



**Strengthening Minds**

Helping people grow

# **THE TRANSITION SUPPORT PROGRAMME**

**STUDENT WORKBOOK  
TRIAL**

**NAME** \_\_\_\_\_

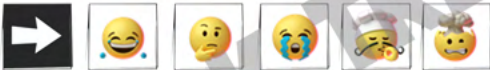
**CREATED BY STEVE DANIELS AND STUART CABLE**



# Strengthening Minds

Helping people grow





## CHECK-IN

HOW DO YOU FEEL TODAY?

Use the SPACE BELOW to write down how you are feeling or how you have been feeling this week. FEELING CREATIVE? Try out our **Check-In Challenge** and describe your mood using only pictures.

TODAY, I FEEL...



## INTERACTIVE GAME ANSWERS

### SIX BENEFITS OF SECONDARY SCHOOL

Use the table below to write down the 6 interactive game answers. Then, for each answer, spend some time completing the questions.

ANSWER	IS THIS IMPORTANT?	WHY?



# NEW SCHOOL!

Below, you will find a map of all the important things in your new school. With the help of your teacher, fill in your map and start getting to really know your NEW SCHOOL!

How many floors does your new school have?

Where are the toilets?

Where are you allowed at break and lunch?

How many buildings does your new school have?

Where are most of the rooms on your timetable?

Where can you buy food from in your new school?

Where do you go if you get lost?

Where is the library in your new school?

How many times does it say 'new school' on this page?

Write down three words to describe your new school?



# NEW YOU!

Answer the questions below. The ones on the left will be about your primary school and the ones on the right will be about your new school and what you want to achieve.

## QUESTIONS ABOUT PRIMARY SCHOOL

What was something you achieved at primary school?

What were you great at during primary school?

What are three words to describe yourself at primary school?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What was the most exciting thing you learned in primary?

What did you do at break and lunch at primary school?

## QUESTIONS ABOUT SECONDARY SCHOOL

What is something you hope to achieve at secondary school?

What do you think you will be great at during secondary school?

What are three words to describe yourself at secondary school?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are you most excited to learn about in secondary school?

What will you do at break and lunch at secondary school?

A target icon with concentric circles in blue, red, and yellow, centered between two arrows pointing towards each other.

**TARGET**

**SETTING**

## GROUP TARGET

Here's where you write down your group target. Everyone in the room will be working on this target, so encourage others throughout the week.

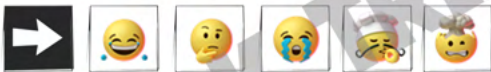


## PERSONAL TARGET

This is your chance to come up with your own personal target. You know yourself better than anyone, so think of a target that is achievable for you, but still challenging. If you get stuck, take a look at the ideas on the board to help you.







## CHECK-IN

HOW DO YOU FEEL TODAY?

## SESSION 2 - FINDING FRIENDS

Use the SPACE BELOW to write down how you are feeling or how you have been feeling this week.

FEELING CREATIVE? Try out our **CHECK-IN CHALLENGE** and write a newspaper article to describe your mood.

### TARGET REVIEW

Use the space below to write down your two targets from last week. Then, rate your performance since last session out of 10. Be honest with yourself; this is *you* rating *you*.

#### TARGET 1

#### TARGET 2

SCORE OUT OF 10

SCORE OUT OF 10



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## INTERACTIVE GAME ANSWERS

### SIX POSITIVE TRAITS OF A GOOD SECONDARY SCHOOL FRIEND

Use the table below to write down the 6 interactive game answers. Then, for each answer, spend some time **COMPLETING THE QUESTIONS**.

ANSWER	HOW IMPORTANT IS THIS TO YOU?	HOW CAN SOMEONE SHOW THIS?
	___ out of 10	
	___ out of 10	
	___ out of 10	
	___ out of 10	
	___ out of 10	
	___ out of 10	



# FRIENDSHIP BINGO

HOW MANY SQUARES CAN YOU PUT A NAME INTO?

Someone who is an only child



NAME -

Someone who likes to cook



NAME -

Someone who is good at art



NAME -

Someone who plays football



NAME -

Someone who is scared of spiders



NAME -

Someone with the same birth month as you



NAME -

Someone who can make a paper aeroplane



NAME -

Someone who has the same hobby as you



NAME -

Someone who has a brother or sister



NAME -

Someone who loves technology



NAME -

Someone who likes the same food as you



NAME -

Someone who is great at spelling



NAME -

Someone who likes to sing



NAME -

Someone who has broken a bone before



NAME -

Someone who likes to read



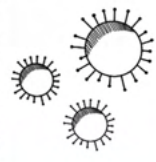
NAME -

Someone who can plait hair



NAME -

Someone who has hayfever



NAME -

Someone who has family in another country



NAME -

Someone who likes to play computer games



NAME -

Someone who loves to dance



NAME -



**TARGET****SETTING****GROUP TARGET**

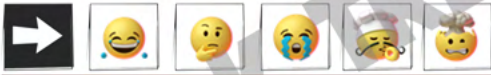
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**PERSONAL TARGET**

This is your chance to come up with your own personal target. You know yourself better than anyone, so think of a target that is achievable for you, but still challenging. If you get stuck, take a look at the ideas on the board to help you.



## SESSION 3 - LESS STRESS



### CHECK-IN

HOW DO YOU FEEL TODAY?

TODAY, I FEEL...

Use the SPACE BELOW to write down how you are feeling or how you have been feeling this week. FEELING CREATIVE? Try out our **CHECK-IN CHALLENGE** and use emojis to describe your mood.



### TARGET REVIEW



Use the space below to write down your two targets from last week. Then, rate your performance since last session out of 10. Be honest with yourself - it's important.

**TARGET 1**

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-----  
-----  
-----

SCORE OUT OF 10

□

**TARGET 2**

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-----  
-----  
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SCORE OUT OF 10

□

## INTERACTIVE GAME ANSWERS

### TOP SIX WAYS TO MANAGE STRESS

Use the table below to write down the 6 interactive game answers. Then, for each answer, spend some time **COMPLETING THE QUESTIONS**.

ANSWER	USE THIS SPACE <b>AFTER</b> THE STRESS TEST
	Write down one thing from the Stress Test that really stresses you out



# STRESS BUSTERS

## DEEP BREATHING



Use the box below to write down how you feel now that you have completed the breathing exercise.



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## EXERCISE



Hopefully, you got the chance to practice at least one of the exercises on the board. Write down one word to describe how you feel after completing the exercise.



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## TALKING ABOUT IT



Who did you tell?

What did you tell them?

How do you feel after telling them?



.....

## HEALTHY EATING

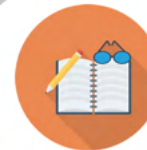


Write out a healthy food diary for one day this week

Breakfast

Lunch

Dinner



.....

## GETTING ENOUGH SLEEP



Write down your three strategies underneath

- 1.....
- 2.....
- 3.....



## LISTENING TO MUSIC



Write down some of your favourite songs below -

- 1.....
- 2.....
- 3.....



**TARGET****SETTING****GROUP TARGET**

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**PERSONAL TARGET**

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