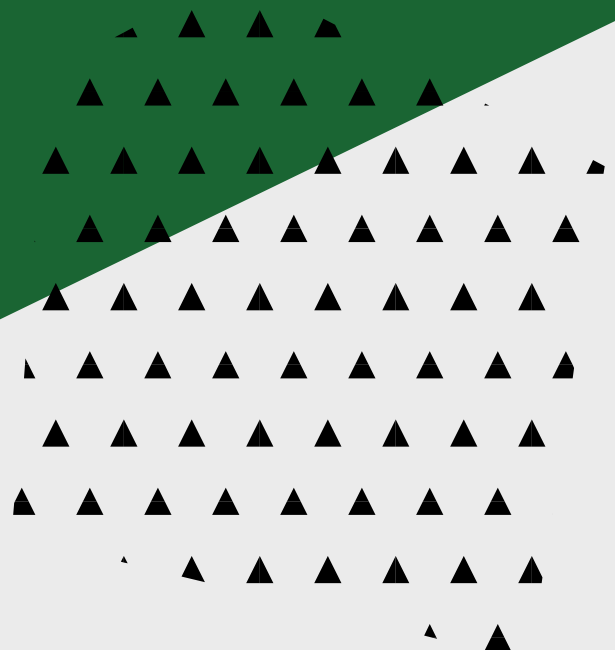




Unlocking Potential

UP's Weekly
Well-being activity

01.06.20





Unlocking Potential

What's Inside...

We hope you are enjoying receiving our Weekly Well-being activities! This week we are focusing our resources on the BIG transitions any of your year 6 children may have coming up when they go to secondary school in September. In addition to this for the following 5 weeks we will be releasing more transition focused activities that will help you be totally secondary school ready! You will be able to find them by clicking on our new Transitions button.

Don't forget the accompanying demonstration videos which you can find on the Unlocking Potential YouTube Channel, UP – Unlocking Potential.

The Big Secondary School Quiz

This fun quiz is designed to help you start thinking about what it will be like to go to secondary school. Take it first before you start on the other activities, and then in 5 weeks' time take it again to see how much more you know. We are certain you will see how much more ready you are for your next big adventure.

Transitions Memory book.

This week you can start making your very own memories book, it has spaces to draw and write your own special memories from Primary school. Over the next 5 weeks we will add another page each week. ** Click the [Transitions](#) button for these pages **

Who am I?

This is a quick, easy and colourful test where you can have a think about who you are, see what is important to you right now and think about areas where you can grow when you move up to secondary school.

Tips for making friends

These are some tips and ideas for how to make new friends when you start Y7. We know it can be scary being somewhere new and not knowing as many people, or even anyone at all. These ideas will hopefully help you feel more confident getting to know your new classmates.

The Tray Game

This fun game is a great way to keep your brilliant young minds active. Not only is it fun to play, but it also has long term benefits! It can help with your visual and spatial memory. These are vital for so many things, from remembering your new friend's phone number to reading a map and memorising the route on your favourite computer game. It can even help you focus better in class. Check out the video instructions here https://youtu.be/Zpj_2_Gvxds

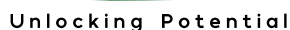
Video Only - Oi Dog – Book reading

This week we are reading the follow up book from last week's hilarious Oi Frog. Find the video here <https://youtu.be/4SYFV4ofObA>

For parents/carers: 5 tips on how to help your child with transitions

The move from Year 6 to Secondary School has always been a significant step in a child's journey. It is a big move and can be a daunting one. This year is somewhat extraordinary in that the virus pandemic has impacted that transition. We have put together 5 tips to help parents support and prepare their children for secondary school over the summer holidays.

Video only – An introduction to Occupational Therapy <https://youtu.be/fzQexAjtMY>



This is a fun quiz that you can take before you start our transitions worksheets. Then on week 6 you can take it again and you will see how much you have learnt and how prepared you now are for the next step!

There are 3 sections to this quiz. True or false, thumbs up or thumbs down and the Year 6 challenge.

- 1) Everyone will be at least a little bit nervous. ----- True or False
- 2) The bigger kids will be waiting to tease you. ----- True or False
- 3) It's Pizza for lunch every day. ----- True or False
- 4) My teacher is always looking out for me. ----- True or False
- 5) There will be more homework than you can ever do. ----- True or False
- 6) You will make brilliant new friends. ----- True or False

Give each of these situations a **thumbs up** if you are feeling cool as a cucumber about it or a **thumbs down** if you are feeling a bit wobbly about it.

New friends.



Travelling to school.

Here's the **Preppers Challenge**; see if you can list 7 things you will need to do to make sure that when you reach Year 7 your school days always run smoothly. Here's a little clue - somethings you might need to get read the night before.



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Who Am I?

This activity will help give you a colourful view of who you are and who you want to be when you go to secondary school. Colour or Highlight the words in the table below. These words may be qualities or traits that you have right now, or ones you would like to have in the future. They may be ones you have and want to keep or perhaps ones you would like to change.

- **Green -** This is just like me.
- **Blue -** I want stay like this.
- **Orange -** I want to be more like this.
- **Red -** I want to change this a bit.

| | | |
|-----------------|----------------|-----------------|
| • Carefree | • Supportive | • Talkative |
| • Loner | • Sensitive | • Worrier |
| • Talented | • Tough | • Good listener |
| • Clever | • Bully | • Ringleader |
| • Quiet | • Rebel | • Assertive |
| • Active | • Winner | • Loser |
| • Observer | • Go-between | • Carer |
| • Angry | • Risk taker | • Calm |
| • Daughter | • Son | • Friend |
| • Gentle | • Kind | • Peacemaker |
| • Best Friend | • Helper | • Fair |
| • Supportive | • Joker | • Entertainer |
| • Youngest | • Middle child | • Oldest |
| • Hardworking | • Lazy | • Confident |
| • Funny | • Superstar | • Joker |
| • Chatty | • Envious | • thoughtful |
| • Sister | • Brother | • Cousin |
| • Misunderstood | • Odd one out | • Friendly |



Unlocking Potential

How to Make Friends at School

Take a deep breath:

Take a deep breath and relax. Try not to be nervous. Remember that you're not the only one looking for new friends. Don't put too much pressure on yourself.



Think about your qualities.

Write down some positive things about yourself - keep the list somewhere handy so you can refer to it anytime you're feeling less confident.



Make the first move.

Remember, everyone will be feeling as you do, anxious and eager to make friends. This is a good way to make friends - smile, be approachable and keep eye contact.



Be yourself.

Never change who you are to try to fit in. Most people fit in with certain groups simply because they are being themselves and their unique personalities and interests bring them together.



Give it Time

Give it time. Take time to get to know your school, your classmates and other children in other classes in Y7. Find friends who have common interests.



Ask a question.

you'll want to introduce yourself and tell people a little about yourself, however, if you ask OPEN questions about people, they'll feel like you're interested in them, which is a sign of a good friend.



Join a club or afterschool activity.

Choose activities you enjoy doing. This means that you'll find others who enjoy the things you do. You can also use this opportunity to try new things you might not have wanted to do at your old school. A new school is a chance to reinvent yourself, so remember to be brave about trying new things!





Unlocking Potential

More Tips on Making Friends

Remember; everyone will be feeling like you do, anxious and eager to make friends. Here are some good ways to make friends. It can be as simple as just starting a conversation, smiling and introducing yourself.

- 1) Get to know your classmates, learn who they really are, not what others think of them. First step is to ask them their names and what primary school they came from.
- 2) Sit in the middle of the classroom, try not to sit at the back.
- 3) Remembering someone's name after your first encounter will show that you're interested in knowing them.
- 4) When you are looking for a friend, look for someone with a common interest.
- 5) Try to find someone who is sitting alone at lunch and introduce yourself. If you enjoy their company, invite them to your house after school or get their number.
- 6) If someone is being bullied, stand up for them! It might help for others to know that you can be trusted, and they might stand up for you one day too!
- 7) Look out for others who seem to be having difficulty finding their way around the new school, you could all help each other get to the right place on time!
- 8) Humour is an ice breaker, especially for those uncomfortable silences or moments, tell jokes, but make sure they do not degrade others or put others down.
- 9) Talking to someone about your feelings can make you feel much better and can improve your self-confidence and social skills.
- 10) Talk to your teacher, s/he will introduce you to likeminded classmates, or may signpost you to the school's pastoral department, where you will be introduced to counselling or mentors.



The Tray Game

This is a super easy and fun game that you can play in your home with things you can find around you. All you need is a flat surface, 10-20 small to medium items (think hair clip, glove, Lego piece), something to cover the items (tea towel, small towel, even a t-shirt!) and finally someone to play with you.



Collect up all the things you want to put on the tray. If it's your first time playing, then maybe start with some **bright** coloured medium sized things. Once you have them all, find someone to play with you. While you turn your back/leave the room, they will pop them all on a tray or flat surface – in any random order they fancy, making sure they are nicely spaced out.

Once they are all in then you can turn around and take a good **30 second** look at what is there. Try your best to really notice every object, noticing where it is on the tray and what it is next to (this will help you later). When the 30 seconds-are up (you can use a timer for this if you like) get your helper to cover the tray up with the tea towel. Then, look away while they take out 1-3 things, and make sure to remind them to hide the objects from sight.



Once this is done, it's time to uncover the tray and **GO!** See how long it takes you to notice what's missing. If you want to really challenge yourself, then use your timer again and see if you get quicker each time.

This game can be for 1 player, or you can play with others. See who notices what is missing first – everyone needs a paper and pencil, so they can quietly write down what's missing. Then, when you have them all, **shout out** and see if you got it right.

Here's the science bit – This game uses a special part of your brain that helps you see the big picture when dealing with life's challenges. This is called visual-

spatial processing and it helps you do all sorts of really cool things. Like building a world in Minecraft or helping you learn to fly a plane! Some people are naturally good at this but for lots of us we could do with a bit of help. The more you practice, the stronger that bit of your brains gets!



Unlocking Potential

5 Tips for Supporting Big Feelings

1) Communication

This is a good time for you and your child to talk about transitioning to Secondary school. Have a calm and reassuring manner, try not to catastrophise, and instead normalise the change. Ask your child what they feel about the move and acknowledge any worries. They may not have the same concerns that you have. Work together to problem solve and remember the challenges your child has faced over time, perhaps learning to ride a bike, or swimming a length in the pool; they are up to this task!

2) Friendships and relationship building

Take some time to discuss friendship building and the importance of managing new relationships in the first few weeks of term. Support your child to find the confidence to be open to getting to know as many people as possible before fixing themselves to a group. Getting involved in the extra-curricular life of the school can be a good way to make this happen. *Find out what clubs might be on offer and encourage your child to try a couple they like the sound of.*

3) Expectations

Discuss your expectations and ask your child what their expectations are. Set out how things will change - they will be expected to become independent learners, taking responsibility for getting prepared for school, completing homework, organising their school bag, getting to bed early and getting themselves up and out on time for the journey to school. Check out the school policy on mobiles, be clear about when are you happy for the phone to be used and for what purpose! The [UK Council for Child Internet Safety](#) offers [helpful guidance](#). *Carrying cash and a mobile phone for the first time needs to be carefully managed to avoid attracting unwelcome attention.*

4) Journeys and Routines

Make sure your child is well-informed and confident about their new journey to and from school. This is especially important for children travelling alone for the first time. If public transport is involved, take a few practice journeys, look on Google maps and plot various routes. Talk about contingency plans, what would happen if...? State clearly the times you expect your child home and set clear boundaries and expectations about any trips with friends after school. This is a good way to pre-empt possible stressful situations before they arise. *Be clear that you trust your child to make the right decision but also be honest with them about the need to be streetwise and protect both themselves and their belongings.*

5) Embrace the Independence

Recognise and accept that the transitions represent a change in childhood independence. Acknowledge and praise every step your child takes on this path. Your child will have to navigate school, with several subject teachers, a varied timetable, and a wider range of homework tasks. *As a parent, the best thing you can do is empower your child by laying the groundwork of preparations over the summer and then taking a step back to support from the side-lines and encourage them along this new adventure with optimism and positivity.*