



# Guide to Thrive

Inspire students to  
leap into Year 7

## Activity 1

## *Transition activity*

Booklet = your ideas and opinions

- Draw
- Write
- Speak

### Activity 1

- Have you done any transition activities recently?



# Activity 2

*How do you feel?*

Choose one or more image that represents how you feel about your school transition.



Briefly label your image. What makes you feel that way?

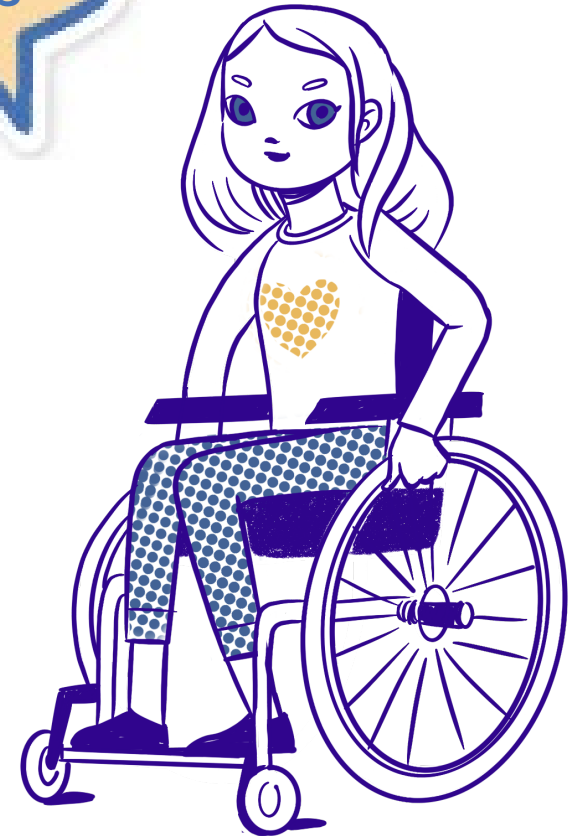


## Activity 2 cont'd...

- What other things impact school transition?
  - Has anything helped?
  - Has anything hindered it?
- What else is going on in your world?

Draw/label these around the emoji of yourself.

The Year 8s have helped me a lot, explained things.



# Activity 2 cont'd...

Examples:

Is my new school like a different planet?



I worry I won't shine in a new environment.



How do you feel?

WORRIED      STARTLED      EXCITED

Worried, startled plus excited...

Can't wait to discover new places and faces!

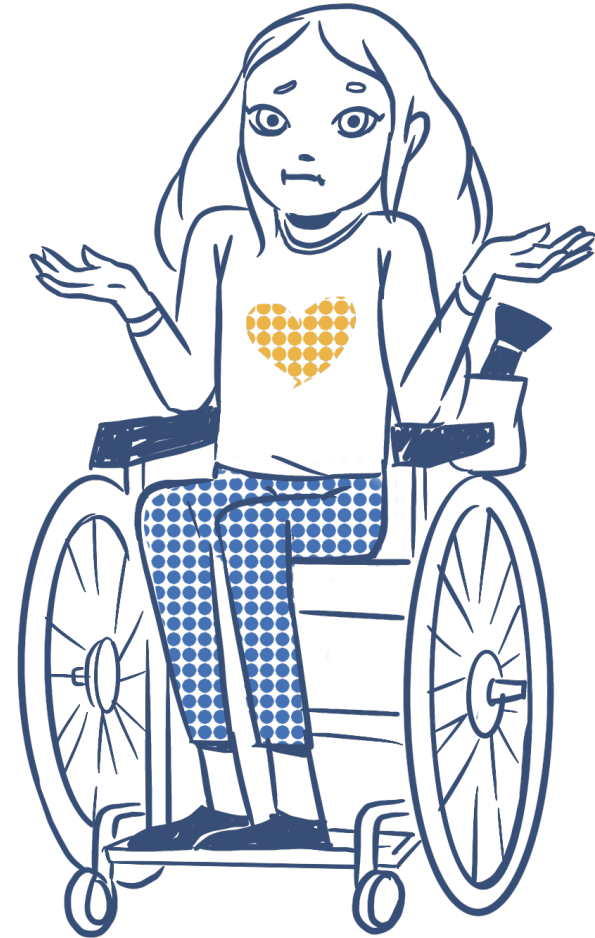




## Activity 2 cont'd...

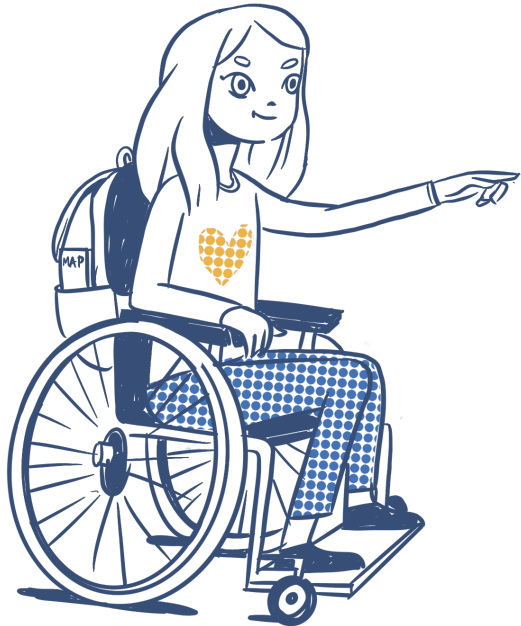
Share your thoughts

- What are the positives?
- What are the negatives?
- Add to your own ideas if you wish



## Activity 3

*Ways forward*



Pick one or two of the emoji you've used.

- What worries or challenges you the most?
- Would anything solve this? What would help make it easier?
- What would be needed to do this?
- Do you need people, things, time, activities, money, etc.?



# Activity 4

*Anything else?*



Survey – are others’ ideas also true for you?

How do you like to learn new things?

Do others also need to know about school transition?



# Activity 4 cont'd...

Colour or indicate the emoji(s) on the last page that describe where your headspace is with school transition.

*And...you're finished!*

