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

1. Academics (subjects, difficulty levels)

Yes

No

Don’t know

1. People – how to maintain/develop friendships

Yes

No

Don’t know

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

Yes

No

Don’t know

1. 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)

**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.