Ready... steady... SCHOOL!

Moving to Year 7 can be tricky, but there are things you can do to help you prepare. Remember, you don't have to do it alone, grown ups are there to help you. We've made a list of things you can do to get ready. You might want to try all of them, or just a few – whatever works for you! Add a ✓ or ✗ in the columns below. There are spaces for you to add your own.

Things that might help me with transition to Year 7	✓ / ✗	I'd like some extra help with this	Someone who can help me with this is...
Example: I know my route to school	✗	✓	My older brother
I know my route to school			
I've added important numbers to my phone			
I've had a look at the school website			
I've talked to an adult I trust about my worries			
I've arranged to meet a friend to go in to school with			
I've made a list of questions I would like answered			
I know who to ask for help in my new school			
I know how to pack my bag for the next day			
I know the school uniform and P.E kit			
I've found out what clubs I can join			
I have a small reminder of home to take with me			
I have important things I need like house keys/money			
I have a copy of my timetable			
Preparing for your first day : plan what time you will get up, what breakfast you'll have, how you will get to school			
At the end of your first day : having some chill out time, plan a nice activity you can do after day 1 and after week 1			

For more information, check out the Resilience Project's Transition Top Tips!

When we are feeling worried about something new, we might notice feelings in our body like butterflies in our belly, our heart beating faster, or sweaty palms. There are things we can do to help our body and mind feel calmer. Here are some things you can do with the help of somebody else like a friend or adult. Why not give them a try, and see which ones you find helpful.

Things that might help my body when I'm worried	Someone who can help me with this is...	I've tried this	It was helpful
Example: Belly breathing	My year 6 teacher	👍 👎	👍 👎
Belly breathing		👍 👎	👍 👎
Square breathing		👍 👎	👍 👎
Finger breathing		👍 👎	👍 👎
5,4,3,2,1 grounding		👍 👎	👍 👎
Use scents I like		👍 👎	👍 👎
Touch something soft		👍 👎	👍 👎
Squeeze something squishy		👍 👎	👍 👎
Look at / touch my object from home		👍 👎	👍 👎
Star jumps		👍 👎	👍 👎
Running on the spot		👍 👎	👍 👎
Wall push ups		👍 👎	👍 👎
Eat something crunchy or chewy		👍 👎	👍 👎
Blowing bubbles through a straw		👍 👎	👍 👎
Tapping or drumming		👍 👎	👍 👎
Carry a backpack		👍 👎	👍 👎
Stretching		👍 👎	👍 👎
Give myself a hug		👍 👎	👍 👎

For more activities like these, check out https://www.childline.org.uk/toolbox/calm-zone/