



# Guide to Thrive

Inspire students to leap into Year 7

## Activity 1

## *Transition activity*

Booklet = your ideas and opinions

- Draw
- Write
- Speak

### Activity 1

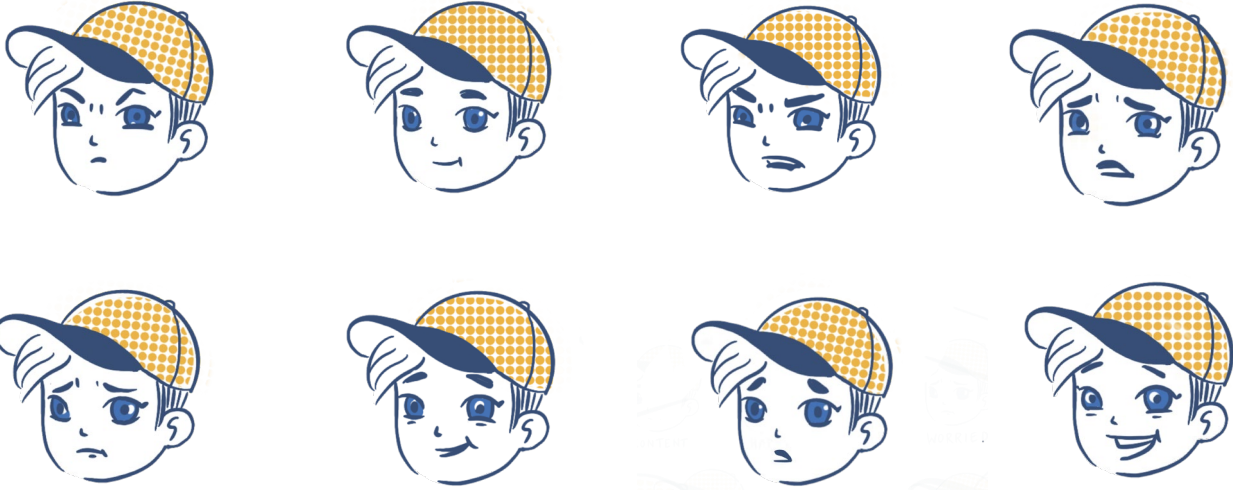
- Have you done any transition activities recently?



# Activity 2

*How do you feel?*

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

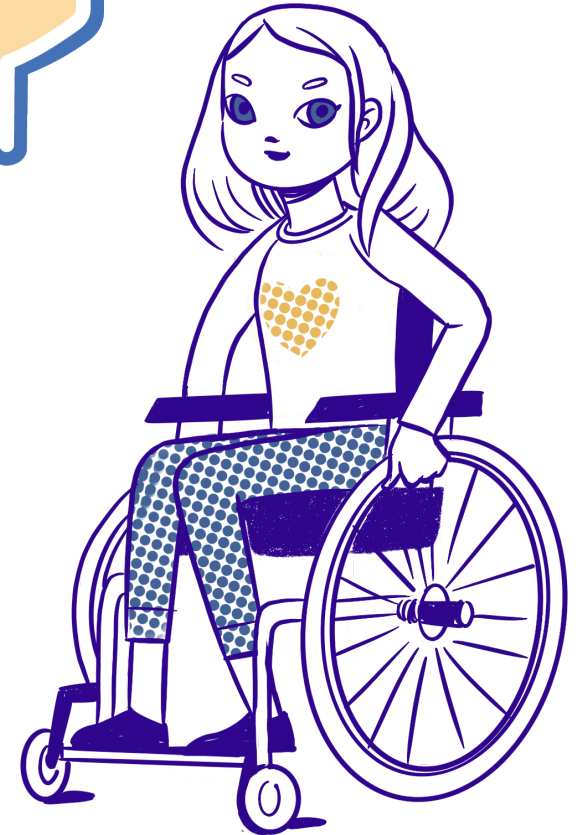


Briefly label your chosen character/s. What makes you feel that way?

## Activity 2 cont'd...

- What other things impact school transition?
- What else is going on in your world?

Draw/label these around an emoji of yourself.





# Activity 2 cont'd...

*How do you feel?*

Examples:

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

Is my new school like a different planet?

I don't know if I'm going to fit in, but I think I'll be fine.

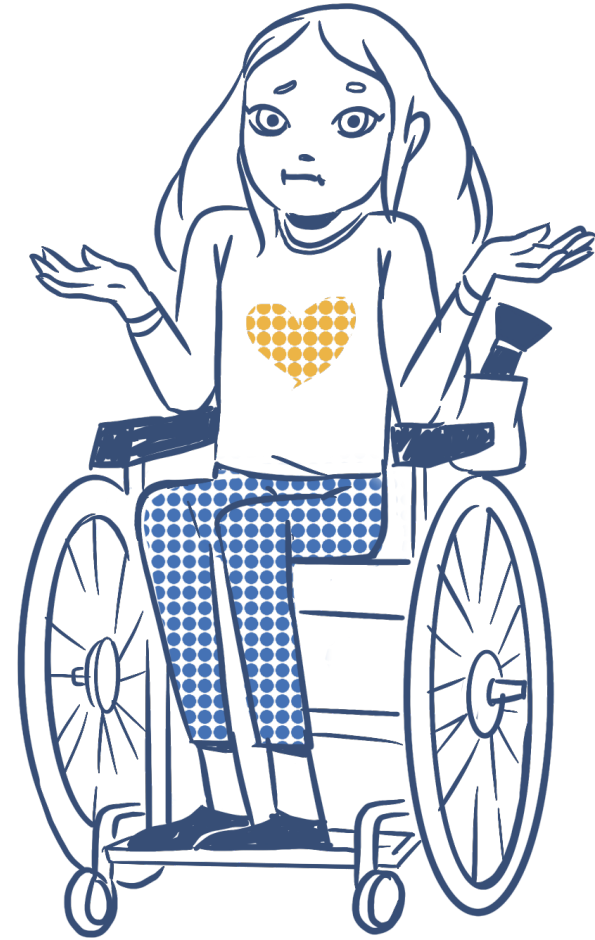




# Activity 2 continued...

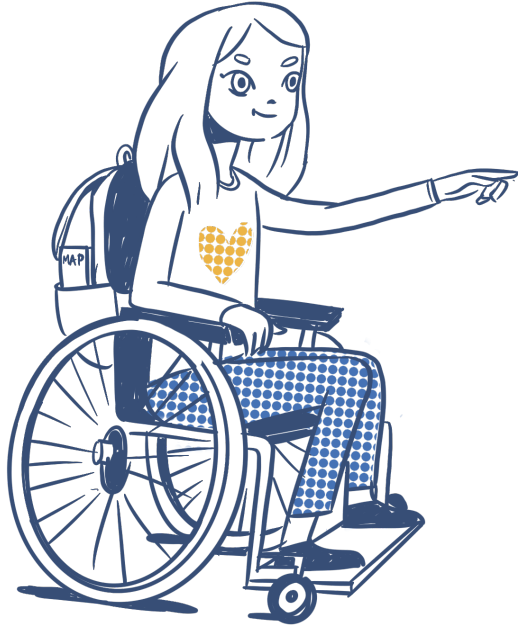
Share your thoughts

- 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 characters 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?

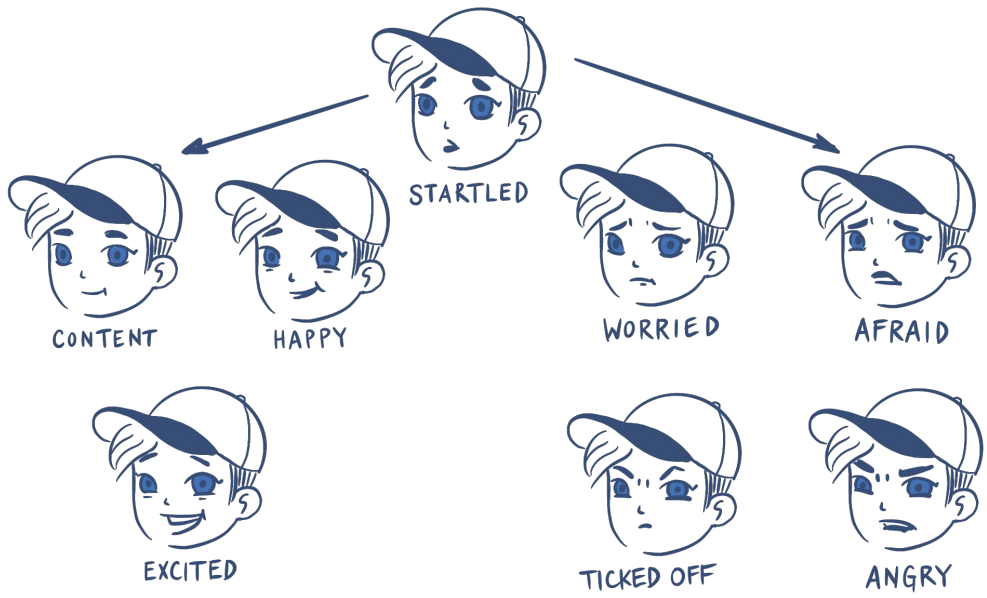
Do others also need to know about school transition?





# Activity 4 cont'd...

Colour or indicate the character that now describe where your headspace is with school transition.



*And...  
you're finished!*

