

PALACE FOR LIFE FOUNDATION

MENTAL HEALTH AWARENESS WEEK

RESOURCE PACK



STARTING A NEW ADVENTURE

1.2

Cut out these solution and excitement cards. **WRITE** one thing you're nervous about on one side and try to come up with a solution on the other. Try and do the same for the excitement cards with actions that will make you more excited about secondary school.

DISCUSS AND ASK someone else for help and ideas. Don't forget you can ask whoever is around you to help, even older siblings, parents and carers! You can either cut out the cards or write below in a different colour.

Nervous about... <i>Getting lost around the school and being late for class.</i> <i>Find other people in the same class and walk together.</i>	Looking forward to... <i>Attending extra-curricular clubs.</i> <i>Researching on the school website what clubs are available.</i>
Nervous about...	Looking forward to...
Nervous about...	Looking forward to...
Nervous about...	Looking Forward to...

Make sure you keep these somewhere safe and revisit them once you are at your new school.

I CAN POSITIVELY CHANGE

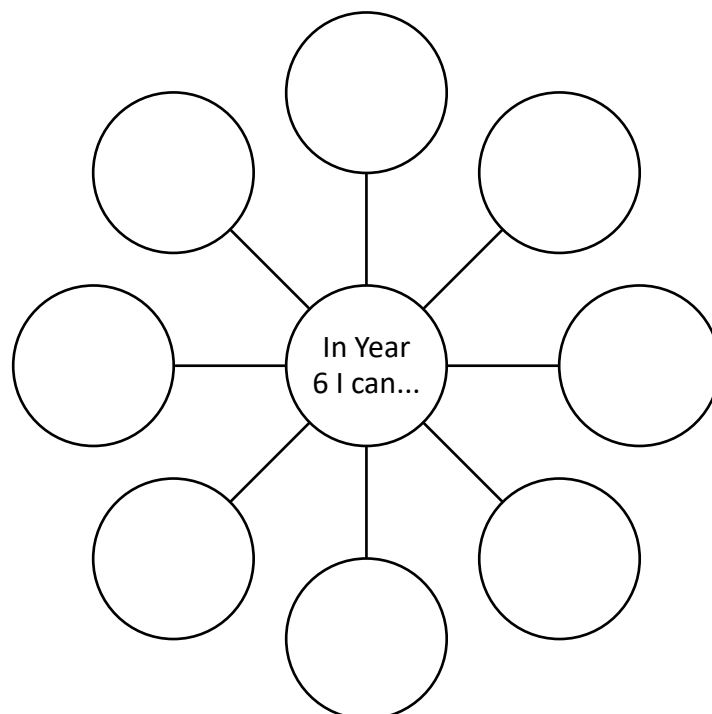
2.1

Think about how you have changed since you first started school. **DRAW** a portrait of yourself in Year 1 and another one now that you are in Year 6. You can even add thought and speech bubbles to share any feelings.

Whilst you are drawing think about how you **LOOKED**, how you **SPOKE** and how you **BEHAVED**. Is it different now?

Me in Year 1	Me in Year 6

Have a think about all the things that you can do now that you couldn't when you were in Year 1. Write them into the spider diagram below.



I CAN CHANGE POSITIVELY

2.2

Who do I want to be in the future? What do I want to be feeling, thinking and doing? What do I want to achieve?

DRAW yourself as a Year 7 student wearing your new uniform. Whilst you are drawing think about things you want to achieve in your future. **WRITE** your ideas in the cloud. In the last cloud think about how can you make positive steps to achieve these things in Year 7.

I will be

I will do

I will

In Year 7 I want to...

I CAN COPE WITH CHANGE

3.1

Look at each of the changes you will need to cope with in your new school. **DISCUSS** and **RECORD** ways you will cope in the table below. You can discuss with an older sibling, parent or carer.

Changes	Coping strategies (<i>What can I do? Who can help?</i>)
Uniform	<ul style="list-style-type: none">• Practice how to do a tie• Get my family members to teach me• Use YouTube to teach myself
Equipment	
Travelling	
Finding my way around school	
Homework	
Making new friends	
New subjects	

I CAN COPE WITH CHANGE

3.2

Moving to secondary school can feel like a big move and it can sometimes take a little time to get used to some of the changes. However, there are lots of different people in your life to help and support you.

Spend a few moments to **THINK** about all the different people in your life and **WORK** your way through the different scenarios. You can use the same person as many times as you wish.

If I need help with my homework, I would ask

If I have an argument with my best friend, I would talk to.....

If I felt lonely I would.....

If I get lost I would.....

If I needed money I would.....

If I was being bullied, I could talk to.....

Now come up with your own examples.

If II would.....

If II would.....

Are there any other people in your local community who could help you if you get stuck with something?

.....

BEING SUPER ORGANISED

4.1

On the other worksheet is Charlotte's timetable in Year7, **LOOK** at it carefully.

- 1) What do you notice about the timetable? What are the similarities and differences to your day in primary school?

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- 2) Try to work out what Charlotte will need to organise and complete a reminder list in the notes section for the following days

Day	Reminder	
Monday Week A	<ul style="list-style-type: none">• <i>Oyster Card for the bus</i>• <i>School Lanyard</i>• <i>Remind mum about Athletics</i>• <i>Recorder of music</i>	<ul style="list-style-type: none">• <i>PE Kit for Athletics Club</i>• <i>Pencil Case</i>• <i>Planner</i>• <i>Maths Equipment</i>
Wednesday Week A	<ul style="list-style-type: none">••••	<ul style="list-style-type: none">••••
Friday Week A	<ul style="list-style-type: none">••••	<ul style="list-style-type: none">••••
Thursday Week B	<ul style="list-style-type: none">••••	<ul style="list-style-type: none">••••
Friday Week B	<ul style="list-style-type: none">••••	<ul style="list-style-type: none">••••

	MON A	TUES A	WEDS A	THURS A	FRI A	MON B	TUES B	WEDS B	THURS B	FRI B
REG	Assem bly	Tutoria l	Tutoria l	Tutoria l	Tutoria l	Tutoria l	Assem bly	Tutoria l	Tutoria l	Tutoria l
Period 1	Maths	History **	Tech	Music*	Tech	Tech	Music*	English	Music*	Tech
Period 2	RE	English	Scienc e	Music	Learni ng for Life	Scienc e	English	History **	English	RE
Break										
Period 3	English	Maths	RE	Maths	Maths	Maths	French	Music	French	Art
Period 4	Music	French	Music*	PE	Art	French	Maths	Music	PE	History **
Lunch		Drama Club		Art Club			Drama Club		Art Club	
Period 5	French	PE	History **	Scienc e	Scienc e	PE	History **	Scienc e	Maths	Scienc e
After School	Athleti cs		Netball			Athleti cs		Netball		

* Every 3 weeks you will change subject and teacher between Drama, Art, Music and Computing

** Every half-term you will change subject and teacher between Geography and History