

Year 6 to Year 7 Survival Guide

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Dear parents,

The transition from primary to secondary school is a big step in a child's life. It can be exciting but also worrisome. At Cardiff and Vale Tutors we understand this and therefore have created this resource to help you out a little.

In this resource you will find a few wellbeing exercises which can help your child better understand how to look after themselves during challenging times. There will also be a few tips about how to approach difficult emotions.

We hope you find this useful and we are happy to help with any queries.

You can reach us on: 07817322741

Or via email: info@cardiffvaletutors.co.uk

Kind regards,
Cardiff and Vale Tutors



Identifying Worries

It's useful to identify what makes us nervous about going to secondary school because then we can find ways to help us feel less worried.

In this box write or draw things that make you feel nervous and perhaps scared about going to year 7.

And in this box write or draw things that make you feel excited and happy about going to year 7.

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Now fill in the gaps in these sentences.

Two things that I am most worried about are
and

Two things I can do to worry less are and
.....

Two things that I am most excited about are and
.....

Two fun things I can do to prepare for year 7 are and
.....

(If you get stuck there are some helpful tips at the end of this booklet!)

What is wellbeing?

Wellbeing is a multifaceted subject which means that there are many sides to it and it's difficult to discuss all the sides. In a nutshell, however, it's the quality of your overall mental and physical health.

For example

- ❖ A person with a positive wellbeing can be satisfied with themselves as people and the work they do. They may feel connected to friends and family, they are active, open to doing new things.
- ❖ A person with a negative wellbeing can be overly critical of themselves and the work they do. They may not feel like meeting friends or family, they may be very anxious to do new things.

These examples aren't exhaustive and everyone experiences wellbeing differently. Which is why it's important to find out which things make you happy and which don't.

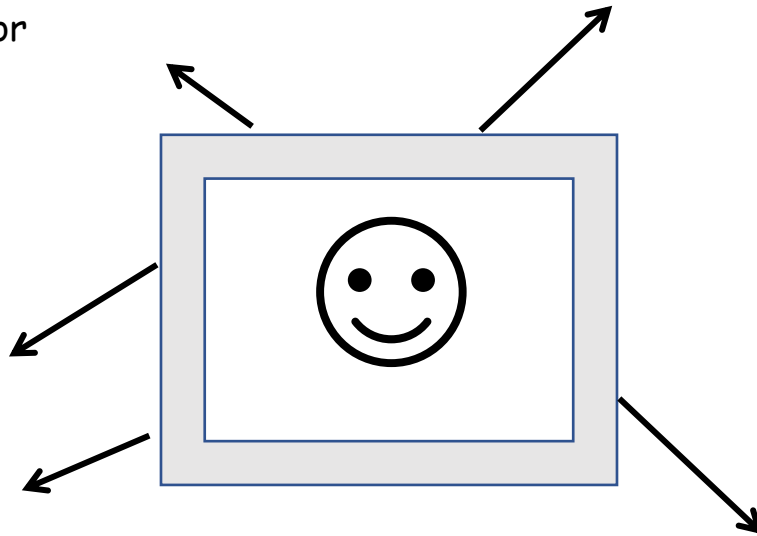
The next exercise will help identify what kinds of activities you do when your wellbeing is positive and when it's negative.

Draw one happy face and around it write down the things that you do when you feel good. Then draw a sad face and around it write down what you do when you feel not so good.

EXAMPLE:

Reading, writing my own stories or painting.

Walking my dog in the park.

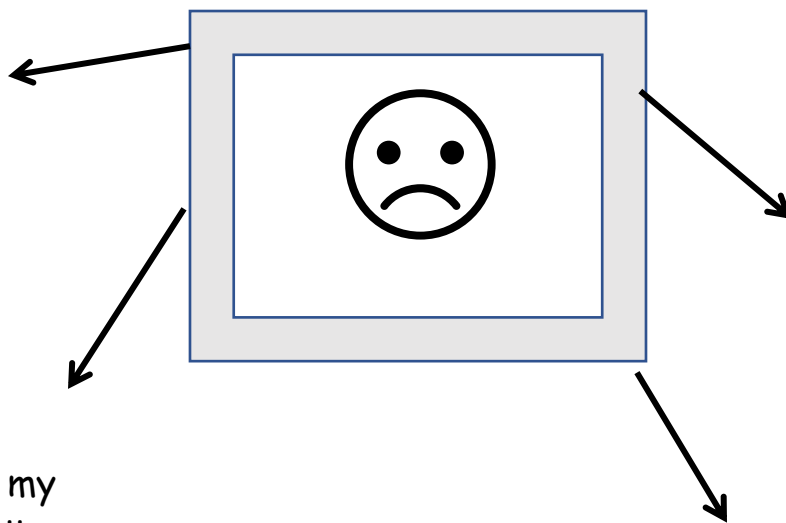


Singing and dancing.

Playing my guitar.

Spending time with my friends.

Watching Tik Tok for a couple hours or scrolling Instagram.



Staying up at night and sleeping in the day.

Sitting in my pyjamas all day.

Ignoring my friends.

Use this page to create your own diagrams. You can either draw yourself in the box or just simple happy & sad faces.



Timetables

Timetables can seem scary and overwhelming because there are a few things to understand and they are new.

Every school is different but a timetable will usually have:

- ❖ Which room the class takes place in.
- ❖ What teacher you have.
- ❖ What time the class starts and ends.

Some tips for handling timetables:

- ❖ Make a copy of your timetable. This will help reduce stress if you lose your original copy.
- ❖ Stick your timetable on the fridge or other place where you can easily see it.
- ❖ Check what classes you have the night before school so that you can pack the correct books and equipment that you need (doing this the morning before is tempting but it can mean that you accidentally forget something).

On the next page are some blank timetables that you can use.

Timetable 1:

This is an example with more fields filled in. The times may be different to what your school uses.

Timetable 2:

This is an almost blank timetable which you could print and fill in yourself if the layout suits you.

Timetable 3:

Fully blank timetable that you can customise however much you need.

Timetable 4:

An example of how you could timetable your time for afterschool to make sure you can do your homework, prepare for the next day and still use your free time to relax and see friends.

Timetable 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am - 10am	English [teacher] [room]				
10am - 11am	Maths [teacher] [room]				
11am - 11.15am	Breaktime	Breaktime	Breaktime	Breaktime	Breaktime
11.15am - 12.15pm	Art [teacher] [room]				
12.15pm - 1.15pm	Science [teacher] [room]				
1.15pm - 2pm	Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime
2pm - 3pm	P.E. [teacher] [room]				

Timetable 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday
	Breaktime	Breaktime	Breaktime	Breaktime	Breaktime
	Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime

Timetable 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday



Timetable 4

Time	Monday	Tuesday	Wednesday	Thursday	Friday
4-5pm	Free time	After school club	Going to Grandma's.	Free time	Helping with food shop.
5-6pm	Homework hour	Free time	At Grandma's	Homework hour	Free time
6-7pm	Helping with chores	Homework hour	At Grandma's	Sport class	Homework hour
7-8pm	Getting ready for next day.	Getting ready for next day.	Getting ready for next day.	Getting ready for next day.	Finished for evening.
9-10pm	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

This is understandably a random example, so please work on your own. Do note how there is quite a lot of repetition especially with getting ready for the next school day and with bedtime. A routine is great to have because it creates stability in this new exciting time of change

Goals and Aspirations

Why is goal setting important?

Not only is goal setting a good skill to have in future endeavours, but it also can have a positive effect on children's self-confidence and self-belief. It can also help children feel more hopeful that the challenges they are facing will ease soon. It can also show children what they are already good at.

In order for goal setting to be beneficial there needs to be wiggle room for changes if the child doesn't reach the goal, and the goals must be realistic. Starting small is a good idea!

The next page is a worksheet to help with goal setting.

Goal Setting Worksheet

Things I am good at are.....

I think I'm good at these things because.....

Things I would like to improve are.....

Some reasons why I may not already good at this may be.....

Who can I ask for help with this?

Will I need any extra materials to help with this?

How will I know I have reached my goal?

If I don't reach my goal instead I can.....

How motivated am I? (circle one)

Very A little bit Not at all

Is this goal going to be hard to reach?

Yes Maybe No

Can I do it?

Yes Maybe No

What steps do I need to take to reach my goal?

Steps	When will I do this by?
Firstly I will,	
Secondly,	
Next,	
After that,	
Finally, I will reach my goal of.....	

Advice and Guidance

Here are some quick tips for parents:

- ❖ Listen to concerns and be understanding without judging.
- ❖ Help your child name the feelings they are experiencing - are they feeling nervous, scared?
- ❖ Practice stress coping techniques with your child, e.g. deep breathing, walking in nature...

Common concerns and worries

- ❖ Getting lost and getting late to class.
- ❖ Losing friends and making new friends.
- ❖ Homework and tests.
- ❖ Remembering P.E. kit, books and other equipment.
- ❖ Being bullied (especially by the older children).
- ❖ Having many new teachers.

Helpful Tips

- ❖ Make copies of the timetable to put around the house.
- ❖ Keep books neatly organised.
- ❖ Do wellbeing exercises (like in this resource or others).
- ❖ Make time for meeting with old and new friends.
- ❖ Join after school clubs or sports teams.
- ❖ Make time after school for homework and revision before tests.

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