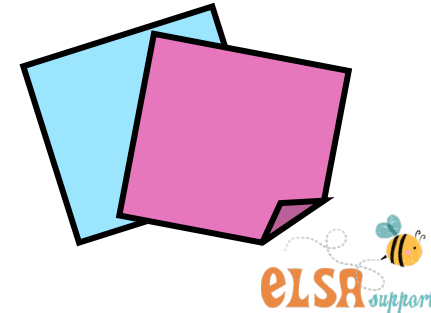
Write them down and put them into a worry box. Shut the lid



Write down the worry and put it into the worry monster's mouth. It has gone so no need to think about it anymore



Write it down, then tear it up or screw it up. Put it in the bin. No need to worry anymore



Write down the worries in a journal and close the book. No need to worry anymore.



Problem Solving Worries



What is your worry? Write it down here

How big is your worry? Scale your worry.
1 is very small and 10 is very big

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Now think about all the things you could do to solve your worry..

Write your ideas here first and then fill in the other columns when you have finished	Review - Will those ideas work?. Tick 'yes', 'maybe' or 'no'		
	Yes	Maybe	No

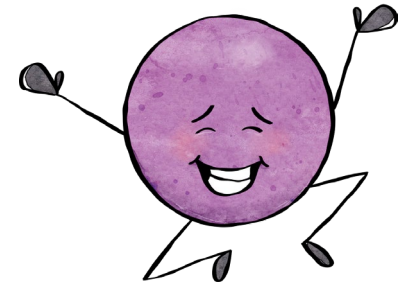
What will you choose to do from your list?	
When will you do it?	
How will you do it?	
Will you need someone to help you?	
How do you feel now that you have a plan?	

How big is your worry now you have made your plan?
Use the scale above and write the number here.
Has it gone down?

Worried or Excited



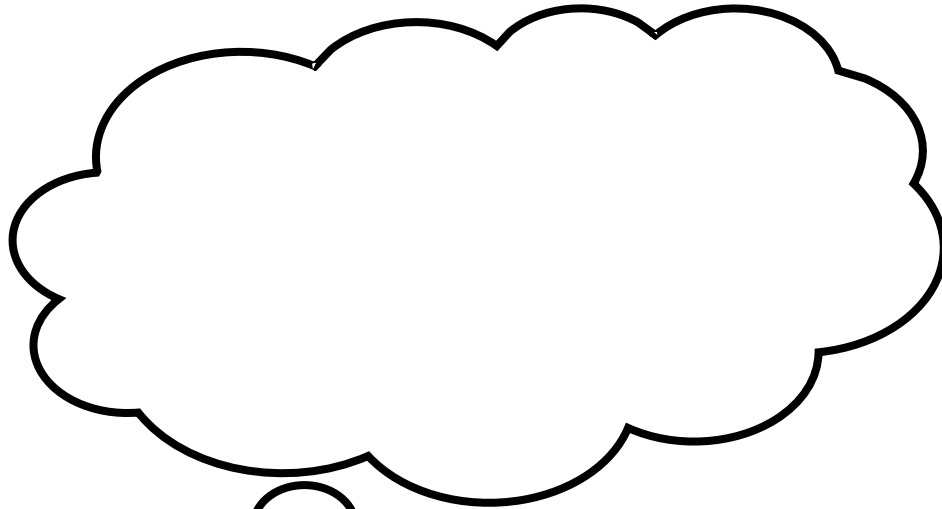
Look at the cards below and decide whether something about this makes you worried or excited or something in between. Cut out and sort the cards. You can write your own too



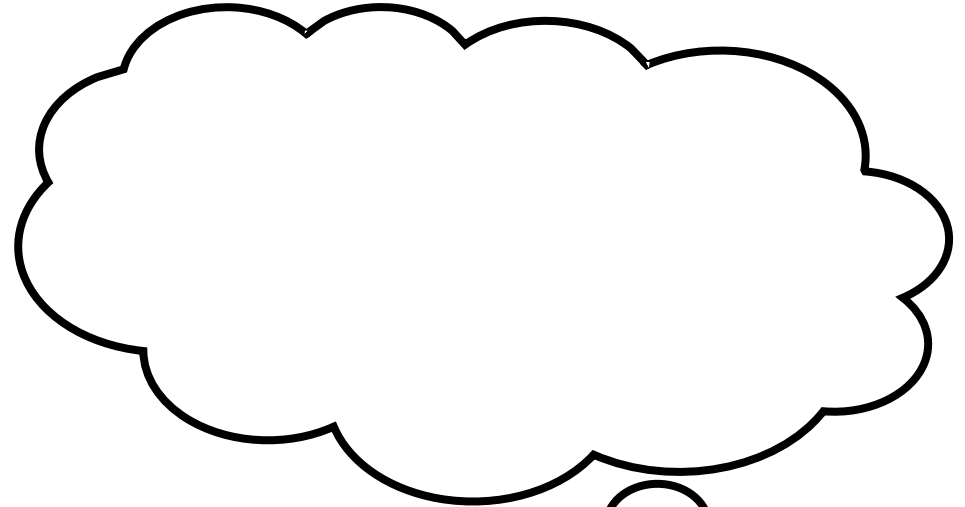
1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Classroom	Teachers	The pupils	The work	Homework	Lunchtime
Rules	Breaktime	Start time	Getting to school	Head teacher	School sports
After school clubs	Assembly	Timetable	Computers	School trips	School uniform
Write your own ➡					

Worry or Excitement



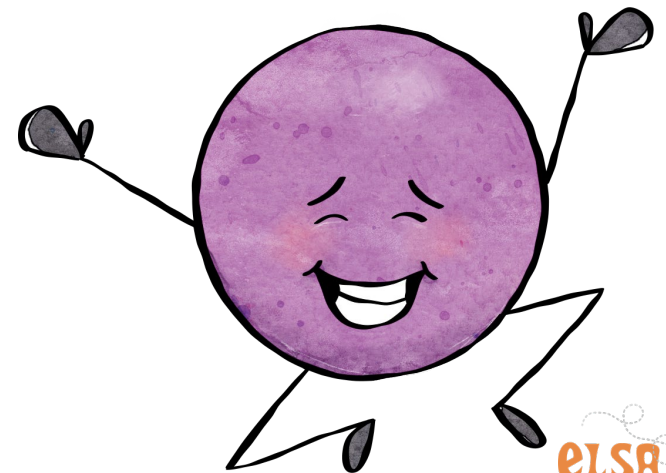
What are you worried about?



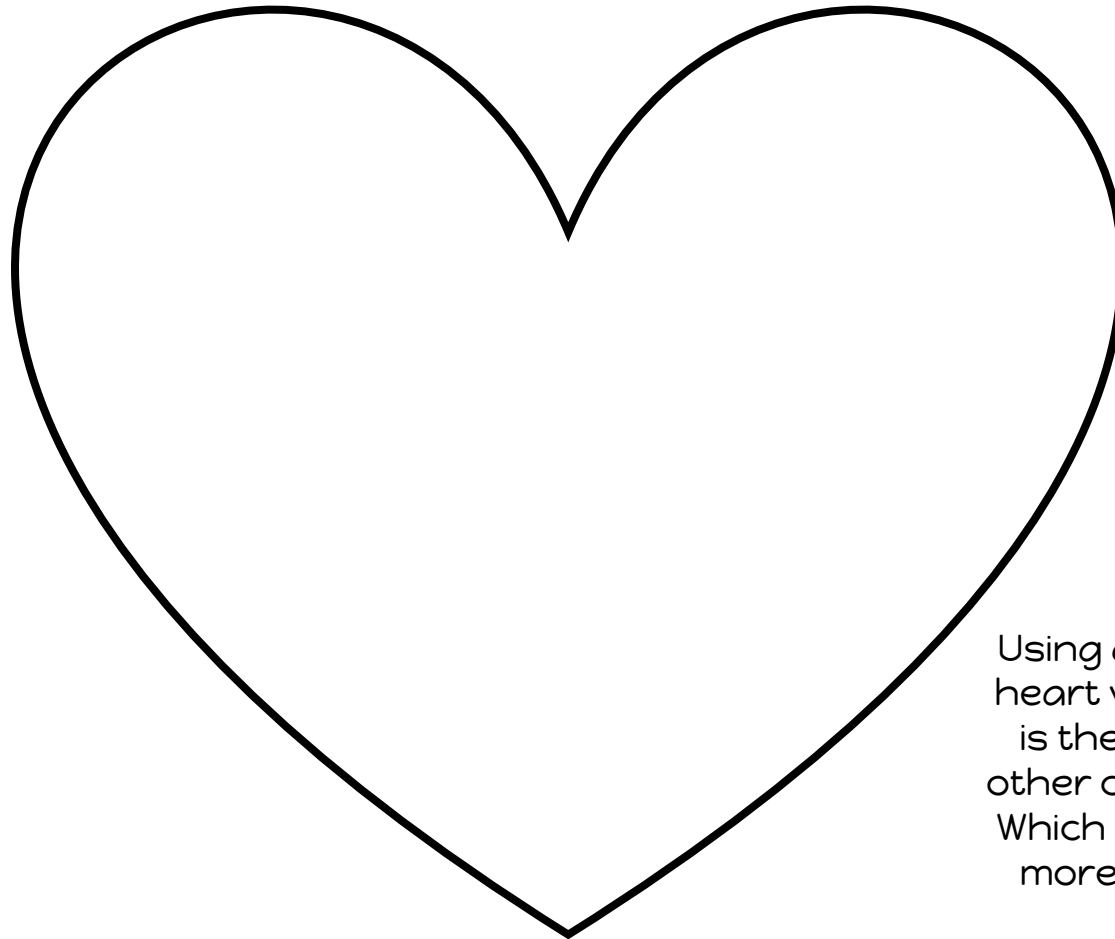
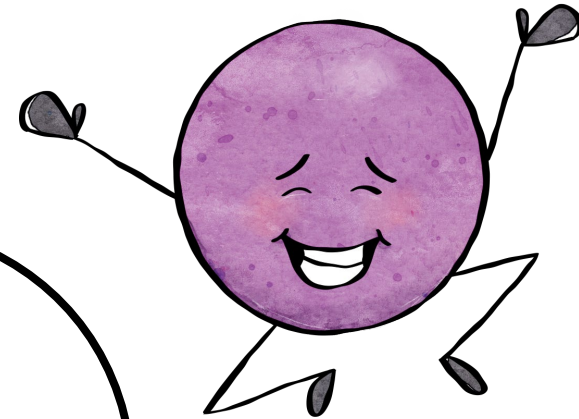
What are you excited about?



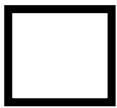
You can feel a mixture of worried and excited when things change



Worry or Excitement Heart



Colour key



Worry

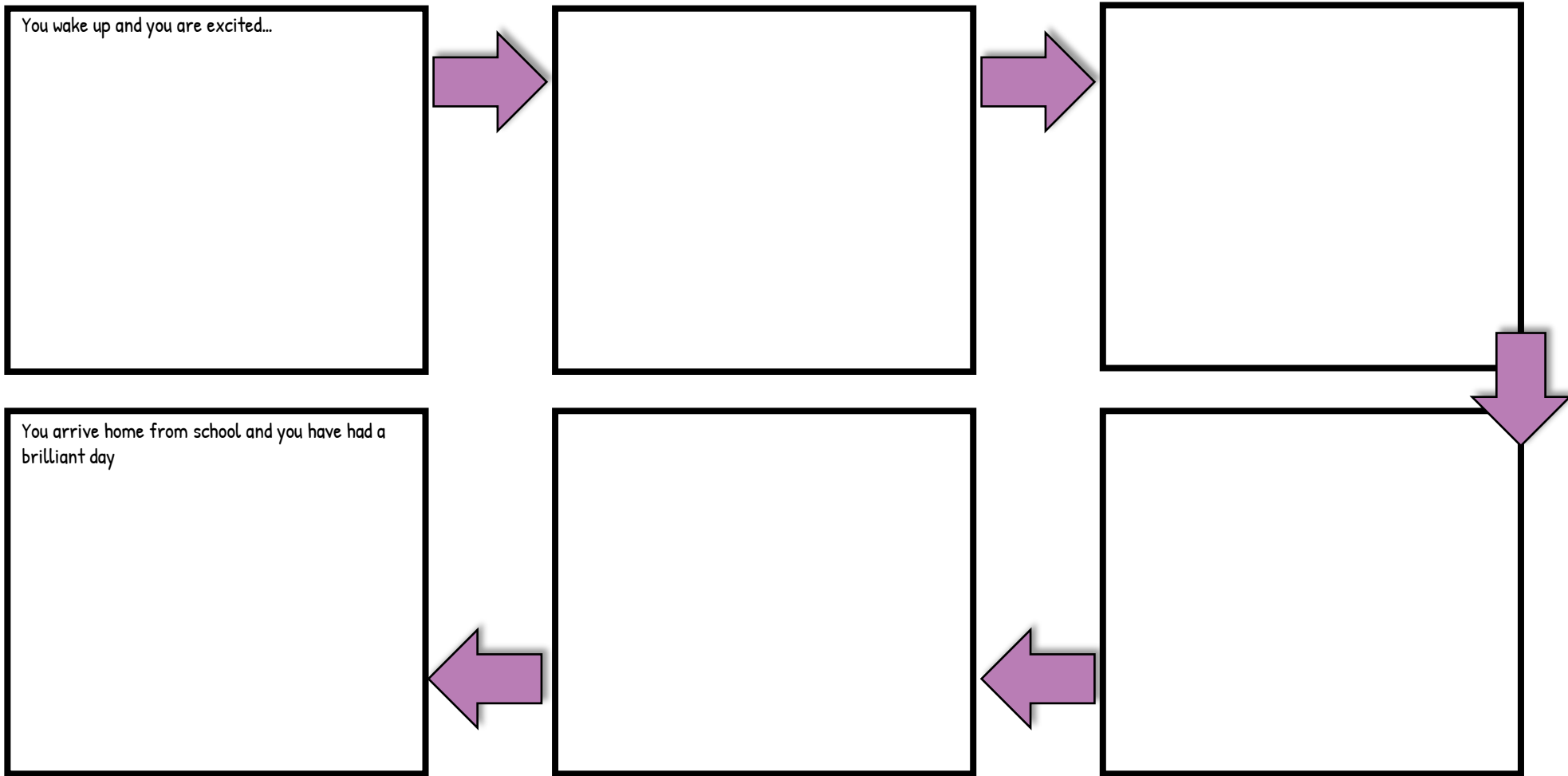
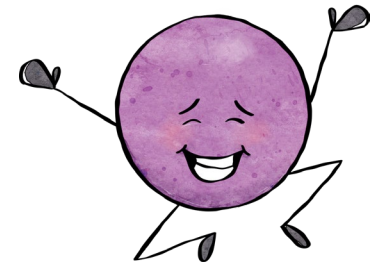


Excitement

Using any two colours fill the heart with colour. One colour is the exciting bits and the other colour is the worry bits. Which colour wins? Are there more exciting bits or more worry bits?

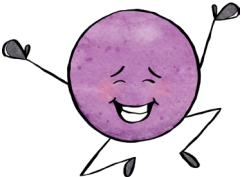
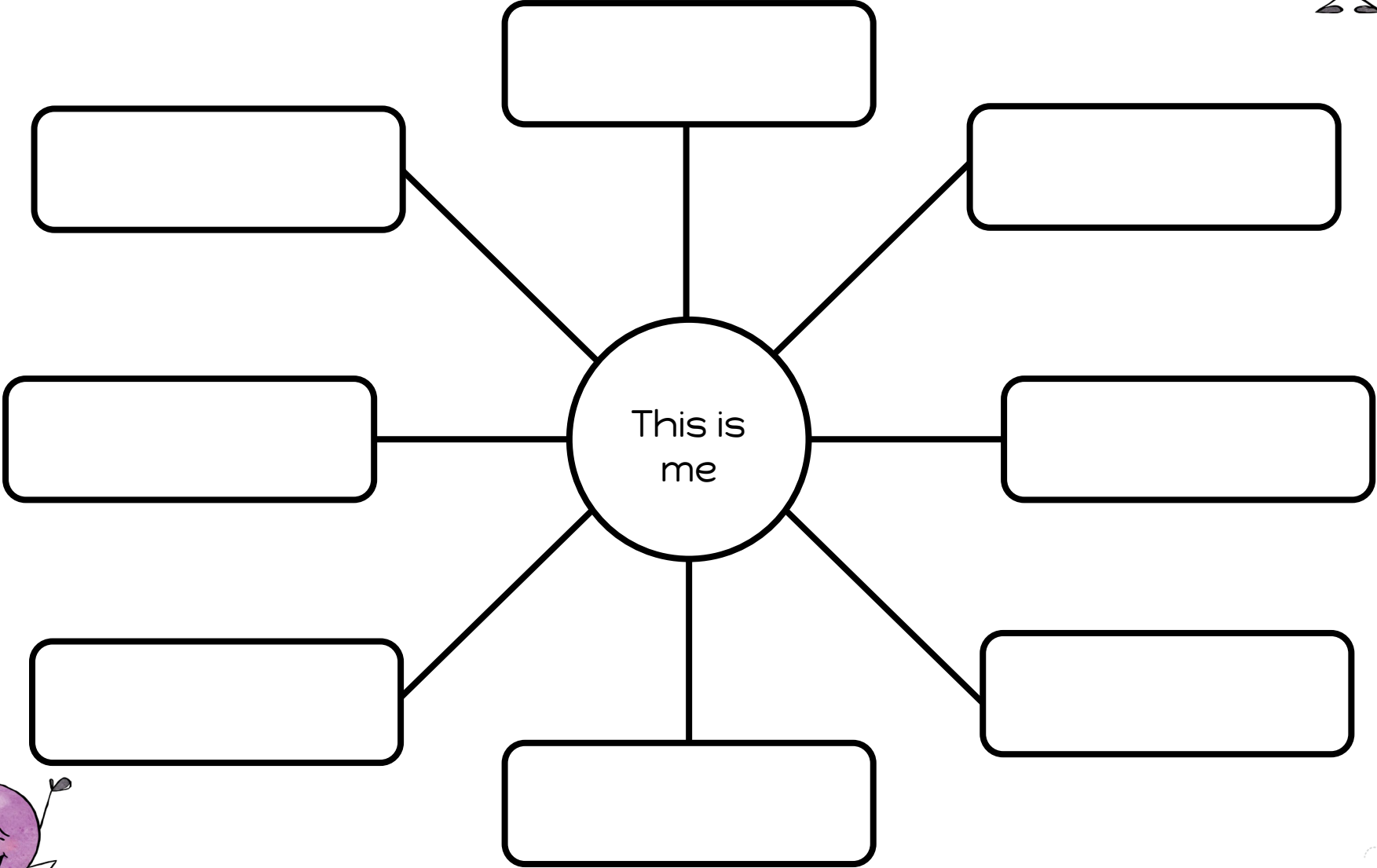
You wake up and it is your first day in the new class or school. Imagine you are excited to be going. What will happen during your first day? You will have a brilliant day!

Imagine Your First Day



Think about all the people who
can support you with your
worries about the changes
ahead

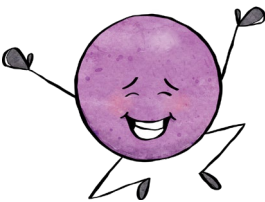
Support Network



Pipe cleaner scale - Punch holes where indicated and insert a pipe cleaner with a bead threaded on. Secure at the back with tape or twist each end together. Move the bead to a number on the scale to indicate excitement or worry. Use this for discussing changes around transition



Are you Worried or Excited?



☐

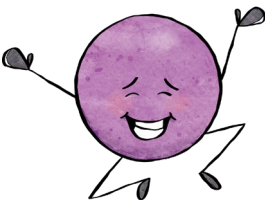
Move the bead along the scale

☐

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Are you Worried or Excited?



☐

Move the bead along the scale

☐

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