

Transition Booklet

We can't wait to see you in Barnhill!



Name:

My primary school is:

My secondary school will be: Barnhill

All About me

My hero

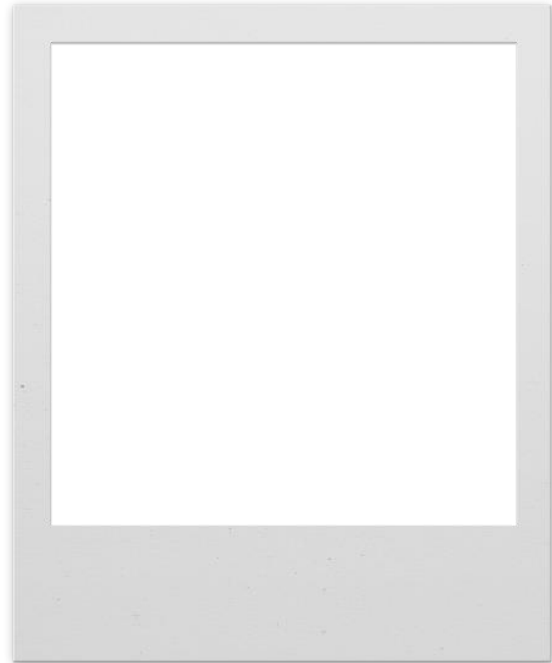
Facts about me:

Name:

Age:

Members of my
Family:

My friends:



My favourite:

Animal:

Colour:

Food:

Sport:

Favourite things to do

TV show:

The things I like best about school are:

At school it helps me when:

Examples: I am sat at the front, my work is given to me step-by-step, I am sat next to a positive friend, my teacher uses a quiet voice etc.



What I am most proud about:

Secondary School- All about us

Your teacher/key worker will speak to your Secondary School to gather this information for you

Key contact

Secondary School

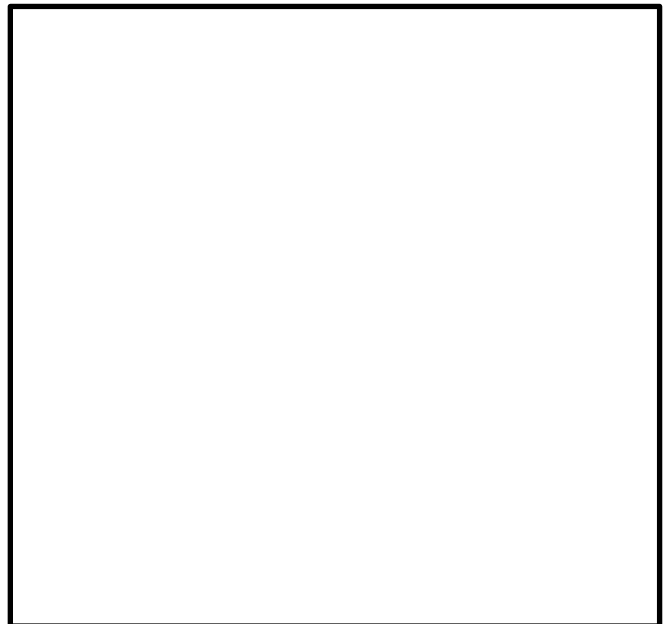
Name:

Address:

Telephone Number:

Email:

Website:

A large empty rectangular box with a black border, intended for providing contact information for the secondary school.

Welcome message

Head of year:

Form tutor:

Pastoral Support:

Supporting you

- We can talk together about what help you might need when starting school
- I can help you navigate your way through the systems, find a way to achieve your goals and aspirations
- I will be here to guide and support you through your journey

Here are some examples of how I can support you:

Advice on after-school clubs or activities	I can help you find your way round. E.g. provide you with a visual map
Help with getting to know who's who at school	Find out information for you and signpost you to other services if needed

Talk about your future and help with your goals	Help with concerns or worries
Get you further support if needed with any of your lessons	Help if you are struggling with friends or bullying

My skills and qualities

Highlight your skills and qualities

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adventurous	Friendly	Helpful	Brave
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caring	Confident	Forgiving	Co-operative
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Energetic	Flexible	Kind	Practical
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assertive	Enthusiastic	Creative	Happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honest	Try your best	Understanding	Determined

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fair	Answering questions	Listening skills	Talking to adults
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Making friends	Talking to other children	Putting my hand up	Sporty

Skills I need in my new school

Highlight your skills and qualities

	I can do this	I sometimes can	I find this difficult
Use a pen to write	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Remember what I need for each lesson	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen when someone is talking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put my hand up when I need help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tell the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follow the class rules for setting out work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Have a go at work on my own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down homework/check online	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Able to make friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ask for help when I need it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Things I am looking forward to

Things I am worried about



Coping with change

Asking for help

Here are some people we could speak to:

- Teacher
- Parent
- Other adult or mentor

You can share how you are feeling using social stories, writing or drawing

Have a special
place to go

In your special place
you could do some:

- Drawing
- Writing down
how you feel
- Painting
- Other art- make
a mosaic or
collage

This could be a
different room, or
somewhere quiet.
Imagine being in
a safe place

Deep Breathing

Breathing exercises

- Hold your hand
out
- Breathe in and
out as you
move up and
down the edge
of your fingers

Breathe from your
diaphragm. You
should be able to
feel your stomach
go in and out. Take
your time exhaling

Do sport or
exercise

Exercises

- Run on the spot
- Shake or dance it out
- Do some relaxation exercises or stretching

See if your key contact has some examples of yoga poses

Distract yourself
with something
you like

Music and reading

- Listen to a favourite song or some calming music. You could sing along
- Play an instrument

Read something uplifting or something that makes you laugh out loud

Other activities

- Brain games
- Puzzles
- Tracing
- Making things
- Baking

Think about your hopes and dreams, and imagine them coming true

Supporting you

A mindful walk involves us using all our senses:

5 Senses



Sight



Hearing



Touch

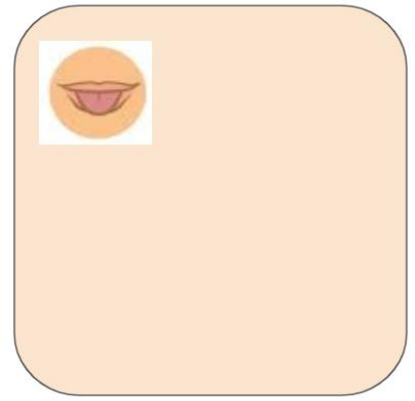
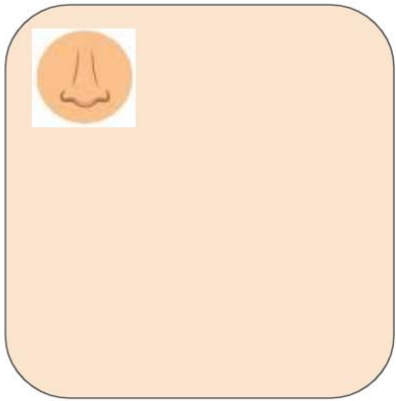


Smell

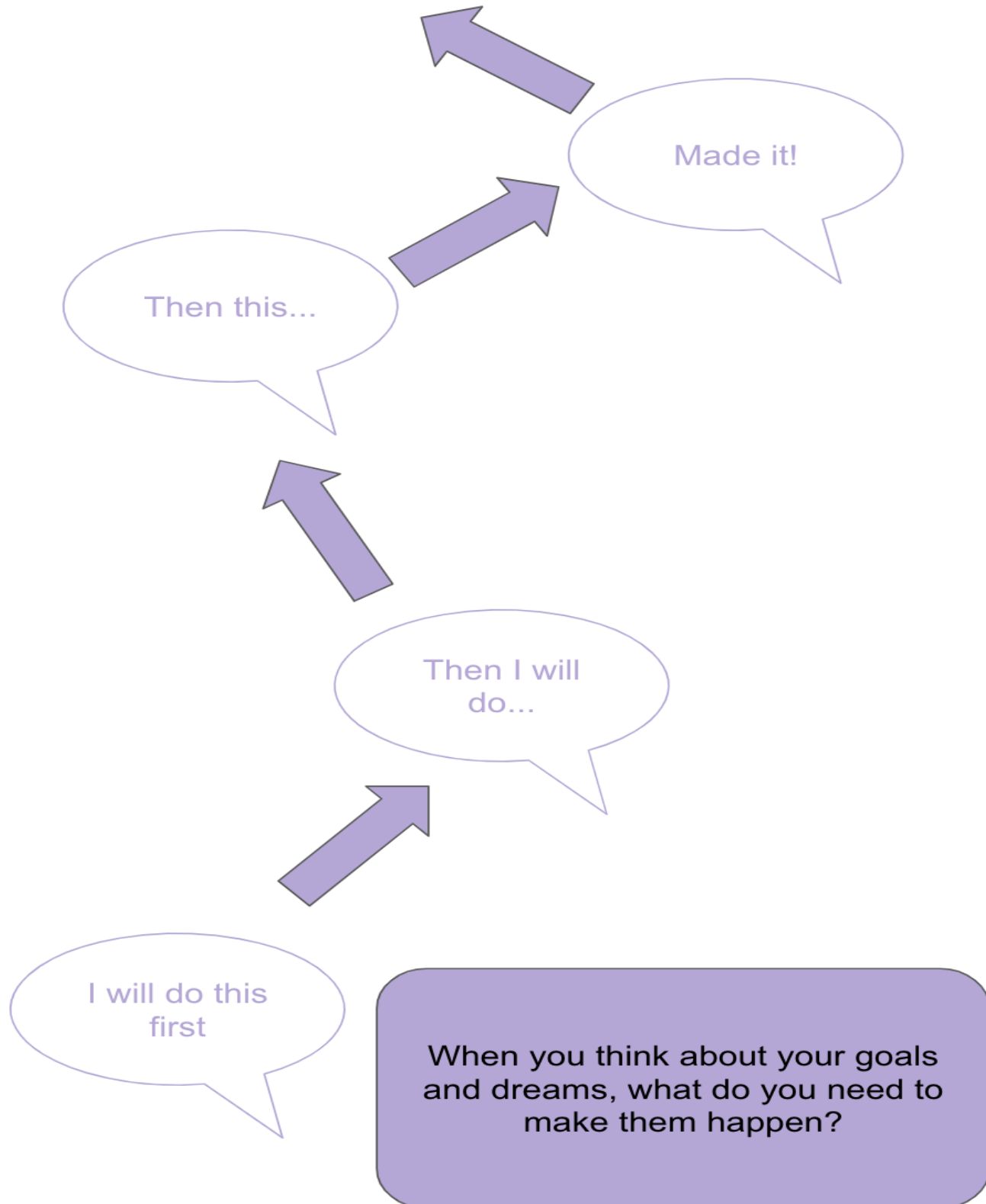


Taste





GOAL



Planning for secondary

Morning Routine

Wake up

Have a wash/shower

Get dressed

Brush my teeth

Eat breakfast

Brush my hair

[Check my bag](#)

Helpful

Leave the house on time

[illegible]

Planning for secondary

After-school Routine

Have a snack

Do homework

Have a wash

Eat tea

Free time

Pack my school bag

Go to bed

Check my phone

Get uniform/shoes ready

[illegible]

Things I would like to know about school to help me

Questions I have for my new school

1.

2.

3.

How can I find the answers for this?

1.

2.

3.

Who will I ask if I need help?

Things I would like you to know about
me

My name is:

My hopes are:

The challenges I have are:

I can do this	I can sometimes do this	I find this difficult

What I need to help me succeed:

A large, empty, light blue rounded rectangular box with a thin dark border, intended for a user to write their response to the prompt above it.