

## Any Fears, Worries or Concerns

### Moving from Primary to Secondary

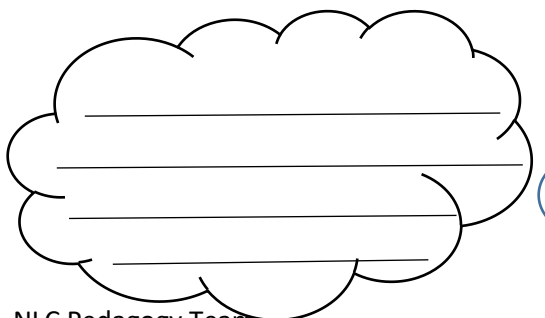
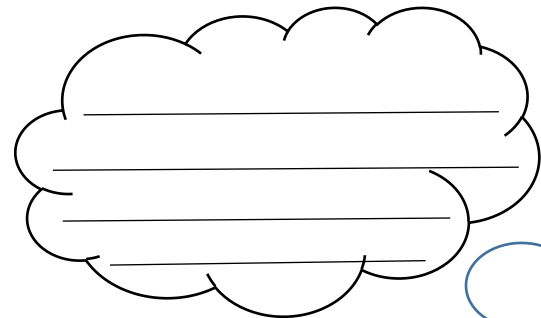
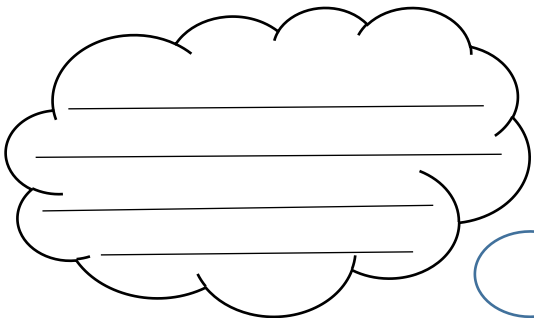
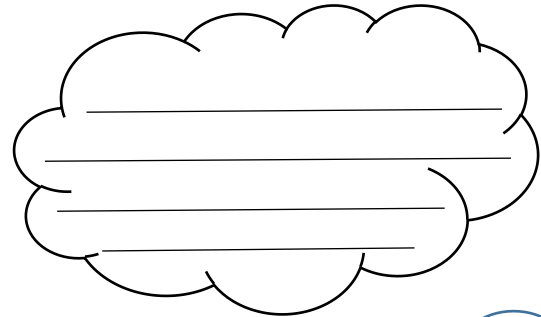
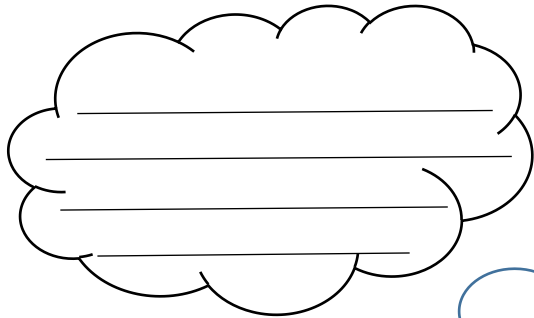
School is all **very exciting** and **new** but at the same time it can be **scary** and **daunting**. On this page have a think about fear, worries or concerns you may

have about starting high school. It **does not matter how big or how small** or **how silly you think** it is, sometimes putting it down on paper and trying to **find a solution** can make it seem a little **better**. In the clouds below **write any worries or fears** you have about **leaving primary** and **starting secondary** and rate them on how bad they make you feel on a scale of 1 to 5 (1 being a little worried to 5 being extremely worried).

L.I: To share and evaluate my own thoughts and feelings.

Success Criteria:

- Discuss fears and concerns that I have.
- Rate the fears and concerns I have on how they impact me.
- Include a solution or a plan to help with these fears and worries.
- Discuss how the plan or solution will help.



In the suns below, write down some **different ways** that you can **help to stop or ease** these **fears and worries** you have. It can be something **practical, solving the problem, talking** to someone, finding out if it is **true or not**. Try to **come up with a plan** to solve your concerns.

