



Building
stronger
families

Lincolnshire BOSS



Transition booklet

Name:

My primary school is:

My secondary school will be:



All about me

Facts about me:

Name:

Age:

Members of my family:

My friends:



My favourite:

Animal:

Colour:

Food:

Sport:

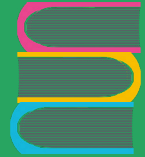
TV show:

Favourite things to do:



My current school

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

Secondary school

Name:

Address:

Telephone number:

Email:

Website:

Key contact

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 throughout 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 your 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

Adventurous

Friendly

Helpful

Brave

Caring

Confident

Forgiving

Co-operative

Energetic

Flexible

Kind

Practical

Assertive

Enthusiastic

Creative

Happy

Honest

Try your
best

Understanding

Determined

Fair

Answering
questions

Listening
Skills

Talking to
adults

Making new
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			
Remember what I need for each lesson			
Listen when someone is talking			
Put my hand up when I need help			
Tell the time			
Follow the class rules for setting out work			
Have a go at my work on my own			
Write down my homework/check online			
Able to make friends			
Ask for help when I need it.			



**Things I am
looking forward to**

A large, empty rounded rectangle with a thick orange border, intended for writing.

**Things I am
worried about**

A large, empty rounded rectangle with a thick orange border, intended for writing.



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 exercise:

- 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



Coping with change

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 & Reading:

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

Read something uplifting or 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:



See



Hear



Touch



Taste

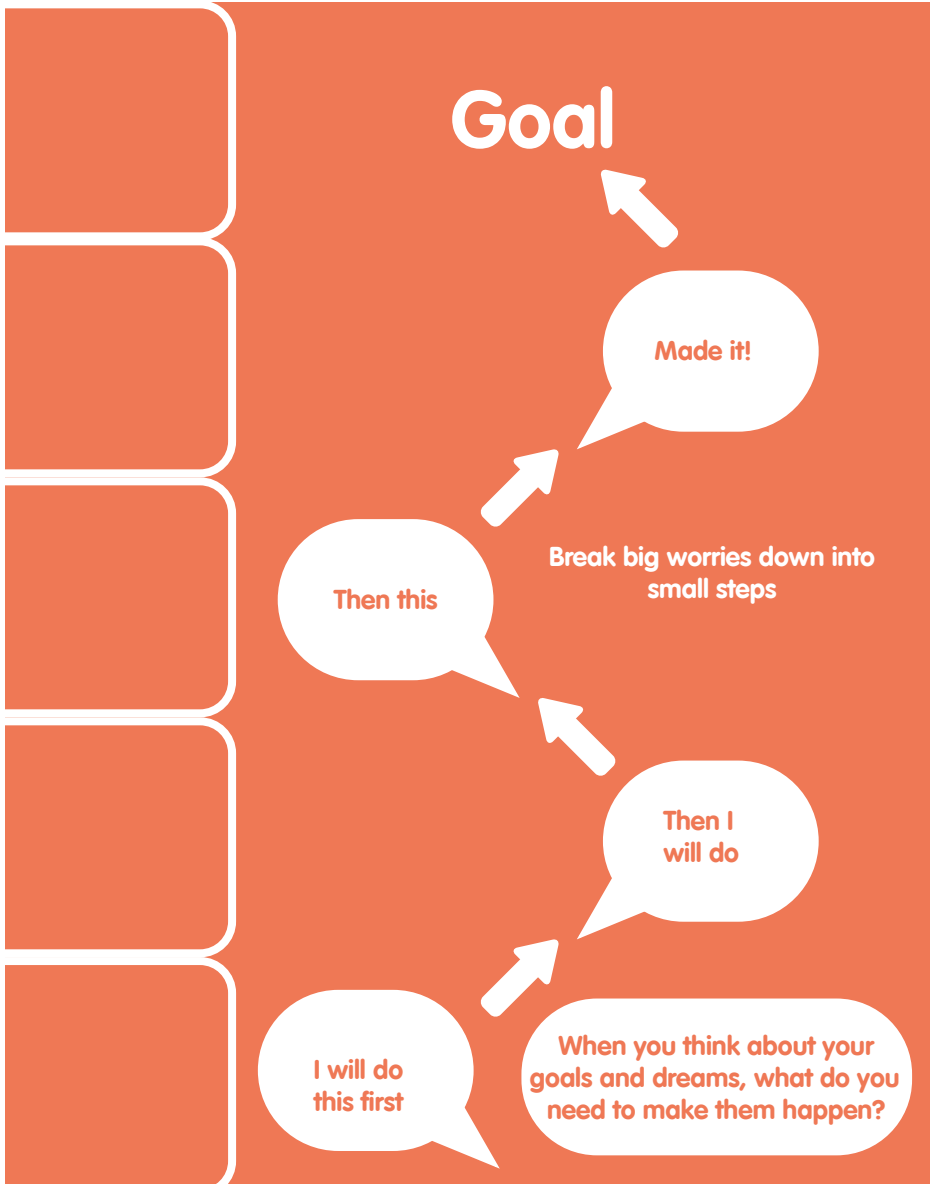


Smell





Making a plan





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:

E: LincolnshireBOSS@family-action.org.uk
T: 01507 308908
W: www.family-action.org.uk

Family Action

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T: 020 7254 6251

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