



# Transition Workbook

Name: .....



## Being awesome

**TASK:** Is there anything holding you back?

Worried you can't do things

Feeling embarrassed

You find it hard to focus

Scared of hard work

Feeling stressed or anxious

Fear of looking foolish

Scared of taking risks

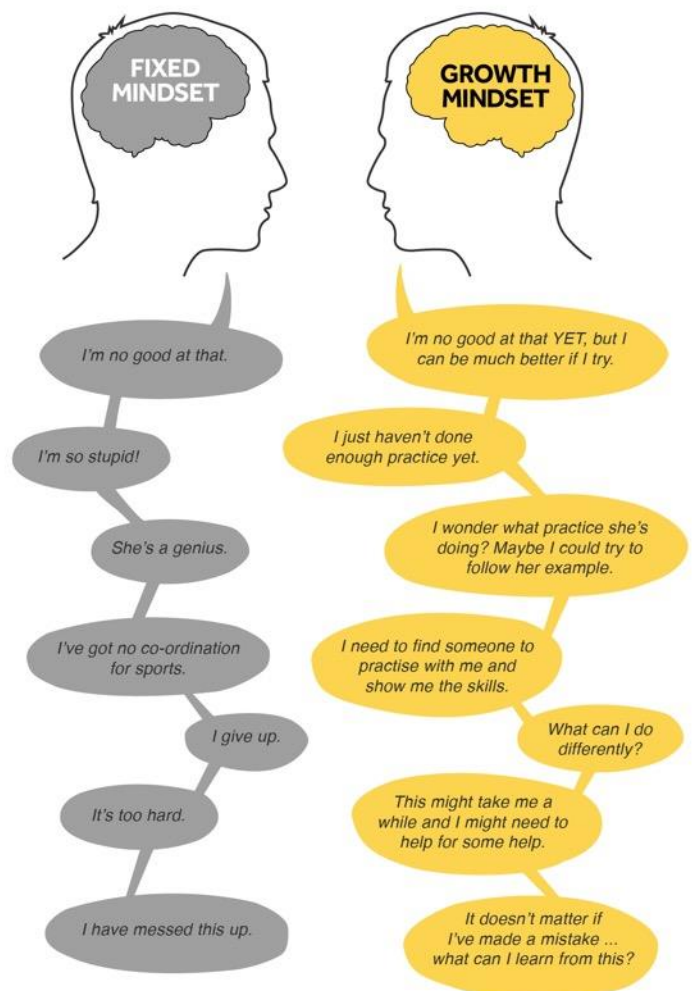




# Unlocking your mind

**TASK:**

- Look at these two people, each with a different mindset.



- Which mindset are you and why?
- Does it change depending on different situations in your life?
- Are you someone who thinks that you are just born intelligent?

## The Worry Jar

- What are the things you tend to worry about which might stop you from trying something new or hard?
- Write them down on strips of paper (or you can write them down in your booklet).
- Put those strips of paper in a worry jar – any jam jar or a pot will do.
- In a week's time, look at the strips of paper again (maybe with a parent or sibling) and see if the worries still apply.
- Throw away the ones that don't.
- Take a look at the ones that are still worrying you. Is there someone you can talk to about these?



## Use this time before Year 7 to have a go at things.

### TASK:

- Identify three things that you say you 'can't do'. Write them down.

- 1.
- 2.
- 3.

- Now write each thing down using a growth mindset approach. For example, 'I can't do maths' turns into, 'I am going to practise the things in maths that I can't do yet'.

- 1.
- 2.
- 3.

- Think of something you've always wanted to get better at. Write it down. How could you practise that thing now?



## Dare to take risks

### What are your hopes and dreams for high school?

You will be at high school from when you're 11 to when you are 16 years old. A lot will change in that time.

Write down your thoughts about the following:

- What do you hope you will achieve?
- What kind of person do you hope you will become?
- Write down three words that you hope people will say about you.

1.

2.

3.

## Are you scared of failure?

Everyone will be scared of failure at some point in our lives, BUT sometimes fear stops us from doing things.

It can stop you from achieving your goals and dreams.

What are you worried about 'failing' in high school?

Some Year 6 students say that they are worried about some of the following:

- not making friends
- not being able to do the work
- that they won't know where to go



Think again about failure.  
That is how we learn.  
It is how we become determined.

Think of something that didn't go quite as you had expected. What did it teach you?

Jot that down now.

## Making the change

Before you make a change, it is good to look back as well as look forward. Doing this can help you to see how far you have come! You started primary school when you were just 5 years old – you couldn't read or write back then!

## School memories

Name three things that have changed the most about you since you started primary school.

1.

2.

3.

What will you miss most about Bentley?

What are you most concerned about when you get to high school?

## New school

Write down three things that you are really excited about doing at high school. If you don't know much about some of the things that they offer, have a look at their school website:

Write down three worries you have about starting at high school. Speak to someone you trust about your worries to help you feel better.

## Life is a journey...

Build upon who you are and what you have done in primary school...

Use it as a stepping stone to help you achieve, and enjoy a new school and environment.

What are the things that you have already done at primary school that you would like to build on?

## Lost but not lost

**Remember when Matthew Syed talked about a ‘growth mindset’?  
Now is the time to remind yourself of that!**

Change the statements on the left so that they are positive and hopeful. Your brain sometimes tells you negative things that are not based on fact. Your job is to tell your brain that there is another way to think and that it is wrong sometimes!

Statement	Transform it!
I won't ever fit in.	This is not true – I will find people who are like me; I just need to find them!
I will always be lost.	
I can't do these subjects.	
I won't make friends like I had in Year 6.	
I miss my primary school.	
One of your own:	

## This is the Triangle of Trust

Write down who is in your Triangle of Trust.  
Put their names on the triangle.

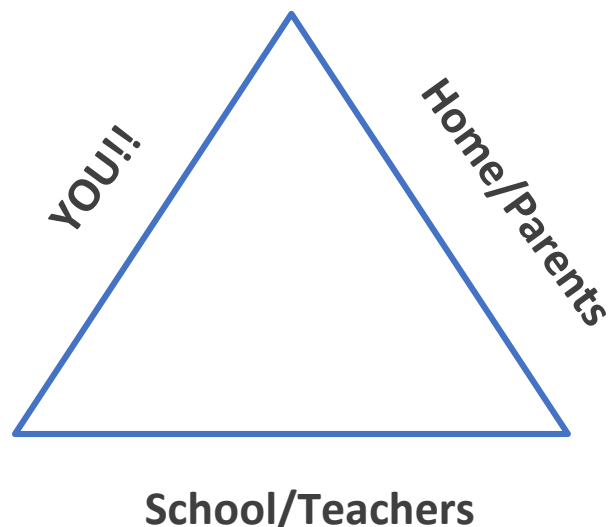
Who can you talk to about different things?

What three things makes you feel happy and good?

- 1.
- 2.
- 3.

Where is your safe place  
to just relax?

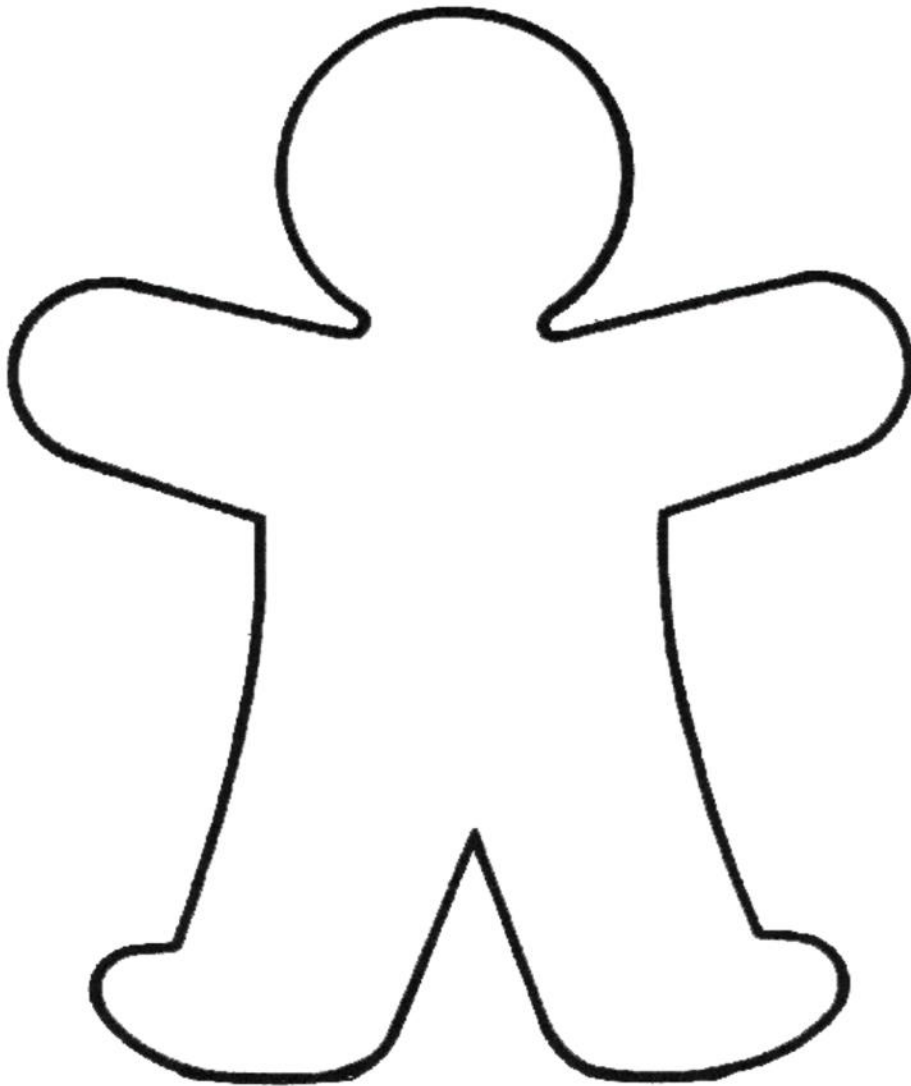
**Triangle of Trust:**





## What does 'work hard' and 'be kind' mean?

Fill in the person outline with all the things that you can do to show you are working hard.



Now think about what you can do to be kind.

How many of these things do you do already?

Highlight the ones that you would like to do more of!







## Friendships and fallouts

**What kind of friends do you want to have in high school?**

Make a list:

**What kind of friend do you want to be to other people?**

Make a list:

## Your friendships

- Who makes you laugh?
- Who is a good listener?
- Who can you trust?
- Who will give you an honest opinion?
- Who will help you get through the transition to high school?

## Living well

### Keeping yourself well

Write down three things that you are going to do when starting at high school to help you stay well.

1.

2.

3.

