

Transition Activity

14th May 2020



Activity

Watch the Youngminds video called 'Finding your Feet Schools Resource'

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/#film-resource>

This resource was created to reassure you that you're not alone when it comes to having worries/ concerns about starting secondary school. There are ways to cope with change and there are people you can talk to when things get difficult.



What did you think of the video?

- Perhaps you could have a discussion about your thoughts with someone you live with or a friend on the phone.
- Who are some of the people you could talk to at St Maurice's HS should things get difficult?

If you are unsure, be aware there will be lots of further information coming out through twitter and on the school website. You are certainly not on your own!