

Moving on up!

Managing the transition from Infant to Junior School AN ACTIVITY WORKBOOK

Name:

My Infant School:

My Junior School:



INTRODUCTION

The journey from Infant to Junior School is a very exciting one. It will involve new experiences and some changes for both you and your family. This activity workbook is designed to help you prepare for your move to Junior School. Through the Summer Holidays or with your teacher before the end of term, you should complete as little or as much of it as you see fit. Some activities will require input and guidance from an adult.

The workbook is split into different areas:

This Is Me

Activities to help you feel confident about yourself when starting your new school.

Coping with Change

How to manage any worries you might have about moving up.

Saying Goodbye

A chance to think about your Infant School memories and how Junior School will be different.

Making the Journey

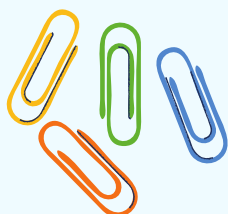
A chance for you to plan your journey to school and think about how to stay safe.

Friends

Top Tips for making friends. Here you can think about what qualities make you and others a good friend.

Getting organised

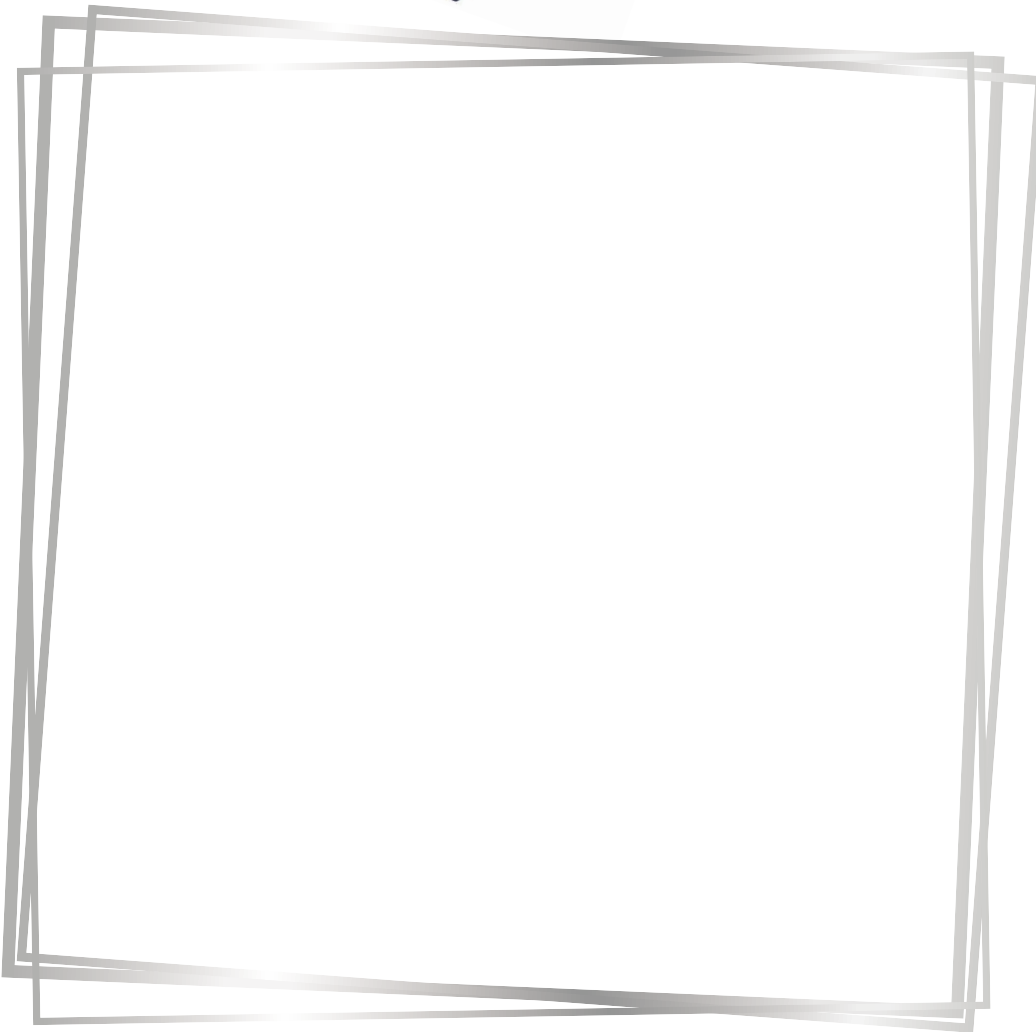
An opportunity to think about important things you might need to know about your new school.



THIS IS ME

What would you like your new teacher to know about you?

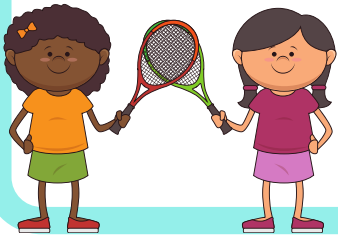
Cut out a photo or draw a picture of yourself here



THIS IS ME

What would you like your new teacher to know about you?

I AM GOOD AT...



MY FAVOURITE THINGS...



THIS IS ME

What would you like your new teacher to know about you?

**SOMETHING FUN I DID
OVER THE SUMMER**



**MY FRIENDS AND
FAMILY...**



THIS IS ME

Imagine your family, friends or current teacher are going to recommend you to your new school. Ask them what they think are the positive or special things about you and write them down in the boxes below.

Name:

What they say about me:

Name:

What they say about me:



Name:

What they say about me:

Name:

What they say about me:



WHAT I SAY ABOUT THEM

Now choose two people and tell them what their positive or special qualities are. They will be very happy to hear what you think is great about them.

Name:

What I say about them:

Name:

What I say about them:

COPING WITH CHANGE

SIMILARITIES AND DIFFERENCES

You can expect Junior School to be different to Infant School, but there will also be some similarities.

Talk through what it's like in Infant School, then write or draw this in the Infant circle.

Think about how it might be different in Junior School and write/draw this in the Junior circle. Then, think about what might stay the same when you move to Junior School and write or draw this in the middle.

INFANT SCHOOL

JUNIOR SCHOOL

Example: I will still
get up at 7.30am.

COPIING WITH CHANGE

HOW ARE YOU FEELING?

You might be feeling lots of different emotions about starting a new school. Sometimes we can feel different emotions at the same time and this is okay.

Circle which emotions you are feeling today on the grid below. You might want to check back in to see if how you are feeling changes as you work your way through the booklet.

Angry   **Really upset**

 **Really scared** 

BIG EMOTIONS

 **Excited**  **Worried** 

Wiggly    

Calm **Ready to learn** 

FEELING JUST RIGHT

 **OK** **In my thinking brain**  **Content**

Poorly  **Bored**  **Tired**

FEELING SLOW

 **Switched off**  **In my own world**  **Sad**

COPING WITH CHANGE

EXCITEMENT VS WORRY

It is completely normal to feel lots of different emotions about moving up to Junior School. You may feel excited about some things, but then feel nervous and worried about others. This is completely understandable and lots of other children will be feeling the same way.

Write or draw the things that are worrying you about moving up to Junior School. Also, write or draw all the things you are excited about! Talk about each box with an adult.

WHAT I AM WORRIED ABOUT



WHAT I AM EXCITED ABOUT



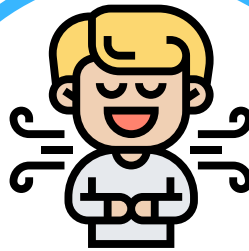
Remember! When you are feeling worried, it is important to talk to your family or someone you trust about it. Sharing a worry can often make it seem less big and scary.

COPIING WITH CHANGE

WHAT CAN I DO WHEN I'M FEELING WORRIED?

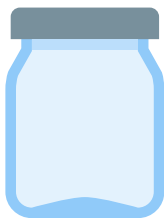
We all feel worried at times. It is not a nice feeling and usually happens when we are thinking about something that might happen in the future. Here are some ways that can help you to overcome your worries.

Share your worries with someone you trust



Take lots of slow, deep breaths

Close your eyes and imagine a place where you feel happy and safe



Write down your worries and put them in a worry jar



Do some colouring or drawing



Watch your favourite tv show or play your favourite game



Give someone you love a hug. You can also hug yourself!



Can you think of anything else that helps you when you are feeling worried?

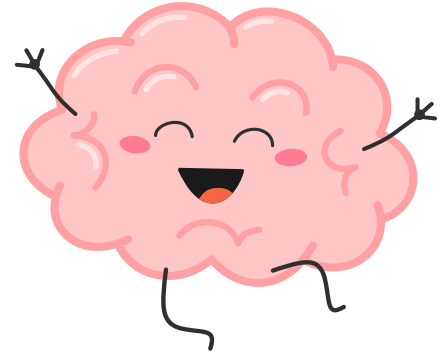


COPING STRATEGIES

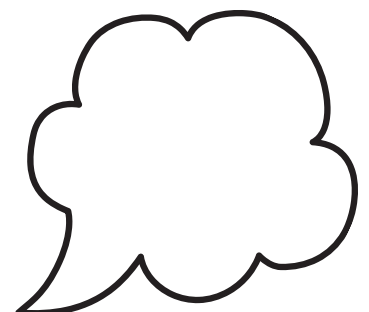
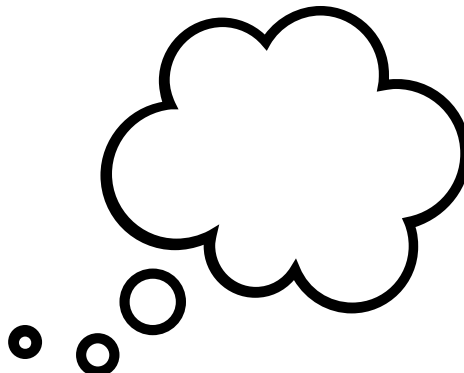
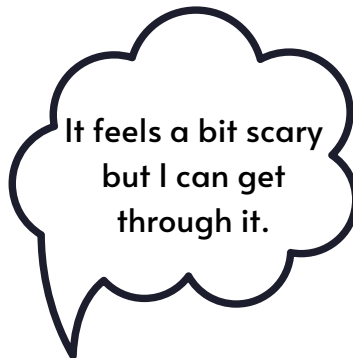
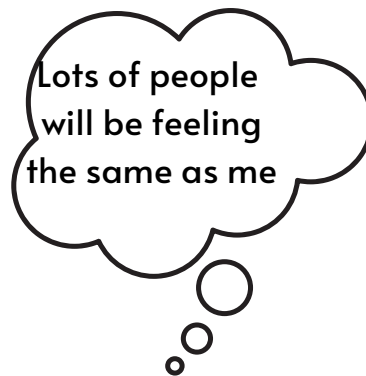
TIPS TO GET YOU STARTED

It is normal to feel nervous on your first day of Junior School. Here are some examples of positive thoughts that can help us to feel more in control and able to handle scary situations.

Colour in the ones you like and think would be helpful. Remind yourself of them when you feel nervous. You could even write them down and put them in your pencil case. Can you use the blank boxes to think of your own?



Positive thinking



COPING STRATEGIES

RELAXATION TECHNIQUES

If you feel nervous or worried, try one of these relaxation exercises to help yourself feel calm again.

Breathing exercises

Rainbow Breathing



Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering your hands. Visualise the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in, imagine you are adding another colour to your rainbow. What colours are you adding to your rainbow? Once your rainbow is done, open your eyes.

Balloon Breathing

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



COPING STRATEGIES

RELAXATION TECHNIQUES

If you feel nervous or worried, try one of these relaxation exercises to help yourself feel calm again.

Grounding exercises



Alphabet Scanning

Look around the room and name something you see beginning with A, B, C and so forth. e.g. apple, book, clock. How far through the alphabet can you get? Move on to the next letter if you get stuck!

Activate your senses!

Look around the room and name:

5 things you can see

Say their names out loud. Which object is nearest to you?

4 things you can touch

Touch them. How do they feel under your finger tips?

3 things you can hear

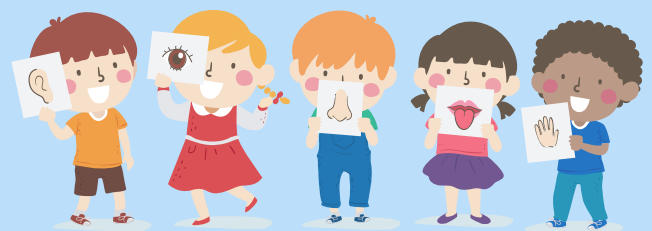
Can you identify what is making the noise?

2 things you can smell

Does the smell remind you of anything?

1 thing you can taste

Is it a good or a bad taste?





MAKING FRIENDS

TIPS TO GET YOU STARTED



Moving to a new school is a great opportunity to make new friends! Friends are important and we all need good friends.

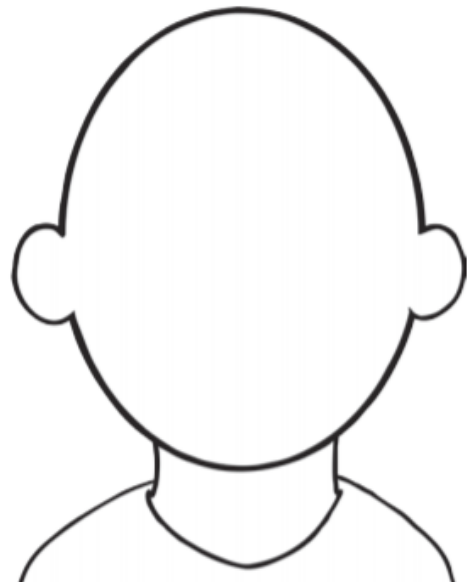
We earn our friends by having good friendship qualities in us and showing them to others. Use the bubbles below to think about what it means to be a good friend.

What qualities do you look for in a good friend?



Draw yourself here:

This is how I will be a good friend to others:

A large speech bubble with a tail pointing towards the bottom left. Inside the bubble are seven horizontal lines for writing.



MAKING FRIENDS

TIPS TO GET YOU STARTED



Things to remember...

- It is so important to make the right choice and think about others when you are playing, so that nobody is left out. If someone looks lonely, ask them if they want to play with you. If someone asks to play your game, let them join in.
- Falling out is normal. When this happens, talk calmly to your friend about how you feel. If you have hurt your friend's feelings, it is important to say sorry.

Things to try...

- Smile and look people in the eye when they are talking to you.
- Join a club to meet people with similar interests.
- Ask people if they want to sit with you at lunch or join in your game.
- Ask people about their likes and interests to find things that you have in common.
- Give someone a compliment e.g. tell someone that you like their artwork or their hair style.

LEAVING INFANT SCHOOL BEHIND MEMORIES

You are about to take the big step of moving up to Junior School. Maybe you feel ready to move up, but you might also be nervous about leaving what you feel familiar with behind. As you move on, it is important to think about all the happy memories from your time at infant school.

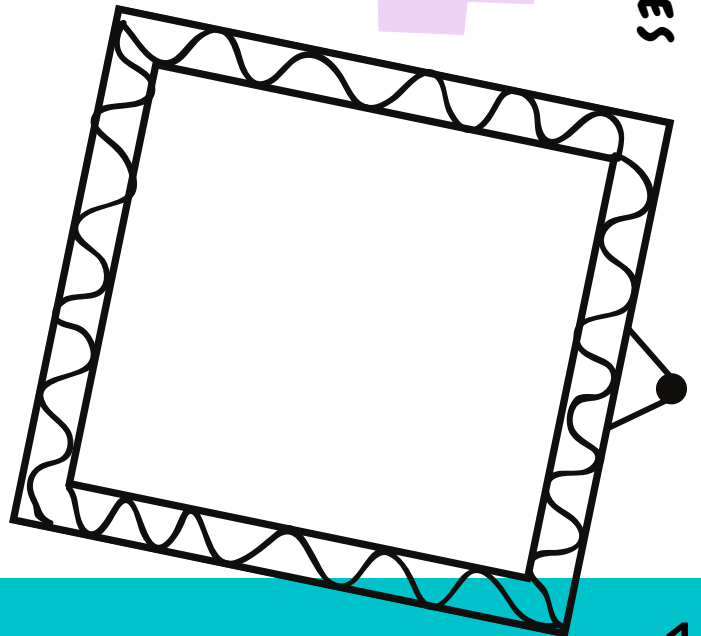
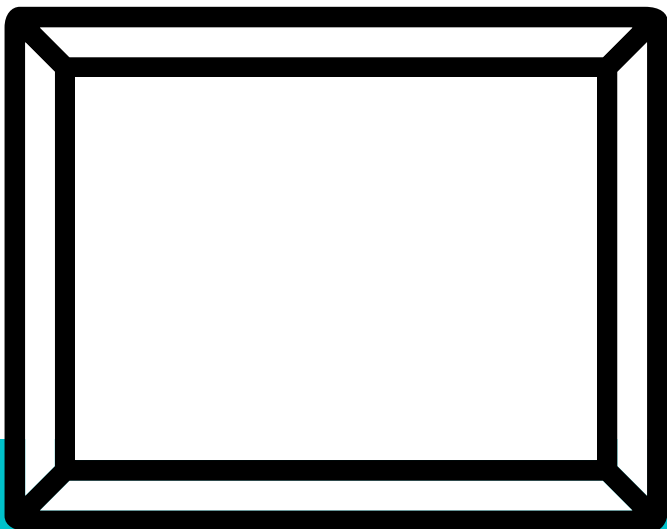
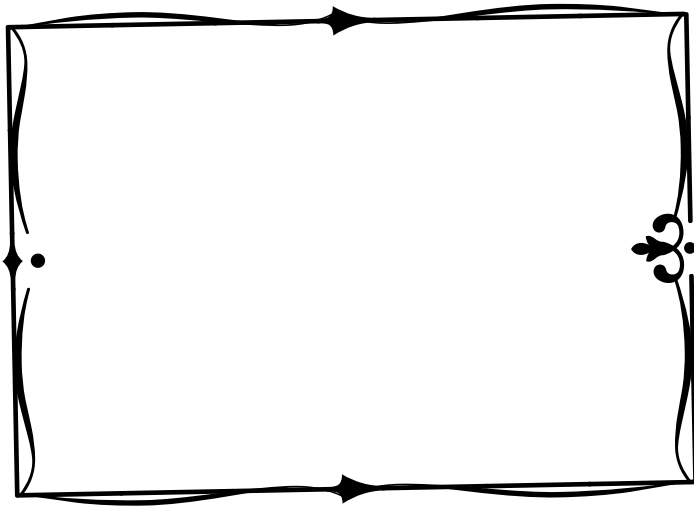
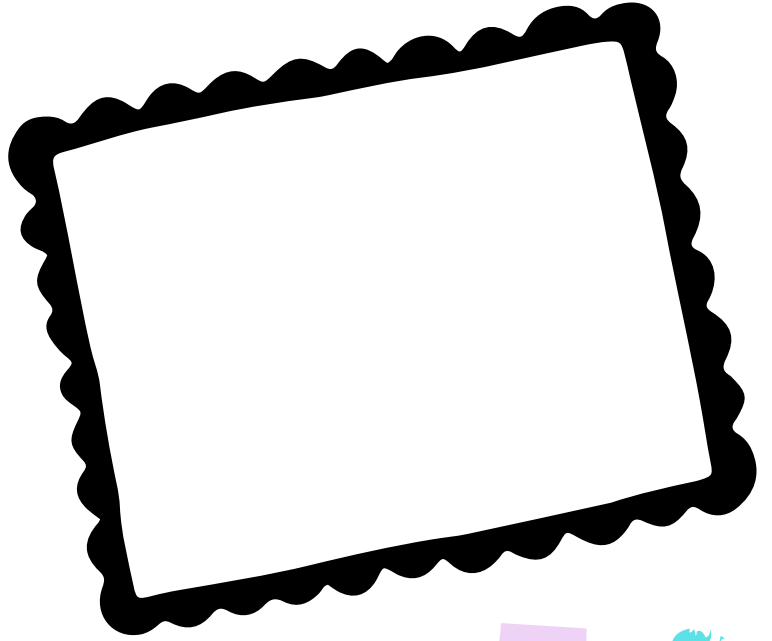
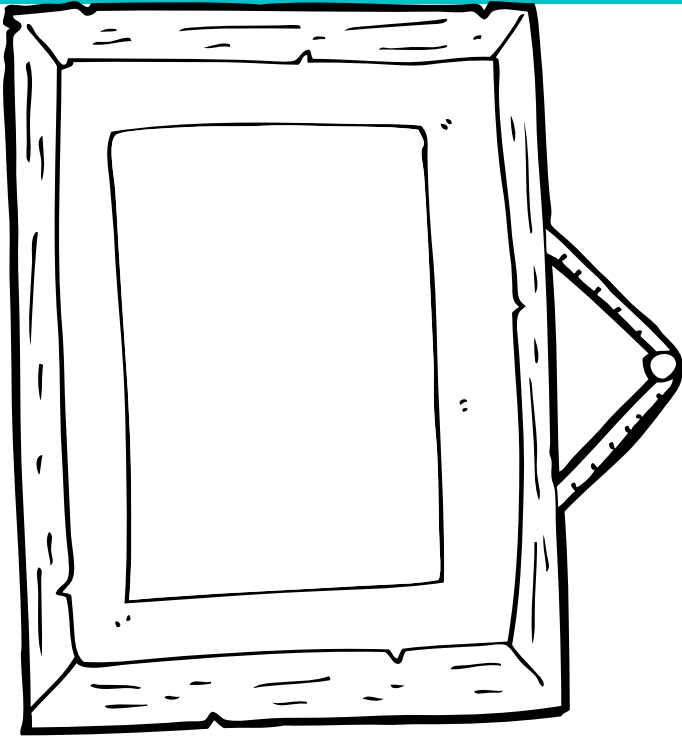
My Infant School Memories

Talk to an adult about all your favourite memories. You might want to cast your mind back to when you started in nursery or reception.

Here are some things that you could chat about:

- Which trips, events or assemblies did you enjoy the most?
- Who have been your best friends at Infant School?
- Can you remember any amazing pieces of work that you did?
- Did you get any certificates or rewards? What for?
- Can you think of a time when something made you laugh?
- Can you remember a time when someone was very kind to you?





MY INFANT SCHOOL MEMORIES

Now you have thought about your time at Infant School, create a memories page. Include words and/or drawings in the frames.

HOPES FOR THE FUTURE

A LETTER TO MY FUTURE SELF

Starting Junior School is something that might feel scary and exciting at the same time. Having a fresh start means that you will have opportunities to try new things. It is also a good chance to think about what you are most looking forward to and what you want to achieve.

Use the next few pages to write a letter to your future self.

The letter is something you can look back at in a year's time, or even when you get in to Year 6. Have you changed?



HOPES FOR THE FUTURE

A LETTER TO MY FUTURE SELF

Dear _____ (your name)

What are you most looking forward to at Junior School?

.....

.....

.....

.....

What do you hope to achieve in your first term of Junior School?

.....

.....

.....

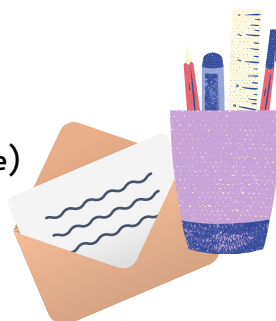
Is there anything else you want to say to your future self?

.....

.....

Good luck! Love from

_____ (your name)



When you have done this, you can put your letter into an envelope and ask a family member to look after it for you. Make sure you agree a time you plan to open it and read it in the future.



STAFF I NEED TO KNOW

GETTING ORGANISED



See if you can find out the names of school staff that you might need to know at your Junior School. Write their names and draw a picture in the box below.

Headteacher

Class Teacher

Teaching Assistant

Lunchtime Supervisor

Lollypop Person

Care Taker



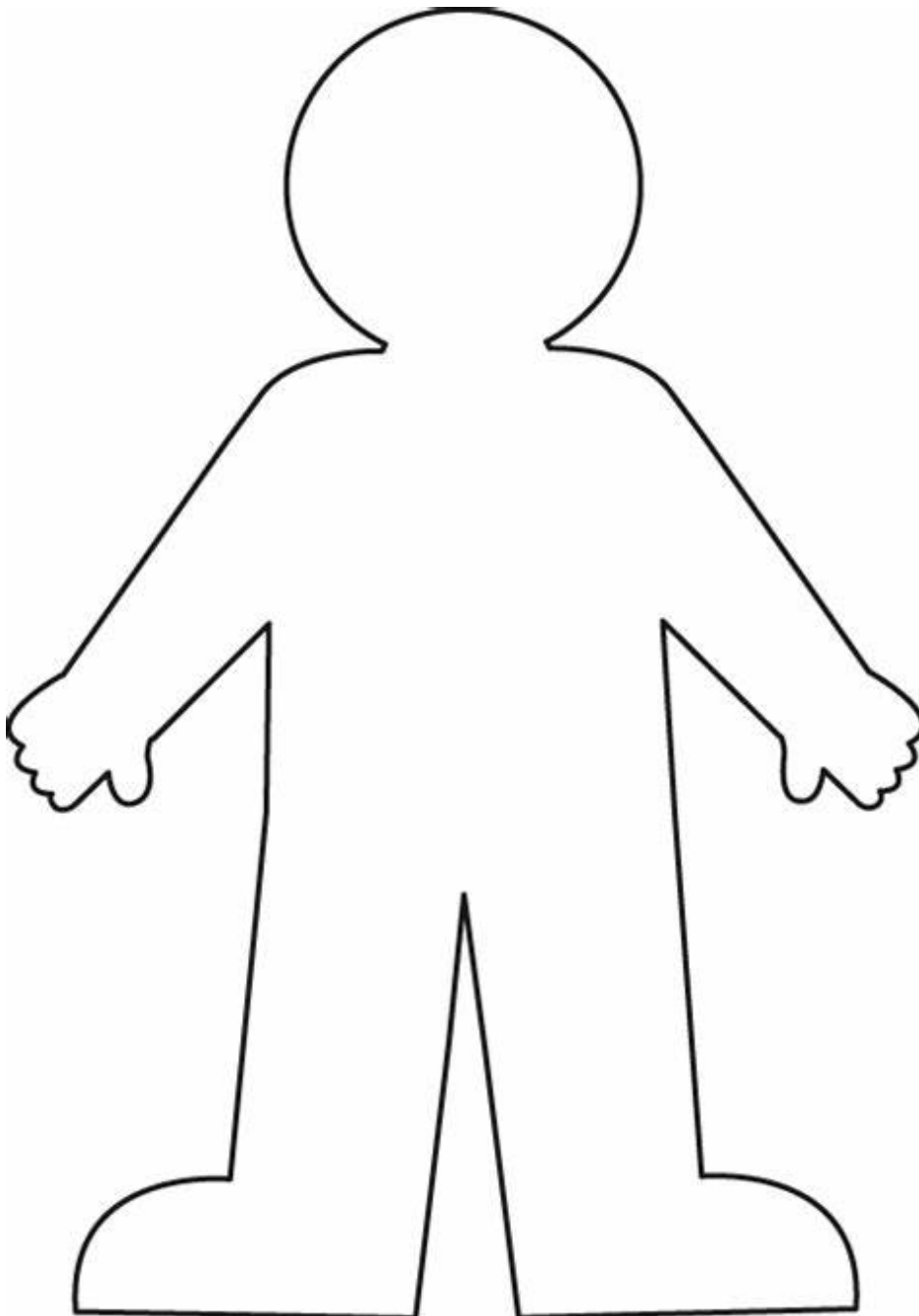
MY SCHOOL UNIFORM

GETTING ORGANISED



Most schools will have a set uniform. This helps create a sense of belonging and makes getting ready for school in the mornings much easier. School will usually send you a list or you can check their website. Sketch your uniform on the person below.

MY NEW SCHOOL UNIFORM

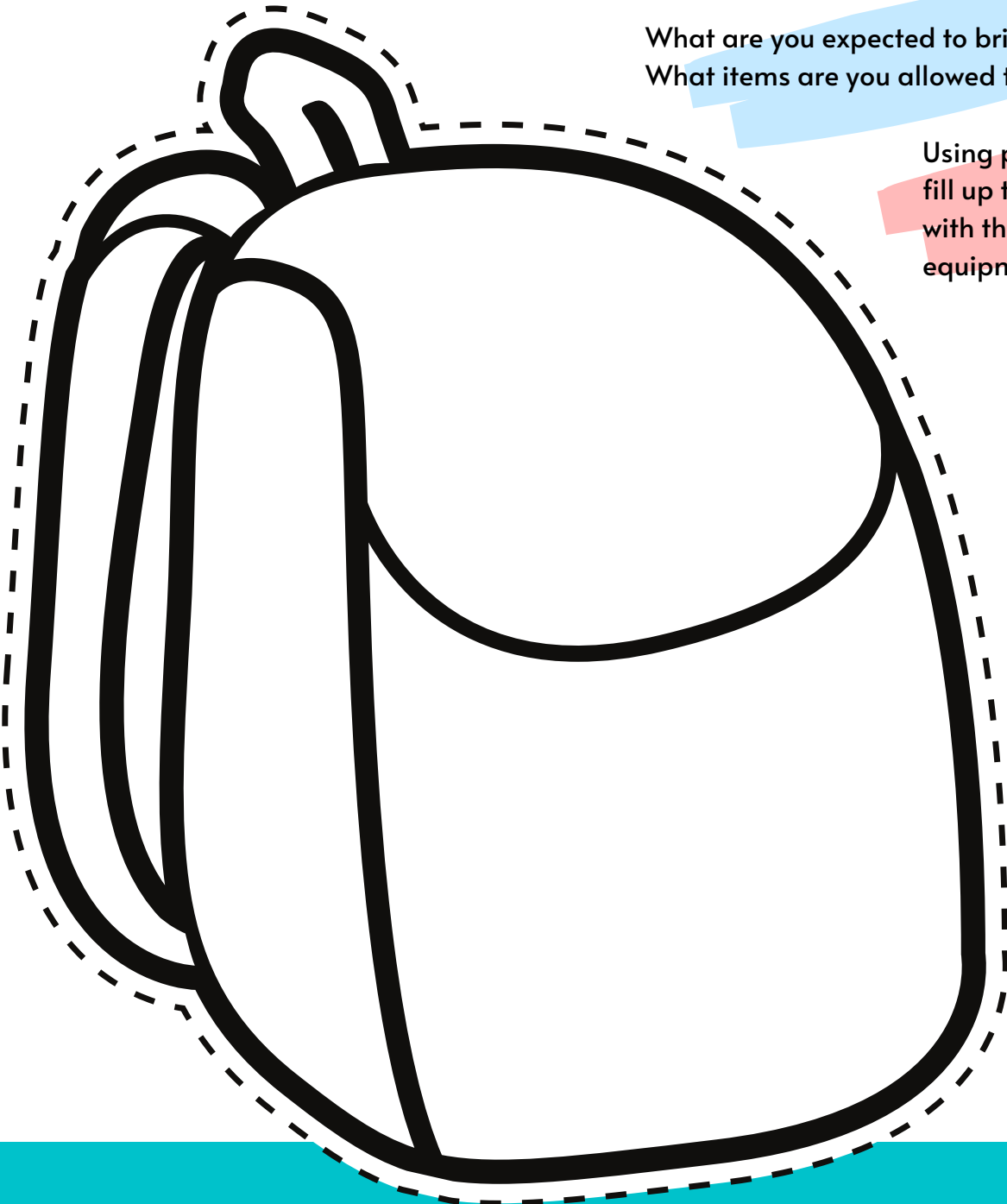


WHAT DO I NEED TO BRING TO SCHOOL? GETTING ORGANISED

Use the school website to think about the stationery and equipment that you need. If you aren't able to get all the items straight away, or you're not sure what you need, don't worry too much, and ask a teacher about it in September.

What are you expected to bring?
What items are you allowed to bring?

Using pictures or words,
fill up the school bag
with the stationery and
equipment you need!



Congratulations to _____
(write your name here) for completing:

**MOVING ON UP!
A TRANSITION WORK BOOK**



Well done and good luck!
You are now ready for the move to Junior School

