

**You are not alone!**

Talk to an adult you trust - maybe a parent, school staff member, or doctor.  
If you're not ready to talk to someone face to face call a helpline or use a website e.g.:

**Mind Your Way**

📍 [www.mindyourway.co.uk](http://www.mindyourway.co.uk)

**Live chat with Your Way**

📍 [www.your-way.org.uk](http://www.your-way.org.uk)

**Childline**

📍 [www.childline.org.uk](http://www.childline.org.uk) ☎️ 0800 1111

**Kooth** (online support in Cornwall)

📍 [www.kooth.com](http://www.kooth.com)

There are more great wellbeing ideas Transition Mission as part of the Start Now Wellbeing Action Plan.

[www.startnowcornwall.co.uk](http://www.startnowcornwall.co.uk)



Transition Mission was created by the fabulous Lily, Harrison, Paige, Corey and Maggie with Kelly and Jade from Young People Cornwall.



**It's OK  
not to be OK...**

If you are worried about something or things are getting you down.  
Talk to someone / ask for help.



**HEADSTART  
KERNOW**

# Transition Mission



Your move  
from *Primary*  
to *Secondary*  
School



**your way**



## All about me

Name

Date of birth

Address

Contact number

My school

People I work with

Where they  
are from

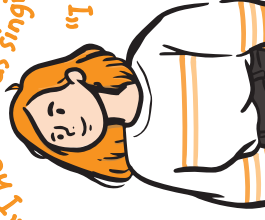
### 3. Listen

Listen for three sounds. Say these three sounds out loud.

"I hear birds singing..."

"I can hear talking"

"I hear..."



### 2. Smell

What can you smell?  
Say two things you can smell.

"I smell food..."

"I can smell freshly cut grass"

"I smell..."



1. Take a deep breath

5,4,3,2,1 can help you relax when feeling stressed or anxious.

## Feeling stressed or overwhelmed?

5... 4... 3... 2... 1...  
Relaxation technique

"I can't do this..."

"What if..."

"This is too much..."

## 5. Look

Look for five things that you can see, and say them out loud

"I see a tree..."

"I see a bike"

"I see..."



## 4. Feel

Pay attention to your body. Think of four things you can feel and say them out loud

"I can feel my socks"

"I feel warm"

"I feel..."



## Welcome to Transition Mission

This guide has been made by a group of young people in Cornwall **for YOU!**

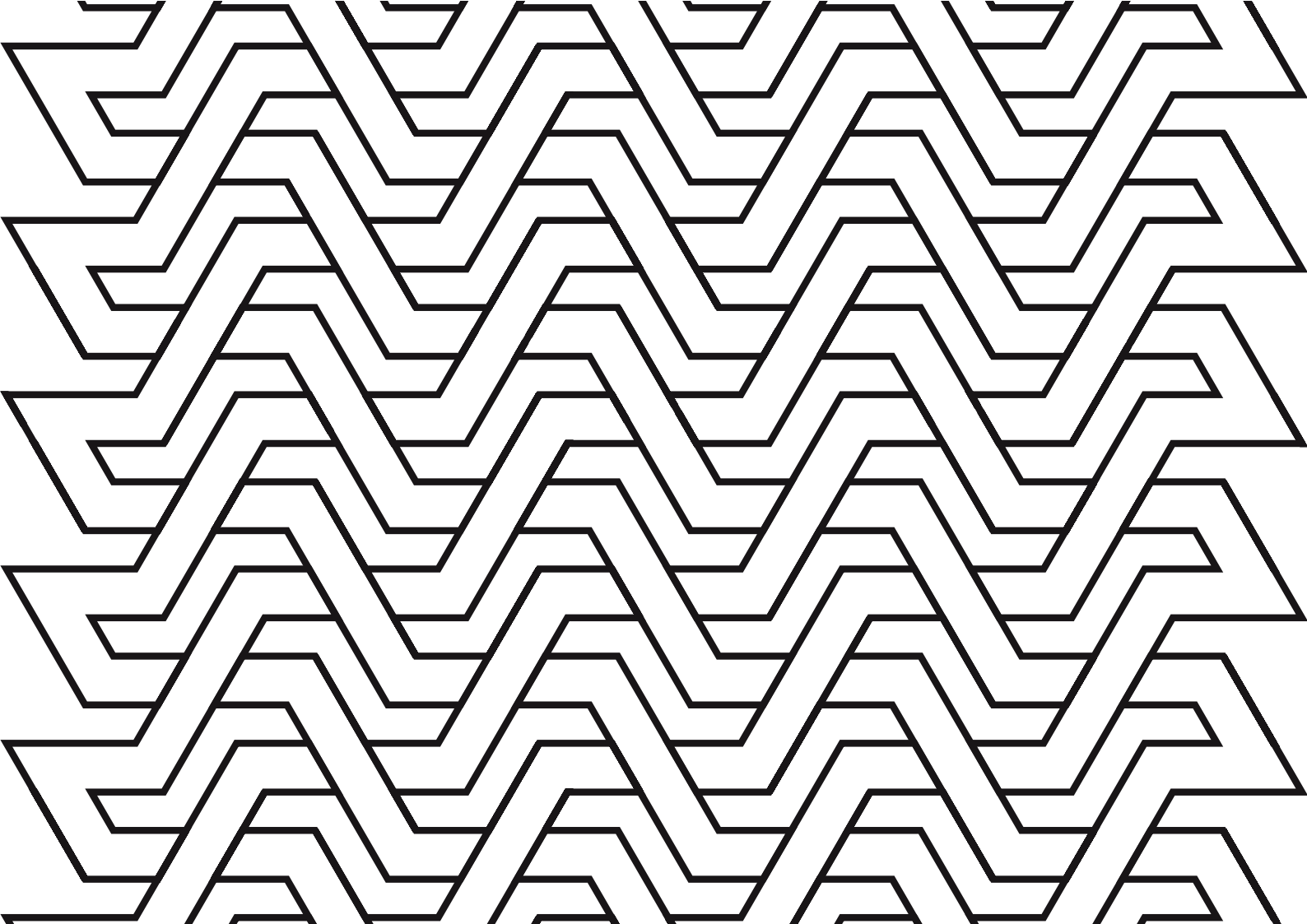
It includes information about what to expect when you change school, some top tips for looking after yourself and some activity ideas – just for fun.

## What does 'transition' mean?

An important transition is from primary to secondary school. A move that has big changes but you will find support (like this guide)

- **Transition means the process of change from one thing to another...**
- **Transition is about your journey to the next chapter of your life...**
- ...as scary as this can feel, just remember: **it is a positive change** and should try to look for all the good things about it.





# My personal planner



|        |         |           |          |        |          |        |
|--------|---------|-----------|----------|--------|----------|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|

# Self-care check

## Tasks:

Got enough sleep

Got out of bed on time

Brushed teeth x 2

Took medication/vitamins

Spent time out of bedroom

Had some exercise

Had some healthy snacks

Talked to friends/family

Spent time outdoors

Drank plenty of water

Ate healthy meals

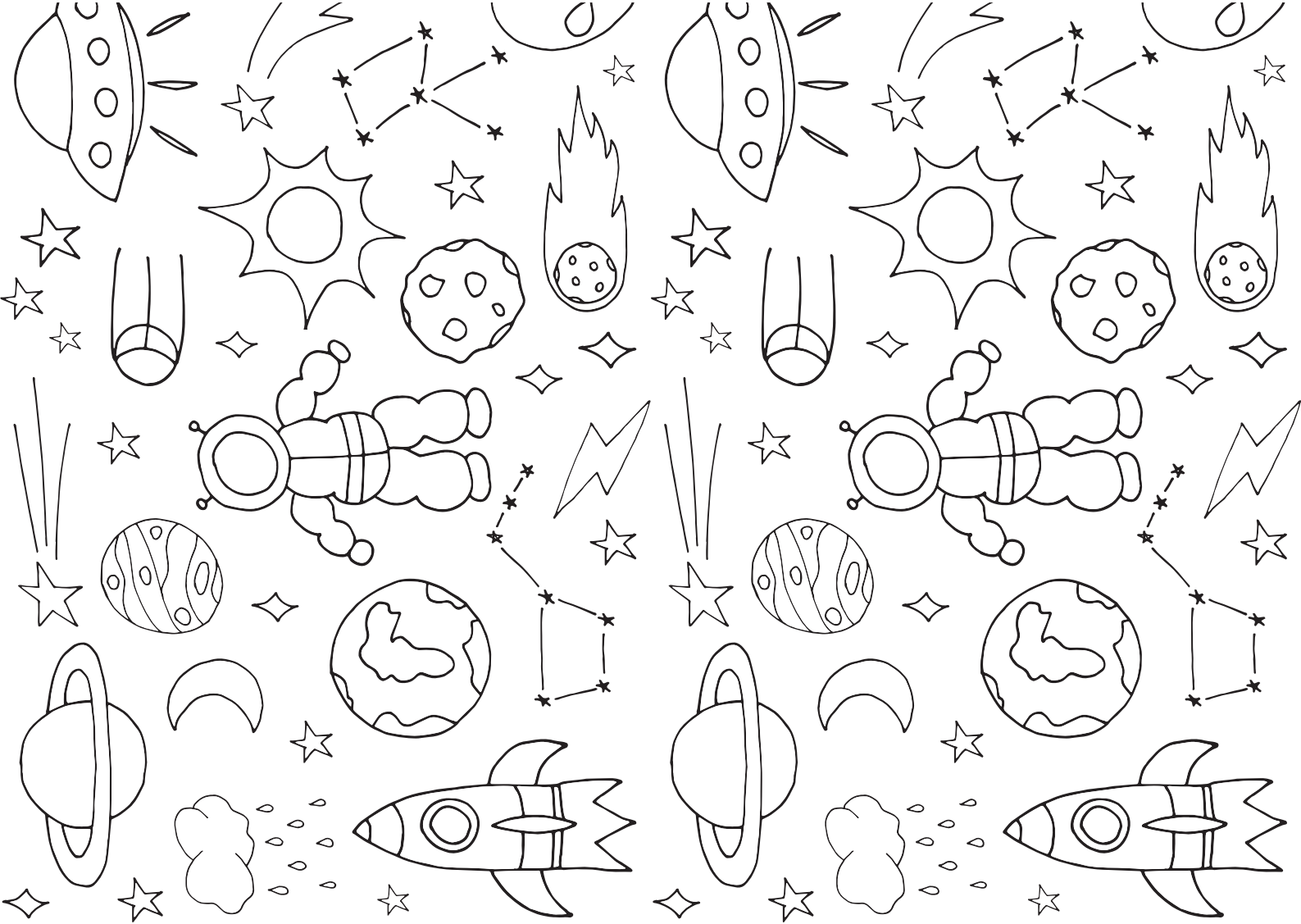
Had a shower/bath

Looked after my appearance

Took time to breathe deeply

Took time to relax

M T W T F S S





# Take 5 - the five ways of wellbeing

## Get moving

Moving makes you feel good! Science tells us that physical exercise changes the chemicals in your brain and releases happy hormones! Even better if you get moving outdoors! The important thing is doing exercise and activity you enjoy!



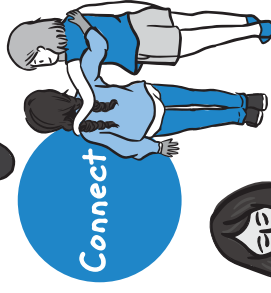
## Take time for you

You're special. So it's important you take time for you and the people/things you love. Each day, even when you're really busy, take time out to do something you enjoy just for fun. Play can help recharge your batteries and make your study more effective!



## Connect

Connect with the people around you. With family, friends, and neighbours. At home, school or in your local community. Building connections will support you every day.



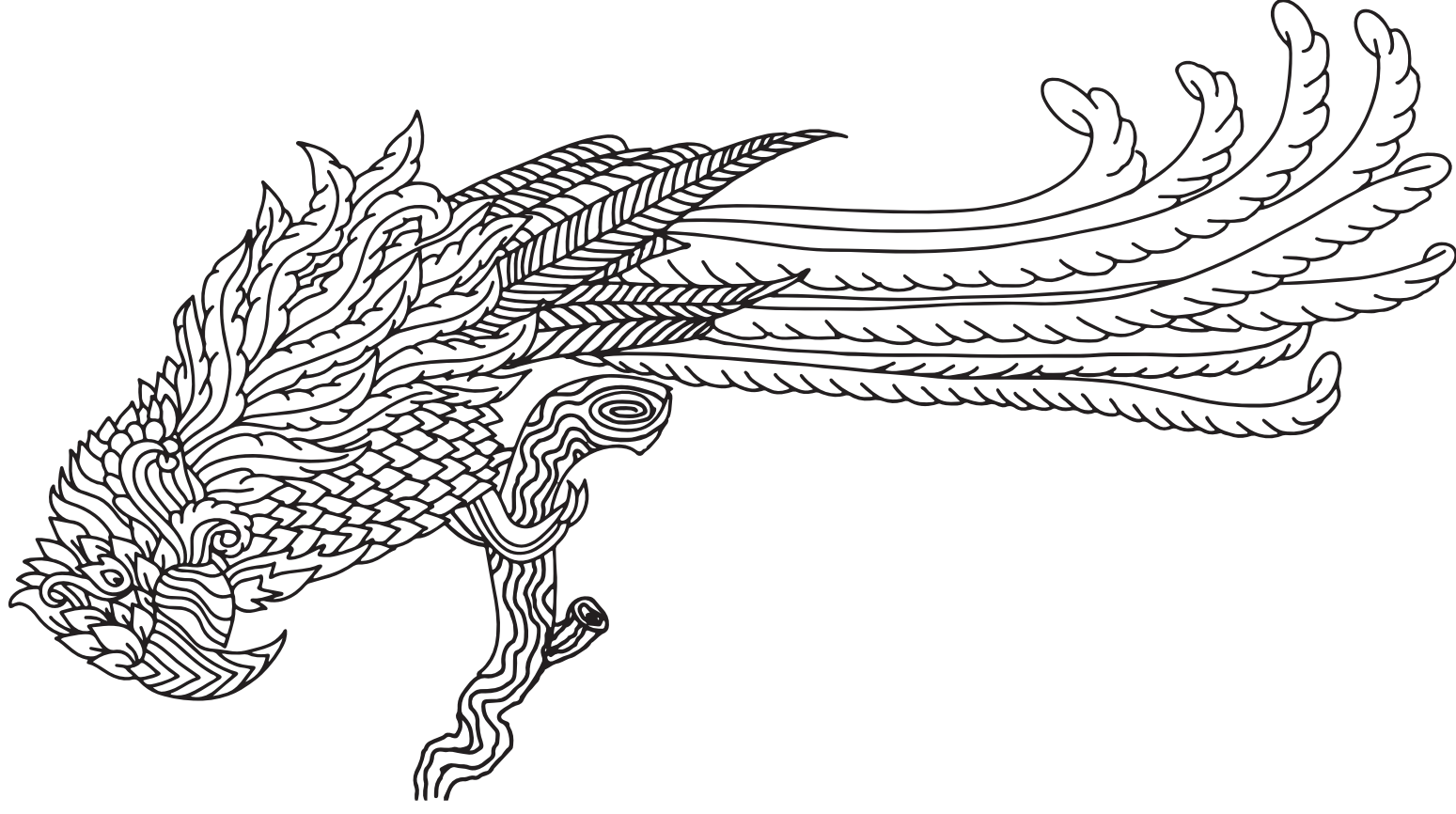
## Stop and take notice

Whether you are walking to school, eating lunch or talking to friends. Take a moment or two to be aware of the world around you and what you are feeling. Pausing to really take notice like this can be very relaxing and calming. Some people call this 'being Mindful' or 'Mindfulness'.



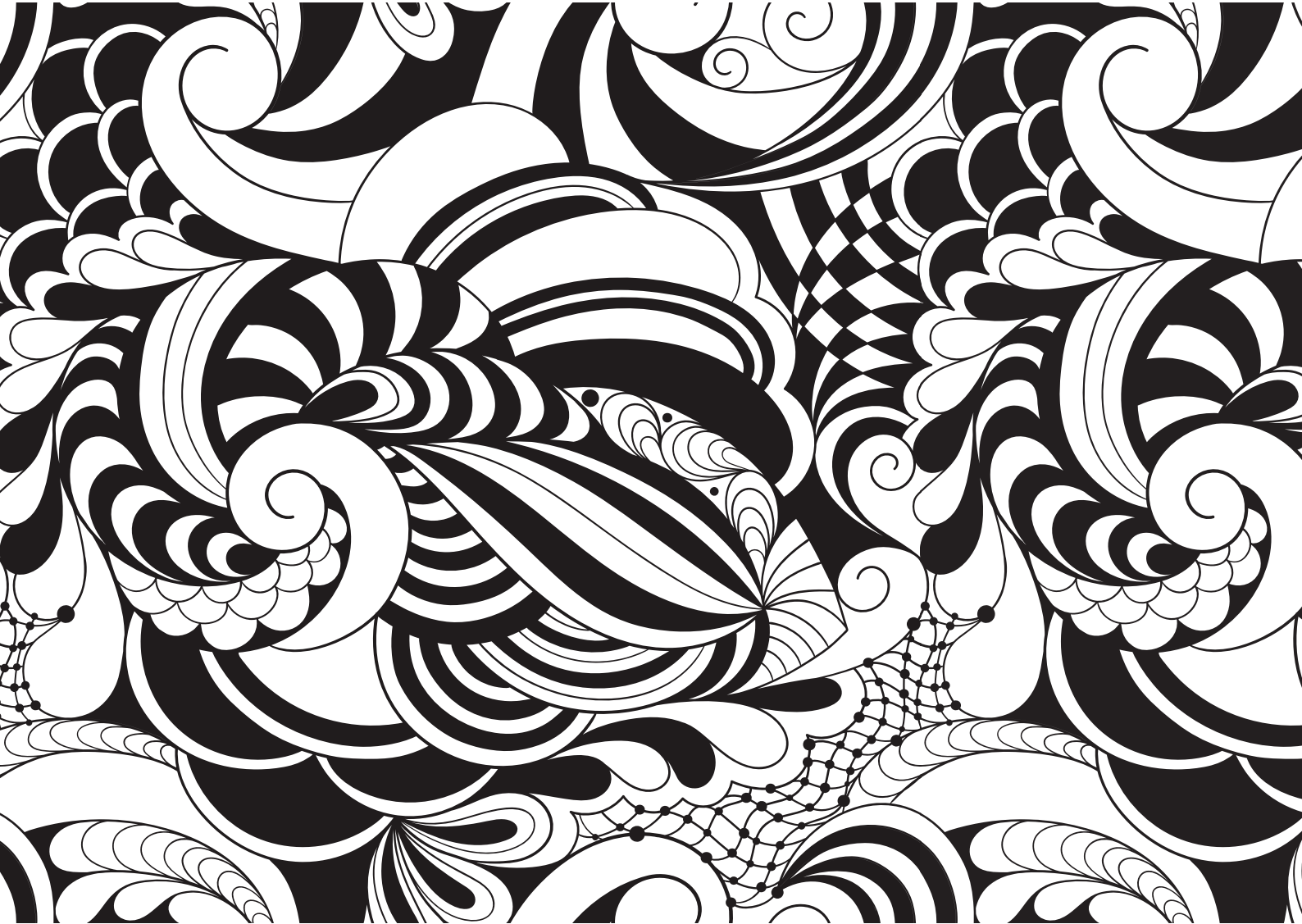
## Give to others

Do something nice for a friend, help out at home, thank someone, smile, volunteer your time, or join a community group. Any acts of kindness, whether small or large can make you feel happier.



**Fill your head  
with calm and  
happy thoughts**

Make sure there is no  
room for stress and  
worry to creep in



## Myth busting



(don't worry – many of the things you hear about aren't true)

“ I’m worried my head will be flushed down the toilet.”

..... *...This isn't true!!!*  
..... *It's not like the movies*

“ How will I remember all of my belongings?”

*Be organised (like using the daily planner) and remember, it's OK to forget sometimes*

“ What happens if I don't make any friends?”

*You will! Other Yr 7's will be feeling the same*

“ What happens if the older pupils bully me?”

*If you encounter any problems – speak to someone – a teacher, your form tutor or other member of staff*

“ I'm worried I will get lost.”

*Staff and other pupils are there to help you (just ask!)*

## Sleep well...

It's important to get enough sleep. Aim to get at least eight hours (your brain needs it - in puberty the brain undergoes a bit of reorganisation and sleep provides the opportunity for the brain to do this).



## Team Transition Mission's Top Tips to help you sleep:

- Consistent routines – like going to bed at the same time each night
- Get fresh air and exercise during the day
- Have a bath / shower before bedtime
- Reading (a book not a screen!)
- Don't go on technology before bed
- Don't eat just before bedtime

### In bed

- Make sure you are comfortable
- Ensure your bedroom is as dark as possible
- Try a sleep mask
- Try and find a really comfy pillow



Some foods are said to have sleep promoting properties, so you could think about including some of these:

Almonds    Cherry juice  
Honey      Whole grains  
Herbal Tea    Warm milk  
Bananas      Kale  
Salmon

Smells and scents to help you sleep (Aromatherapy)

Lavender      Olbas Oil  
(our No. 1 tip for sleep supporting aroma therapy)    Mint  
Lemon  
Honey  
Wild Orange  
Peppermint



Think positive...

I'm good at:

I'm amazing at:

I can do this:

Work Hard  
Dream Big  
Never Give Up



Star breathing

Start at any “**breathe in**” side, hold your breath at the point, then breathe out. Keep going until you’ve gone around the whole star.



## Strategies to help within schools



### Pupil passport

This helps with additional needs to support pupils during lessons.

### Practical strategies

Practical strategies to help with setting up equipment with tutors to overcome memory and organisational difficulties.



### Key adult

Having a named person to go to when feeling anxious/stressed and worried.

### Dinner cards

Going into lunch sooner, quieter environment to reduce anxiety and fewer others around.

### Support when writing

Having support when writing and extra time when needed.

### Time out card

Needing time out from lessons and support when it gets too much.  
Time to burn off energy or calm down.



## Worried... about transition?

1. Fill your head with calm, happy thoughts and make sure there is no room for stress and worry to creep in...
2. Put your worries safely locked up in the worry monster

