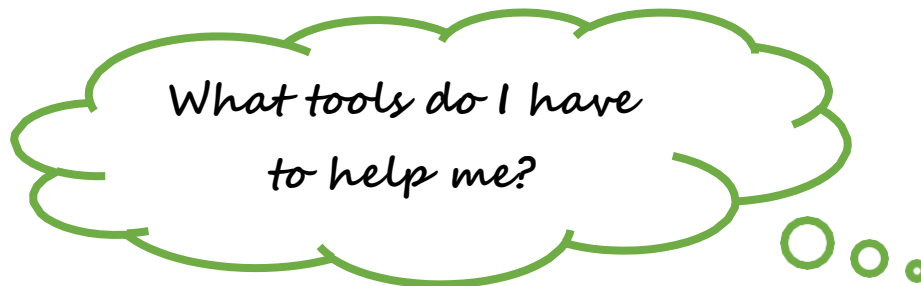


Day 3: Thursday 18th June



Today, you are going to think about the journey to your new school and the tools you have within you to help you to cope with the ups and downs as you make the transition to secondary school. Today you will be using these tools:



Task 1



GET ACTIVE

Today, let's do something really practical – plan how you are going to get to your new school. You might already know the way, but if not, you may need to look at a [map](#) or use the bus [journey planner](#).

Talk with your parent / carer about what your new routine will be for getting to school in August. What time will you leave / get home. Who are you going with? What do you need to remember to keep you safe? Will it be the same every day? What are their expectations? Discuss all of these things with your grown-up today. Over the next few weeks, make a practise journey to school.

Task 2



BE KIND TO OTHERS

Your friends from primary school are going through this change with you. Some will be excited, some will be nervous, and some will be feeling everything in-between! Today, show kindness to others by reaching out to them. You might be able to safely meet them in person or you could do it virtually. Have a chat with them about how they are feeling about starting their new school.

Remember that your new secondary teachers will also be kind to you! If they are able, they will reach out to you over these three days to introduce themselves.

Task 3



CHALLENGE YOUR MINDSET

Finally, think about all of the tools in your BE RESILIENT toolkit. Reflect on which one(s) **you** are going to need most as you start secondary school. Choose one of the tools and explain to your grown-up:

- What the tool means.
- How you will use it.
- How it will help your mental health through this transition

Create a new avatar for the tool you have chosen. You could draw it by hand or use technology, but it must be your own work and not using other people's images. How could you represent that tool in one small picture?

Why not enter your design into our city-wide competition? Your schools will provide the details of how to enter. Your new avatar design will explain what tools and skills you are bringing with you to your new school. There is an entry form in your pack.