

Sharing your Worries



Change can often cause us to worry and we need to remember that it's ok to worry sometimes, especially during times of change. Sharing and exploring our

worries can help us through times of change. Have a go at the activities on page 7 and 8 to think about and share your worries about your upcoming transition to secondary school. It might be nice to share these with your family at home who can support you too!

Preparation is the Key

As you move into secondary school, you will start to become more independent. To help you prepare for this, have a look at the list of organisational top tips on page 9 and have a go at ordering them in order of usefulness. You might like to do this together with a family member or you and a family member could have a go separately then compare your answers. When you are happy with the order, record them on the plain paper provided as a reminder. You might like to decorate with pictures too, so it is more like a poster.



Going for Goals!

What do you want to achieve during your first year at secondary school? Have a go at the activities on Pages 4 and 5 to help you create some goals and consider what you will need to do to achieve those goals and who can help you.



Getting to Know Yourself as a Learner

Knowing yourself as a learner can be really helpful so that you are aware of your strengths and weaknesses. It can also be helpful to know your preferred learning style too. Have a go at the activities on page 2 and 3 to consider yourself as a learner. If you can, talk them through with adults at home - do they agree?



Good to be me

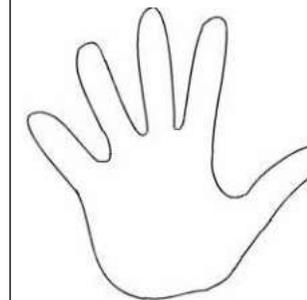
We are all amazing people and we are special in many different ways. On page 10, write all of the reasons why you are a special person. Family members will be able to help you with this too, I'm sure.

Here are some ideas to think about:

- I am a good friend because...
- I am kind because...
- I am proud of myself when...
- My special talent is...
- I have worked hard to improve...



5 Finger Facts



Create 5 Finger Facts all about you: what you are good at, the way you learn best and what you are going to try and get better at.

Remember to draw around your hand (in your book) and write the facts next to each finger. It would be lovely to look back at these facts in a year's time to see if any have changed.

--	--	--

V = Visual K = Kinaesthetic A = Auditory

What is your preferred or dominant style?

Discuss with a teacher how you might best develop your skills and strategies in all curriculum areas.

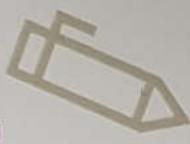


My learning style

- | | | |
|----|---|---|
| 1 | I feel the best way to remember something is picture it in my head | V |
| 2 | I follow oral directions better than written ones | A |
| 3 | I often would rather listen to a lecture than read the material in a textbook | A |
| 4 | I am constantly fidgeting (<i>eg tapping pen, playing with keys in my pocket</i>) | K |
| 5 | I frequently require explanations of diagrams, graphs or maps | A |
| 6 | I work skilfully with my hands to make or repair things | K |
| 7 | I often prefer to listen to the radio than read a newspaper | A |
| 8 | I typically prefer information be presented visually (<i>eg flipcharts or chalkboard</i>) | V |
| 9 | I usually prefer to stand while working | K |
| 10 | I typically follow written instructions better than oral ones | V |
| 11 | I am skilful at designing graphs, charts and other visual displays | V |
| 12 | I generally talk at a fast pace and use my hands more than the average person to communicate what I want to say | K |
| 13 | I frequently sing, hum or whistle to myself | A |
| 14 | I am excellent at finding my way around even in unfamiliar surroundings | V |
| 15 | I am good at putting jigsaw puzzles together | K |
| 16 | I am always on the move | K |
| 17 | I excel at visual arts | V |
| 18 | I excel at sports | K |
| 19 | I'm an avid collector | K |
| 20 | I tend to take notes during verbal discussions/lectures to review later | V |
| 21 | I am verbally articulate and enjoy participating in discussions or classroom debates | A |
| 22 | I easily understand and follow directions on maps | V |
| 23 | I remember best by writing things down several times or drawing pictures or diagrams | V |
| 24 | I need to watch a speaker's facial expressions and body language to fully understand what they mean | V |
| 25 | I frequently use musical jingles to learn things | A |
| 26 | I often talk to myself when alone | A |
| 27 | I would rather listen to music than view a piece of artwork | A |
| 28 | I need to actively participate in an activity to learn how to do it | A |
| 29 | I frequently tell jokes, stories and make verbal analogies to demonstrate a point | K |
| 30 | I frequently touch others as a show of friendship (<i>eg hugging</i>) | A |
| | | K |



My year 7 action plan



Date:

My priority goal is

These are the steps
to achieving my goal:

- 1
- 2
- 3
- 4
- 5

These are the people
who will help me:

- 1
- 2
- 3

These will be my
rewards along the way:

- 1
- 2
- 3

If something doesn't
work out I will:

- 1
- 2
- 3

When I reach my goal I will celebrate by

THE
TRANSITION

THE
TRANSITION
TOOL
BOX

CARD

50



re.uk

nurture

SESSION 5

Organisational Top Tips

Read through the top tips for organising yourself and your work. Place them in order of usefulness. Compare your ranking system with a partner. Do you agree? **If you do not, why is this?**

- Keep a list of **'Things to do'** and tick them off
- Prioritise your work and set dates to complete each piece
- Make sure you sleep for at least eight hours a night
- Use your learning styles and strengths
- Make up a study calendar every week
- Make sure you have a proper place to work and concentrate
- Switch off your mobile when you are working
- Set time limits for each activity and try to keep to them
- Don't compare yourself to others who work differently
- Set out all the things you need for your work the night before
- at, rest, play and work in a balanced way
- an regular breaks when you are working or studying

