



The Exchange

THE ADVENTURE



ARE YOU READY FOR YOUR NEXT ADVENTURE?

The Adventure programme – Transition & Change

Feeling strong, able, and ready to embrace Secondary School can be challenging for a young child transitioning from Primary School.

The Adventure programme was designed to prepare children for the next big chapter and to tackle Secondary School with a confident and optimistic mindset!

The Destination of our Adventure

- To promote a sense of security and stability
- To encourage positivity and optimism
- To enhance the child's belief in themselves and in their ability to achieve
- To promote the ability to self-regulate
- To support the development of social competence skills

Who's ready for our Adventure?

Children in Primary 7

This programme takes place over summer , one morning a week for 3 consecutive weeks for parent and child transitioning to Secondary School.

Dates to be confirmed

Please let us know if you are interested by emailing wilma@healthisone.co.uk



East Ayrshire Council
Comhairle Siorrachd Air an Ear