



Classroom Activity: Diagnostic booklet Year 7

This version of the booklet exercise contains plain text so that teacher can copy-paste into the app or software they wish to use.

Activity 1

Thinking about transition

Have you done any activities to prepare for your own school change (either to a different school, or to a new sub-school)? What were they?

(For example, when did you know which secondary school you were going to? Did you go to any tours or information sessions? Did you do any tests/auditions/interviews to get in to the school or for placement? Did you talk to anyone – friends, family – about going to secondary school? What activities have you done since starting secondary school – get-to-know-you sessions, camps, etc.?)

Activity 2

How do you feel about your transition to secondary school?

1. Draw your emoji(s).
2. Label your emoji(s) so it's clear how you feel.
3. Then, write the reason(s) why you feel that way for each emoji.

Activity 3

Pick one or two of your emoji reasons:

What worries or challenges you the most?

(Answer)

What could help with your challenge(s)?

- How could you or someone else solve this?
- If it cannot be solved, how could you or someone else make things easier?
- What resources would you need? (e.g., people, things, time, activities, money...)

(Answer)



Activity 4

Are there any school-transition topics would you like to know more about?

1. How my school operates (timetables, maps)

Yes

No

Don't know

2. Academics (subjects, difficulty levels)

Yes

No

Don't know

3. People – how to maintain/develop friendships

Yes

No

Don't know

4. Workload (how do I manage it all?)

Yes

No

Don't know

5. Time for fun (sports/activities vs school work)

Yes

No

Don't know

How can you learn more about the topics above? How would you like to learn about them?

(Answer)



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Do you need to teach anyone else (e.g., family members, friends) about the topics above?

(Answer)

How do you feel now?

School transition can be a tricky time – do you feel like you need someone to talk to about it? Select or colour the feeling that shows how you feel today.

- Totally stressed, not fine! I need help to sort out my school transition.
- Feeling worried. There are quite a lot of things I need to sort out. I will need some time and help to get started.
- Feeling a bit confused – actually, I'm really not sure how I feel... Maybe a bit of both stressed and ok? I'd like to spend some more time on this to make sure I'm alright.
- A bit nervous but mostly fine. I reckon I know what is coming my way and I think I can handle it.
- Totally fine, not stressed, I'll just keep chatting with my friends/family about it.