

Learning Objectives:

- Have a range of problem-solving strategies and self-care for dealing with emotions, challenges and change including transition to new schools.
- Recognise that they may experience conflicting emotions and find ways to overcome them.
- To recognise their individuality and personal qualities, strengths and achievements and how these contribute to a positive sense of self-worth and personal identity (and mental health and wellbeing).
- To understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition.

What have I already learned?	Key Information	Key Vocabulary
Name different feelings. Distinguish the different types of feelings in different situations Different strategies to manage feelings Understands what personal goals are and how to achieve them. Life events can affect our mental health and well-being.	and write a response to somebody else's concerns. Read a scenario about a child thinking about her new school the day before starting with mixed emotions. Brainstorm what the hopes and challenges might be.	Loss - You no longer have something or have less of something
Changes in our lives We're all different. We all have had times already in our lives when we experienced change or transition. Common life events that can affect your mental well-being include: • Our family/friends can change. • Moving school or changing year groups. • Mobility— moving to a new house or moving country	Research and Fact find about their secondary school to help settle any worries or concerns. Use the computers to search their new school website. Make a mind map of lots of facts about their school – incl drawing the school uniform, HT name, start and end times of the day, subjects taught, ethos etc	Mental health - The way someone thinks or feels about themselves and the world around them. It's related to how people cope with life's challenges and stresses
Feelings about moving to secondary school Brainstorm the different emotions/ feelings that they might have e.g nervous, scared, excited, hopeful, worried, unsure, glad Think about specific secondary school situations and how they might feel about them e.g travel, homework, older children, timetables, lunch	Use a range of problem solving strategies to work out how to solve issues that might happen in real life using scenario cards brainstorm in small groups solutions to possible problems that pupils may encounter in Y7.	Qualities - A feature that makes a person or thing what it is. Compassion is an important quality for a doctor to have.
	Interview an ex Holly Parker Prepare questions about the transition to secondary school. Invite in an ex pupil to talk and answer questions.	Responsibility - To do the things you are expected to do and accept the consequences (results) of your actions.
	Conflicting emotions – Push and Pull factors Make a table of things that they are really looking forward to about secondary school and reasons that they will be sad to leave primary school	Self Worth - A person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself.
		Separation - The act of separating or condition of being separated due to life events.
		Set back - A setback is an event that delays your progress or reverses some of the progress that you have made.
		Transition - Periods of change that are experienced as we progress through different stages in our lives

Understand the word transition

What might happen to help with the transition?
How do both schools prepare you? Feelings about
Transition – What am I looking forward to? What
am I worried about? What goals, hopes and
expectations do I have? Are there common
worries and concerns. Write a letter to an
agony aunt expressing concerns. Swap books

Liken to a family holiday – sad to leave at the end of the holiday
BUT glad to get home

Reflection - My Primary School memories

Make a kind of noticeboard of primary school memories:

My favourite moment

My favourite year

A memory I will keep

My favourite trip

The best thing I learned

