

My Transition Booklet



School: _____

Name: _____

About Me

Name: _____

Age: _____

Favourite Subject: _____

Least Favourite Subject: _____

Favourite Book/s: _____



Hobbies: _____

Favourite Place/s: _____

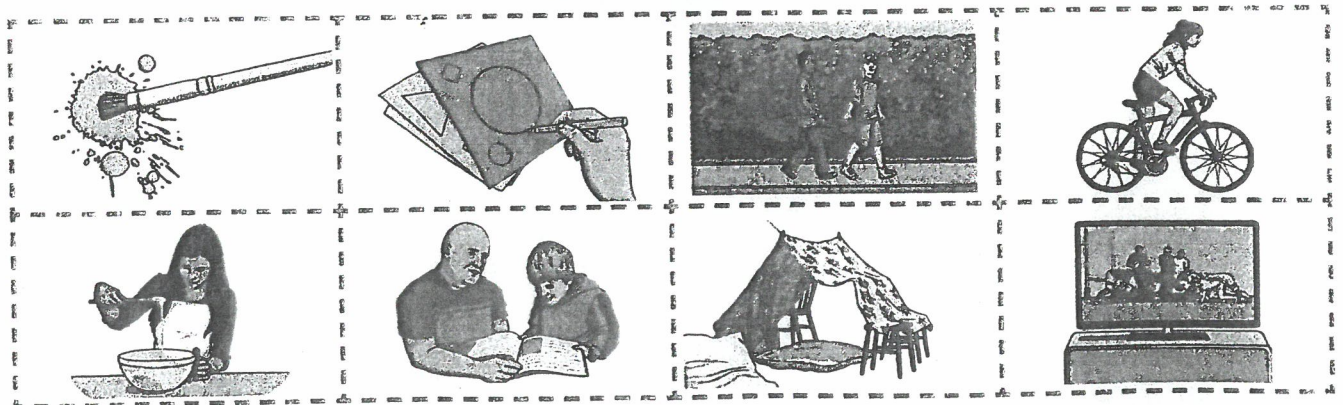
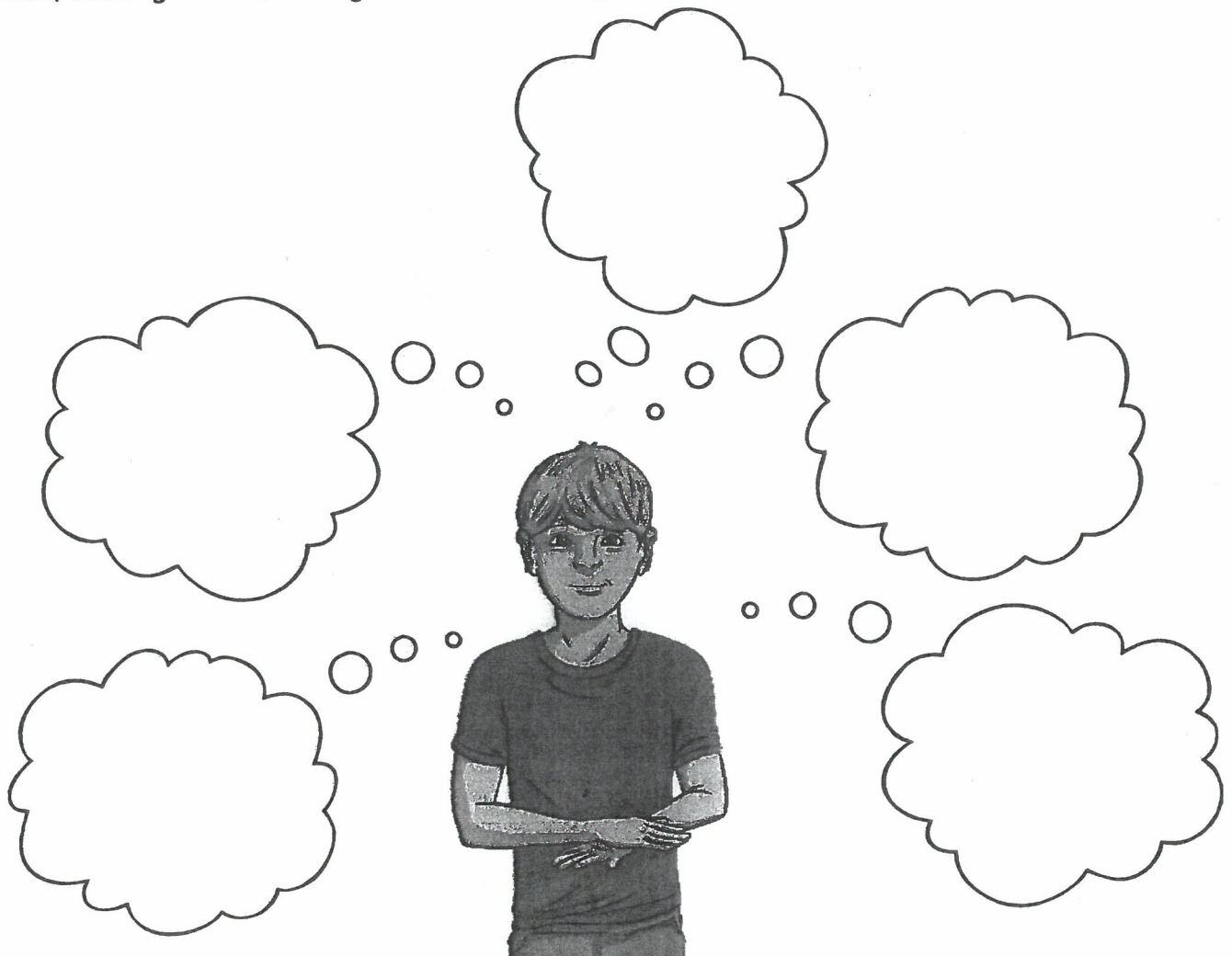
Pet/s: _____

Friends: _____

What I Did During Lockdown

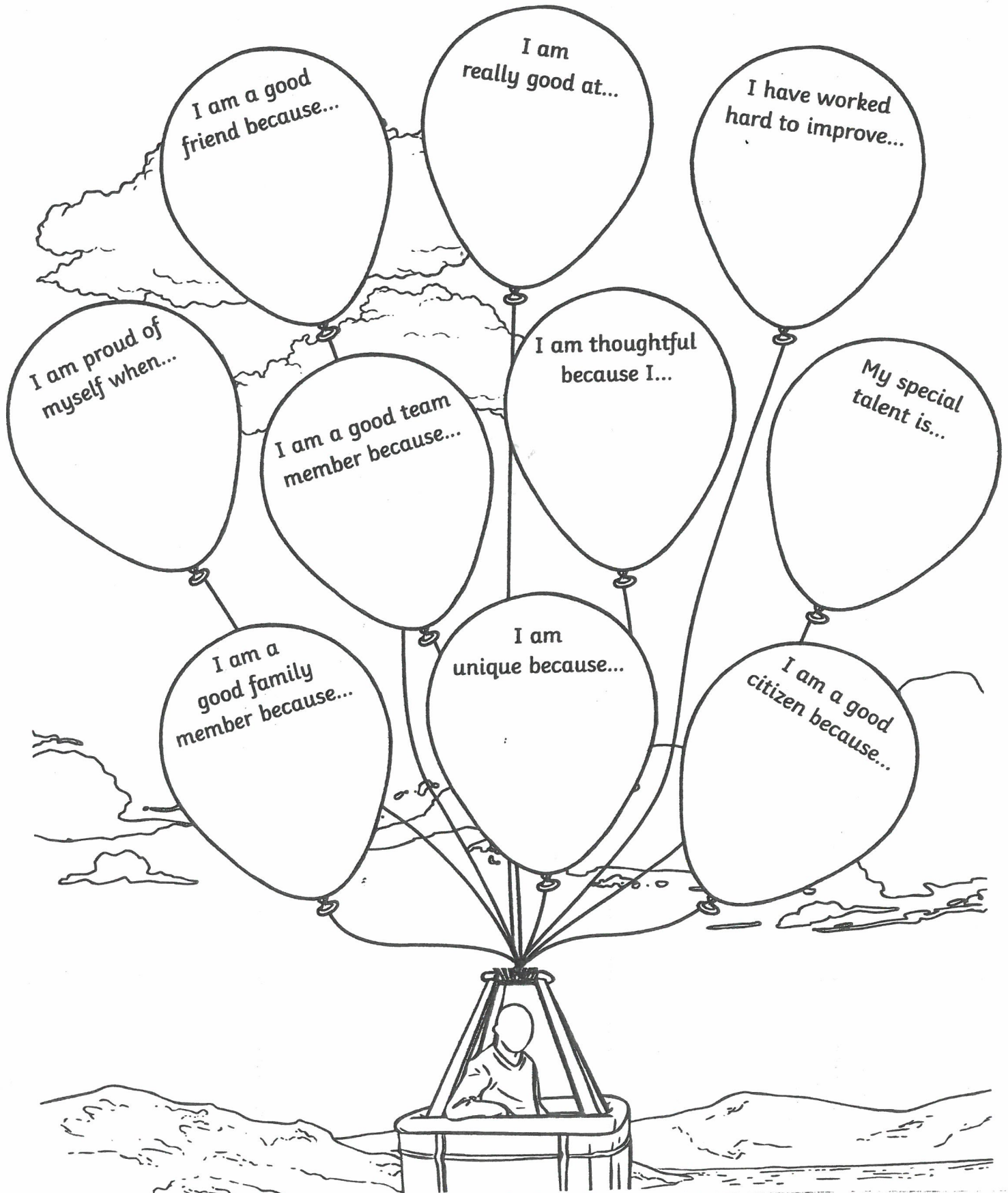
Schools have been closed for a while to keep us safe during the coronavirus outbreak. Now, it is time to return to school and we are going to settle back into a school routine again.

In the bubbles below, write, draw or stick five things that you did during your time at home. This could be anything from watching your favourite film or TV programme to riding your bike, reading a book, baking a cake or building a den!

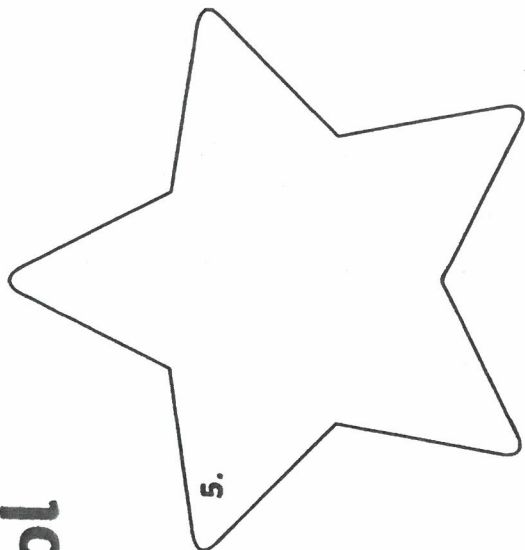
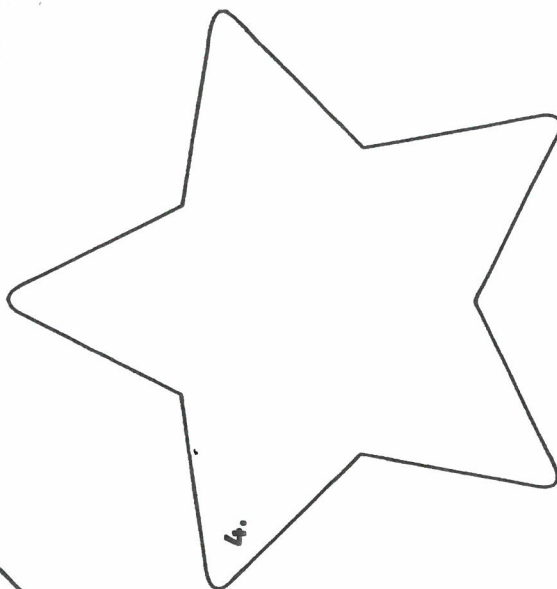
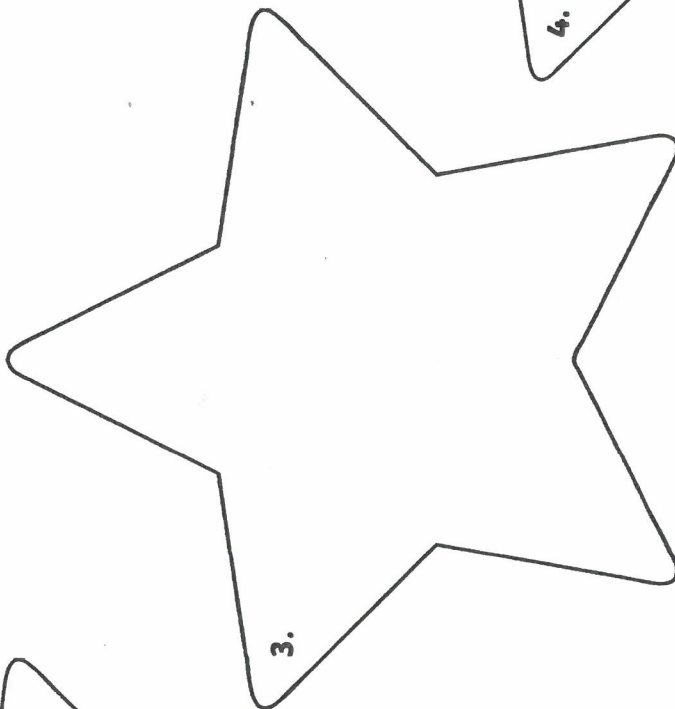
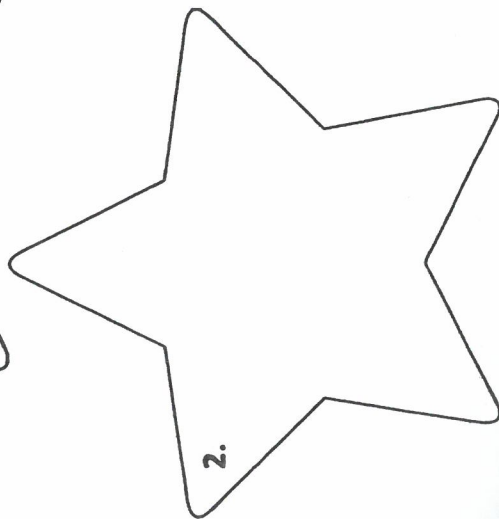
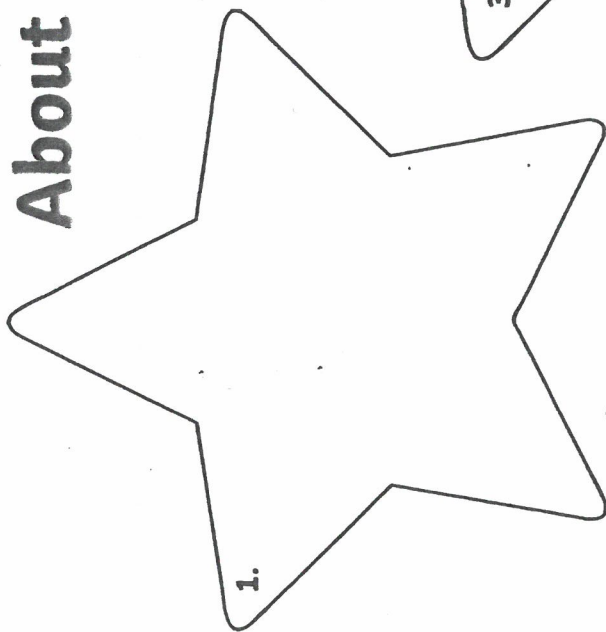


I Am an Amazing Person!

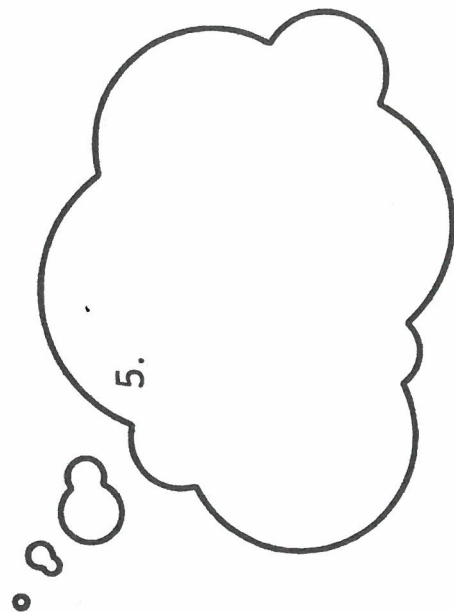
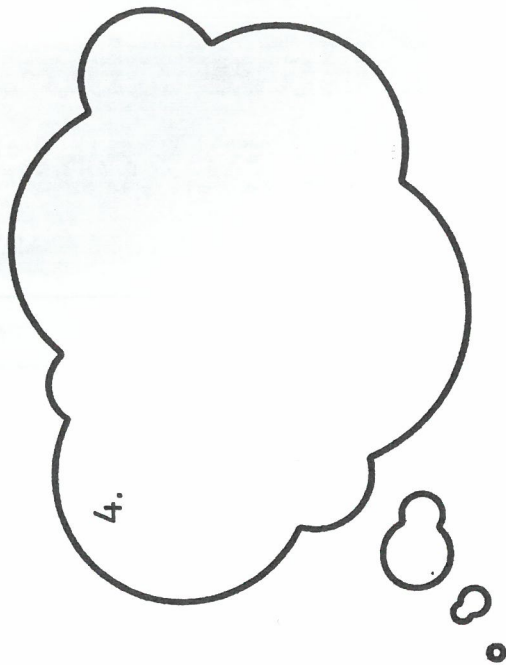
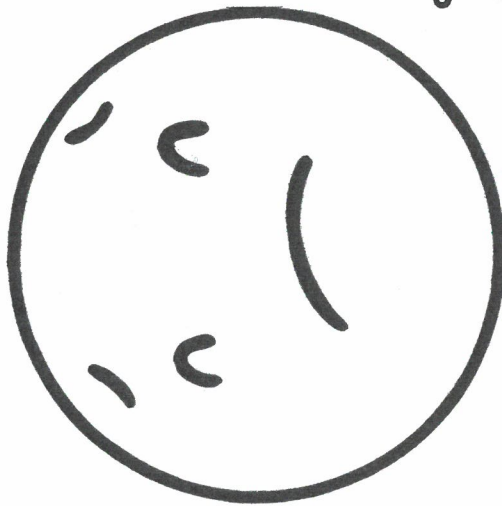
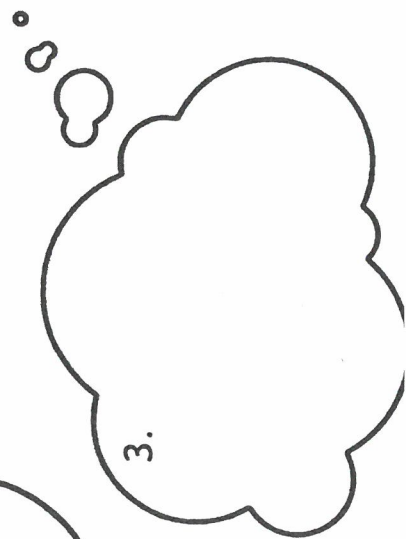
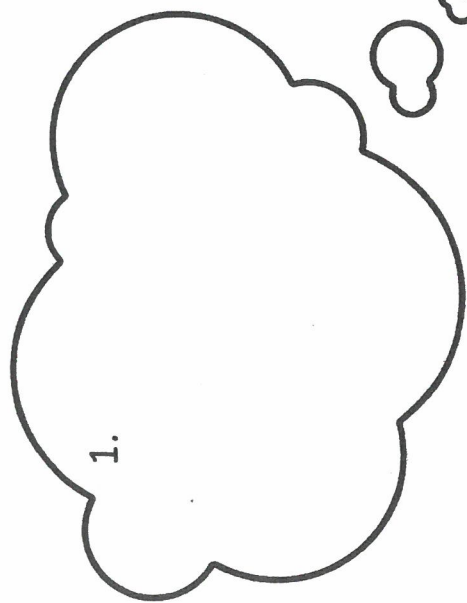
Read and finish the sentences in the balloons below.



The Top Five Things I'm Looking Forward to Most About Returning to School



My Top Five Worries



Questions I Have about Returning to School

You can ask your questions to: _____

Question 1

Question 2

Question 3

Wellbeing Craft -

Things to Look Forward To Jar

Use these craft instructions to create your own wellbeing jar. Having things to look forward to can make you feel happier and improve your wellbeing. Each time you think of something you would like to do in the future, write it on a piece of paper and place it inside your decorated jar.

You will need:

- glass or plastic jar
- scissors
- paintbrush
- white glue
- sticky label or strip of paper
- tissue paper or coloured paper
- pencil
- paper to record the things you are looking forward to



Instructions



1 Cut shapes out of the colourful paper or tissue paper.



4 Write a label for your jar. You could write 'Things to Look Forward To'.



2 Use the paintbrush to put some glue onto the jar.



5 You can use white glue to paint over the top of the shapes on your jar and the label. This will give it a nice, shiny effect.



3 Stick the paper shapes carefully onto the jar.



6 Once dry, your jar is ready to use. Write things that you are looking forward to on pieces of paper and place them into your decorated jar.

Achievements

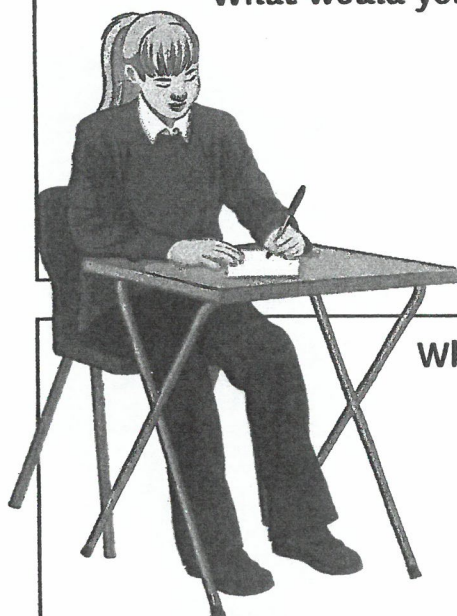
Have you ever received a certificate?

What do you think you are really good at?



Have you ever won a prize?

What would you like to achieve in secondary school?

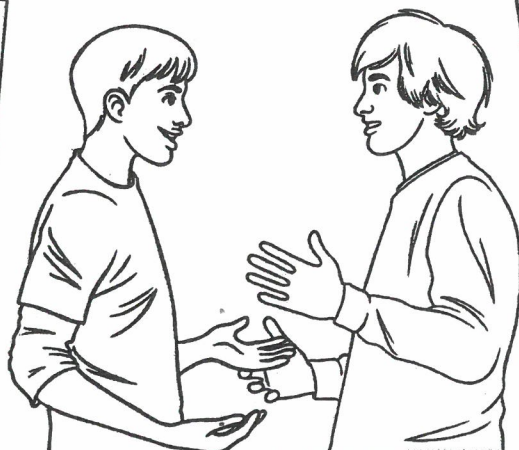


What are your aims for the next year?

A Letter to My Future Self

Task:

You are going to write a letter to your future self. This could be you in a year's time or you in a few years' time, at the end of secondary school.



Imagine what you would like to become. How would you like to be portrayed? What do you want people to think and say about you? This letter will be private and should be a chance to open up about your thoughts, feelings and goals.

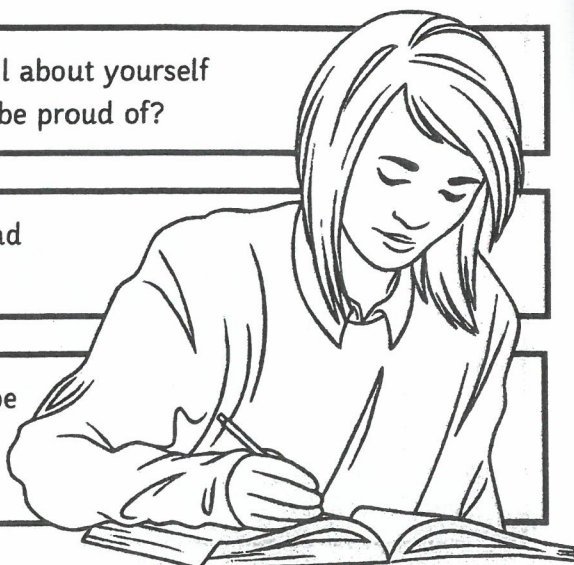
Ideas:

- What advice would you give yourself when starting something new?
- What would you like to change about yourself?
- How can you improve yourself?
- What are your ambitions?
- What are your goals?
- What are your dreams?
- Who would you like to get to know?
- What new things would you like to take part in?
- If you were somebody else starting a new year at school, what would you tell them?

Think about what is important to you, how you want to feel about yourself and how you want others to feel about you. What will you be proud of?

When you have completed your letter, take some time to read it over and think through the advice you have given.

When you have done this, you may put it inside the envelope your teacher has given you. You should receive this letter back at the end of the year.



Dear: _____ (your name)

Signed: _____

Date: _____