

Name: _____ Primary School: _____



BEACON HILL ACADEMY

Yr 6 Induction Transition Activity Booklet



You will find a range of fun activities to complete in this booklet. Have a go at completing them all and save them in your transition folder so that you can share this with your new Form Tutor in September.

Time For Change

FEELING GOOD SHIELD

Although we all have things that we are good at, sometimes it can be difficult to think of what makes us feel good about ourselves. Other people may have told you that you are good at some things, or they may be things you find easy or enjoy. Write or draw pictures of some of your strengths and skills below, to remind you of some of the things you can do well.

Something I am proud of	Something about me that makes me happy
Something I enjoy	Something I am good at



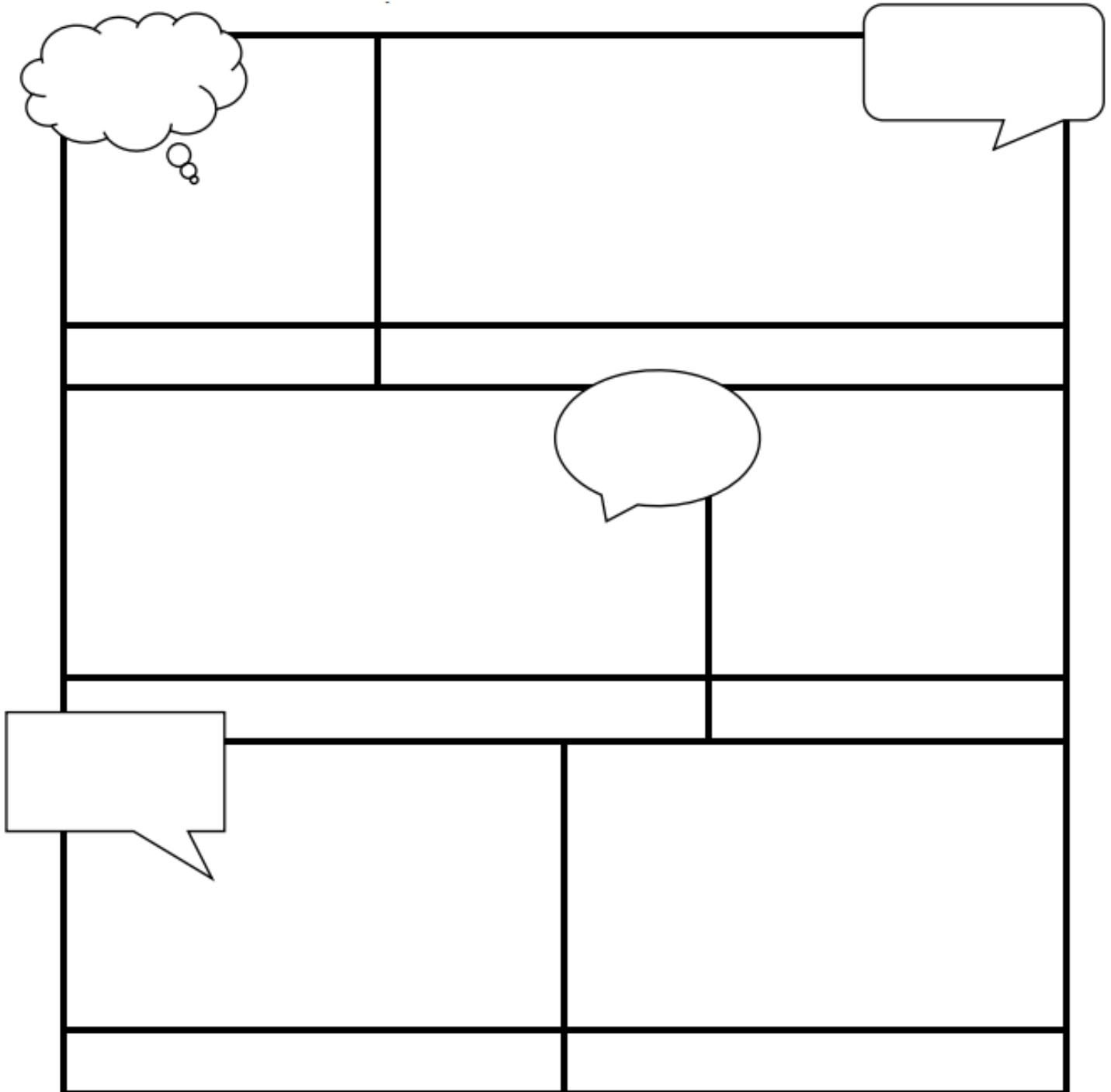
BOUNCING BACK

Think of a time when something happened that gave you a strong emotion (e.g. you might have felt worried, nervous, anxious or stressed) and how you managed to overcome that feeling.



For example, you had too much homework and not enough time to do it or a big test. Perhaps someone helped you feel better. Draw it in the comic strip below.

Draw it in the comic strip below.



The comic strip is a 4-panel grid. The top-left panel contains a thought bubble. The top-right panel contains a speech bubble. The middle panel contains a speech bubble. The bottom-left panel contains a speech bubble. The bottom-right panel is empty.



MY FEELINGS ABOUT MOVING TO SECONDARY SCHOOL

How do you feel now you have started to think about changing schools? Put an arrow on the lines below to show how you feel.

Here is an example:

Nervous



Not at all Nervous

Now you try:

Very happy

Not very happy

Very excited

Not very excited

Very worried

Not very worried

Very calm

Not very calm

Very angry

Not very angry

Very upset

Not very upset

Very relaxed

Not very relaxed

Very stressed

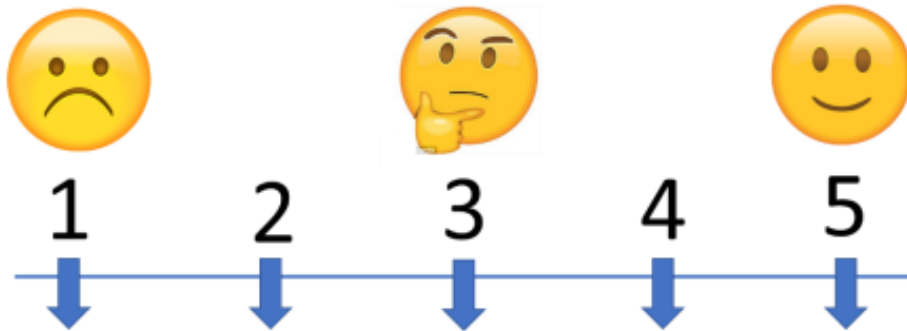
Not very stressed



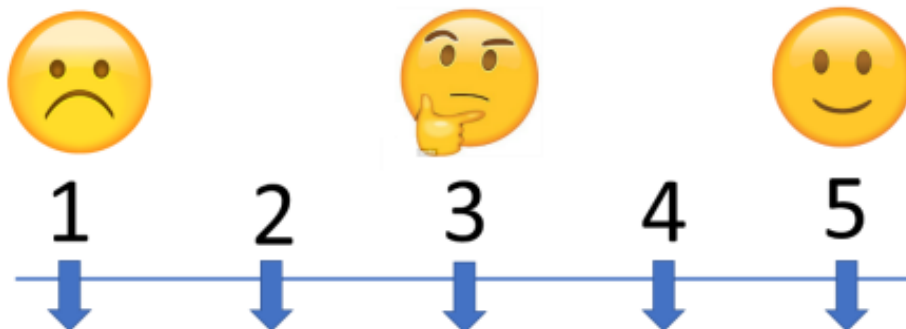
EMOJI SCALES FOR YOUR NEW SCHOOL

Mark where you are on these scales based on how you feel about each upcoming change.

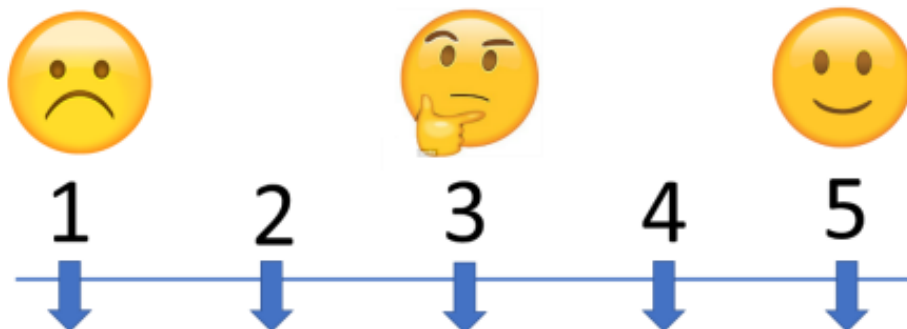
1. New Teachers



2. New Clubs

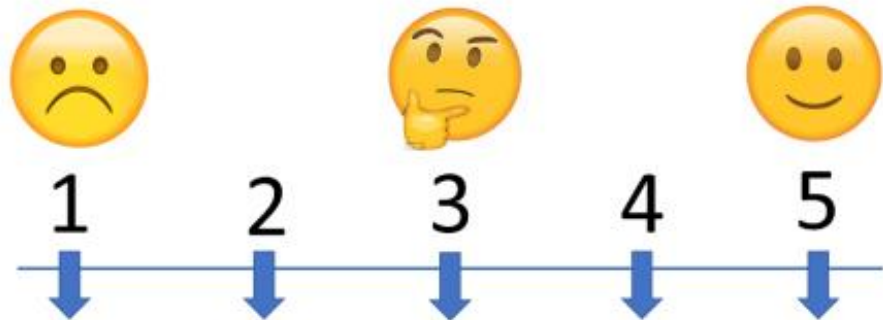


3. New Uniform

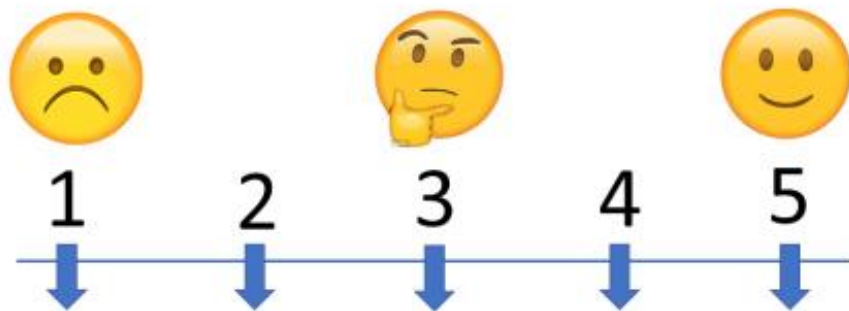


EMOJI SCALES FOR YOUR NEW SCHOOL

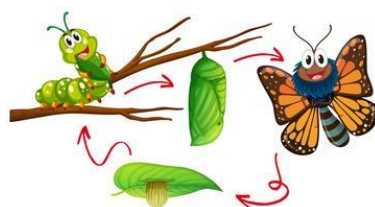
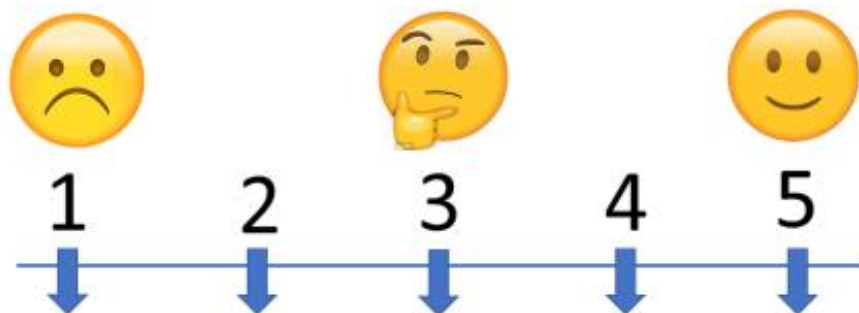
4. New Friends



5. Different Subjects/Lessons



6. Homework



DESIGN A T-SHIRT

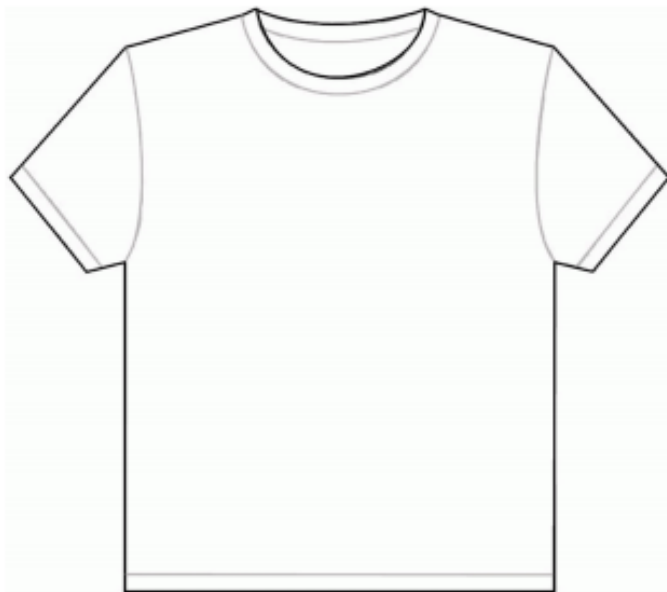
Draw a design for two T-shirts. The first T-Shirt will represent you now and the second T-Shirt will represent the future you. What might your T-Shirt look like once you have gained all of your qualifications at Beacon Hill Academy and beyond? How would this T-Shirt represent the 'adult' you?



Front



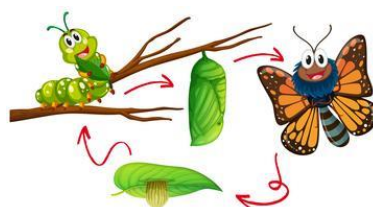
Back



Front

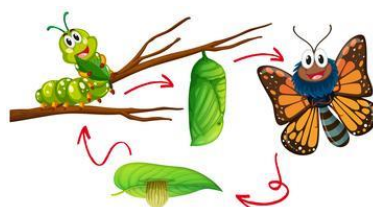
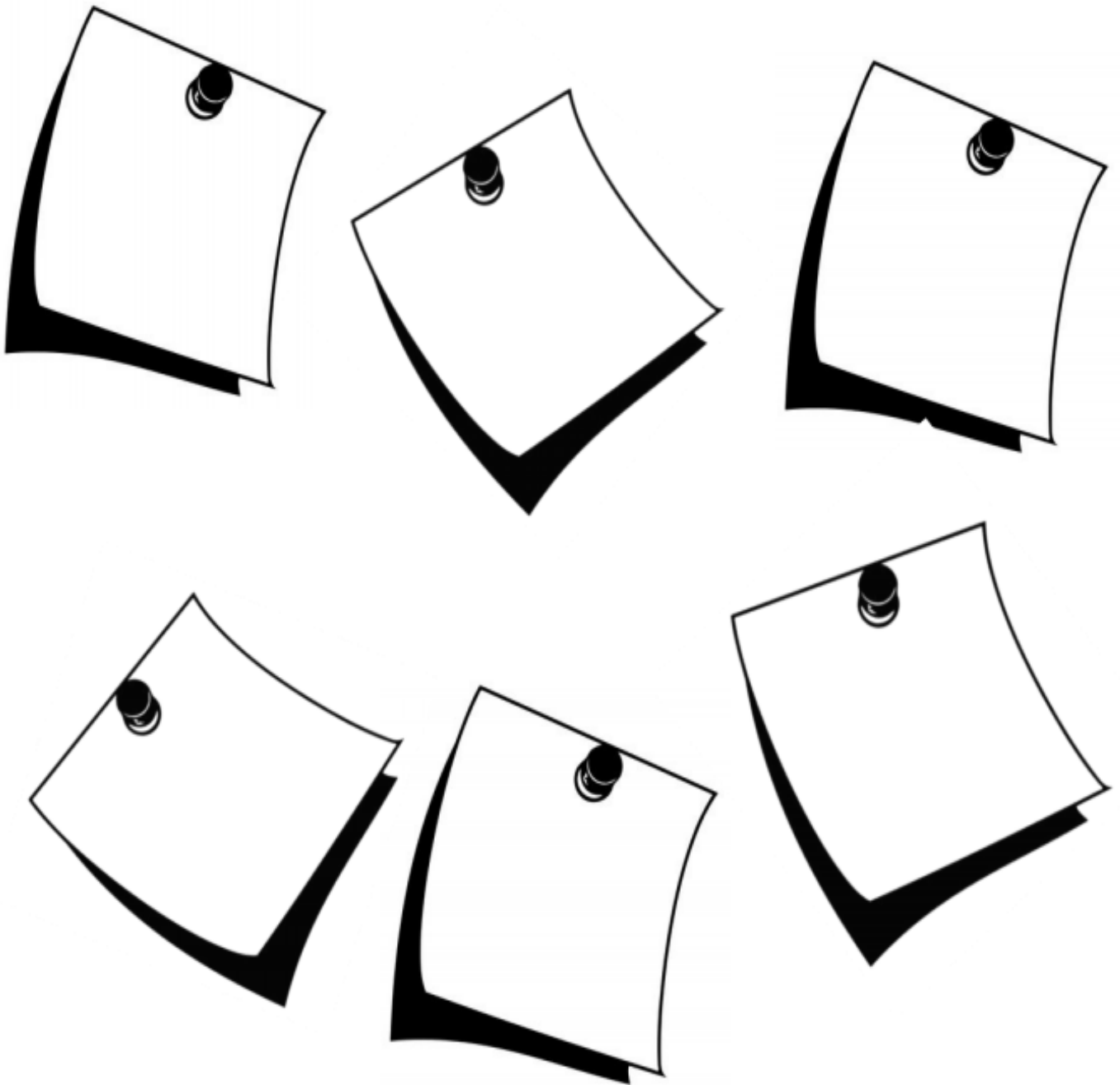


Back



BUILDING RESILIENCE IN SCHOOL

We all face problems and difficulties make mistakes and get things wrong from time to time. It is important to learn how to become more resilient, so that you can 'bounce back' and not let things 'get you down'. Think of some ideas of how you could be more resilient and/or what could help you become more resilient at school. Write your ideas on the sticky notes below, circle your favourite one and think how you could work towards it over the next few weeks...



POSITIVE THINKING

This worksheet will help you to think about your many strengths and skills.

Complete the following sentences:

One thing I like about myself is...

.....

Something I can do very well is...

.....

A favourite memory I have is...

.....

My friends can rely on me to...

.....

Can you think of any other positive statements about yourself?

Circle some words from the list below which describe you.

Say them to yourself... How do these words make you feel?

How will you stand and walk when you feel like this? Practise saying them. These words are a good way of reminding yourself about how you want to feel.

Caring

strong

friendly

honest

happy

trustworthy

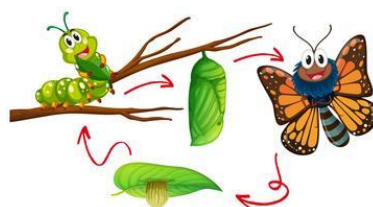
dependable

funny

kind

generous

loyal



WRITE A LETTER TO YOUR NEW SCHOOL

Writing a letter to your new teacher gives you the chance to tell them things about you that you think are important for them to know. Here are some ideas about information that you might want to include in your letter. You do not have to stick to these ideas if you have other things that you want to include too!

Dear Teacher,

My name is _____ and I will be in your class in September. I am writing to you today to tell you a bit about me.

1. Home

- Who do you live with? (humans and pets!)
- Do you have you any brothers or sisters? Do you get on with them?
- What do you like doing with the people you live with?
- Do other members of your family live nearby?
- How would the people you live with describe you?

2. School

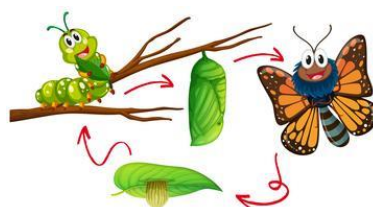
- What do you enjoy most about school (think about your friends, things you do at break times, jobs and responsibilities you have and lessons)?
- What are your favourite/ least favourite subjects?
- What do you get praised for and do well in at school?
Is there anything that you find difficult and need a bit of help with?
- Have you been a monitor, prefect or had a particular responsible role this year?
- How would your current teacher describe you?

3. Hobbies

- What do you enjoy doing when you are not at school?
- Are there any particular things that you have been doing for a long time?
- Have you reached particular levels or grades? (e.g. Grade 1 piano, black belt in Taekwondo)
- Are you involved in particular teams or groups? (e.g. Football, Scouts, Guides, music or drama groups)
- Are there any particular activities that you would like to start at secondary school?

4. Personal qualities

- How would you describe your character and personality?
- Are you a good friend? What makes you a good friend? How would your friends describe you?
- What is your attitude towards work?
- What motivates you to do well?



5. Moving to secondary school

- What are you most looking forward to, e.g. making new friends or starting Spanish lessons?

6. One thing you are worried about

- Is there a particular thing that is concerning you about secondary school, e.g. being separated from your friends or finding your way around school?

7. One last thing

- Is there anything else about you that you think it is important for your teacher to know?
- Why will they enjoy teaching you?
- How will you make sure you do the best you can at secondary school?

Yours sincerely,



DURING 'LOCKDOWN' I SPENT TIME.....

In the box below draw or write what you have done.

