

# Managing your child's transition to secondary school

JUNE 2022



# Common worries held by children when moving schools

I will get lost

I might not be good at making friends

I will miss my old friends

I won't be able to cope with homework

I will be too scared to queue in the canteen

I will get bullied by the older kids

## Anxious Thinking

What if no one talks to me on my first day

The teacher will be cross with me

Others may not like me

**Anxiety= overestimate chance of danger  
underestimate ability to cope**

I won't be able to cope if I miss my bus

I won't be able to keep up with lots of homework

I won't be able to make friends

# Common parent responses to anxiety

## Being drawn into giving too much reassurance

- Children can become reliant on reassurance and depend on adults saying what's ok to feel safe
  - Ask questions instead: try to help your child work out whether their worry is realistic or not for themselves.

## Becoming over protective / colluding with avoidance

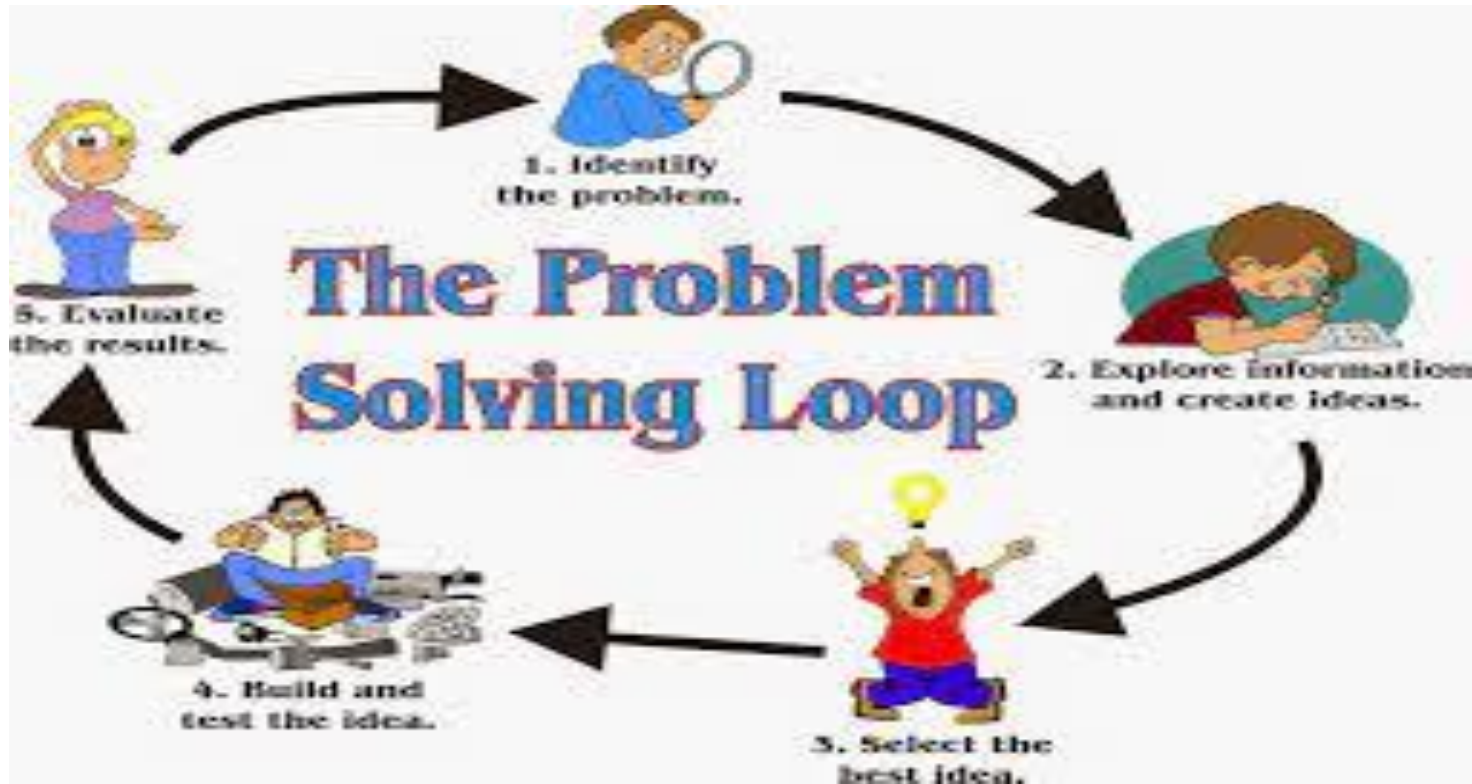
- Stepping in to protect children from all their fears means they never get the chance to learn they can cope and find out it's not as scary as they thought
  - Instead, notice and praise sensible or brave behaviour
  - Encourage them to face their fears in small, manageable steps

## Worry checking

- Ask open questions to explore their worries: don't assume you know exactly what the worry is
- Try not to jump into problem-solving
- Help them explore how realistic the worry is
- If it is realistic, what could they do to help them cope?







# Building up brave behaviour



# How to help your child build up brave behaviour

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Talk through the worry with your child

Discuss different practical steps

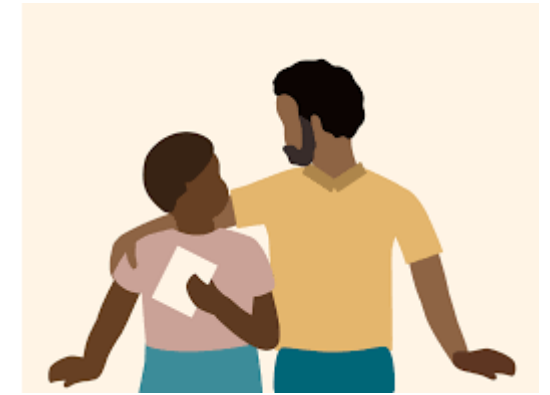
Make a list of the different steps, ideally with different difficulties

Put the steps in order of difficulty

Try out the steps that your child feels comfortable with aiming to build up to the ultimate goal

## Managing your own emotions

- Anxious children are sensitive to how others feel and may pick up cues from you
- Try to project an air of confidence, even if you are feeling worried
- Remember that your worries are not necessarily the same as your child's
- Share with a friend or family member if you feel you need support



# Journey plan



Y7CM	1 8:55 to 9:55	2 9:55 to 10:45	3 11:05 to 11:55	4 11:55 to 12:45	5 1:45 to 2:35	6 2:35 to 3:25
Monday	Literacy	English	Maths	ICT	PSCHE	Geography
Tuesday	English	Art	French	Science	Design Technology	
Wednesday	Literacy	DT	Art	Drama	ICT	Science
Thursday	PE	Maths	RE	English	History	PSCHE
Friday	Literacy	Maths	Art	Science	PE	



## AFTER SCHOOL ROUTINES

- 3:00-4:00 PM  SCHOOL ARRIVAL
- 4:00-5:00 PM  SNACK & FREE TIME
- 5:00-6:00 PM  HOMEWORK
- 6:00-6:45 PM  CHORES & SHOWER
- 6:45-7:30 PM  DINNER
- 7:30-8:00 PM  BEDTIME



## Breathing Exercise



## Relaxation Exercise








### Squeeze a lemon!

Imagine you have a lemon in your hand. Squeeze it really really tight. Think about how your hands and arms feel. Count to 5... and relax. How do they feel now?



### 54321 Grounding Exercise

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5-4-3-2-1  
Grounding  
Exercise for Anxiety

Name...

- 5 Things that you see 
- 4 Things that you touch/feel 
- 3 Things that you hear 
- 2 Things that you smell 
- 1 Thing that you taste 





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