

## Making a transition

**What is a transition? A transition is a time of change from one thing to another.**

In the space below, can you create a timeline of changes that someone might experience in their life?

First day of school

Moving house

Starting a job

Often, when things change and become different, they bring lots of new thoughts and feelings. These thoughts and feelings might be good and some might not be.

### Questions for adults at home

- What has been one of the biggest transitions or changes for you?
- Was there anything you were nervous about during this change? How did you stay positive?
- How did you find the transition from primary to secondary school?
- Do you have any advice or strategies for making the transition easier?

Have a look at the following scenarios. What advice would you give to someone in this situation?

**Sarah is starting a new school soon and is nervous about getting told off for forgetting her homework or exercise books.**

- What do you think her new school will be like? What could be the same and what could be different?
- What could she do to help her remember her homework and books?
- Who could she talk to for advice?
- What positive things might happen when moving to a new school?

**Imran is moving to a new class for Maths. He is excited about trying harder work but is worried he won't have any friends in the class.**

- What do you think his new Maths class will be like? What could be the same and what could be different?
- What could he do to help make some friends in his class?
- Who could he talk to for advice?
- What positive things might happen from moving into his new class?