Lesson 5:

Feelings and common anxieties when transitioning to secondary school

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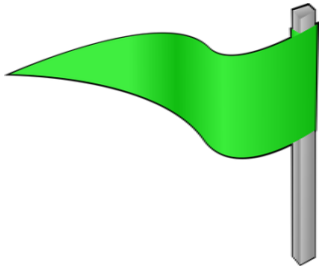
Problem page:
What's our starting point?



Imagine you are working for a teenager's advice column for a magazine or online forum.
Write a response to this concern:

Dear Ask Ali,

I am really worried about starting Year 6, what is the best thing to do?

Nusrat, age 10

We are learning about the feelings and common anxieties pupils face when starting key stage 3 / moving to secondary school and ways of managing these feelings

We will be able to:

- identify feelings people might experience when starting a new school/moving to up to a new year
- recognise common causes of worry, challenges and opportunities that may be part of this transition
- identify and evaluate the usefulness and reliability of different sources of support and information available; explain how to access them
- identify ways to positively manage the move to secondary school (KS3)

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Starting Year 6

What feelings might a person might have?

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Hopes and challenges

It's the night before Nusrat starts Year 6 and they're in their bedroom thinking about the next day. Nusrat's uniform is all laid out and their bag is packed and ready. Nusrat feels kind of excited, but a few things are worrying them too.

What might Nusrat be excited about (hopes) and worried about (challenges)?

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Managing challenges

How could Nusrat manage the worry?

What could be sources of help or support?

Put a ✓ or a 🙂 next to those ideas which you think would be the most effective strategies (resources)

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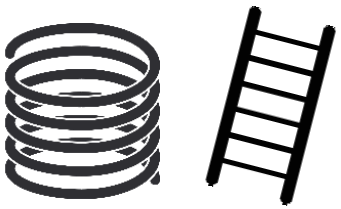
Sources of help and support

Think about:

Which sources of support would be most useful for Nusrat to talk to about their concerns?

Rank the cards in order of reliability and usefulness (explain and justify your views)

How could Nusrat approach the chosen sources of support and what could they say?



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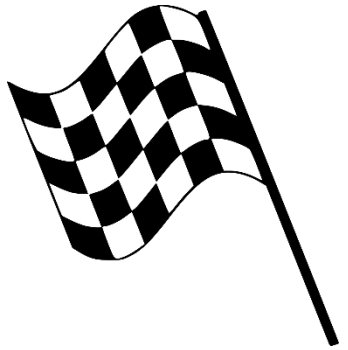
Message to self!



Write a short uplifting message of advice to yourself. This can be opened and read on the evening before you start Year 6.

Which key bits of advice are going to help you manage your thoughts and feelings so that you are ready to cope with all the opportunities and challenges of moving into Year 6?

Revisit your response to Nusrat's question from the beginning of the lesson. Add any new learning or further ideas, using a different coloured pen.

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More activities

News piece for school website or newsletter!

Describe practical steps to take between now and the start of Year 6 for how to manage feelings and anxieties:

- over the Summer break
- on the evening before you start school
- on the first day

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