

L.O. I am learning to explain the changes that happen as you move into adolescence.

May 13-10:22

What ways can you manage your feelings and emotions?

Speak to a trusted adult

Go for a walk or get some exercise

Do something that makes you happy

Confide in your friends

Mindfulness

For example, gardening! (Watch from 1:37 - 3:40)



Write things down



What is mindfulness?

May 13-10:22

*Look at these scenarios. What advice would you give to these children?
Write down what you would say to them.*

I have a lesson in room 3 first period and then next lesson it is all the way over on the other side of the school. I can't really remember how to get there either.

Help! What should I do?

I forgot my homework! I did it late last night but left it on the kitchen side! The teacher I have is really strict and I am really scared to go to the lesson. I could say I am sick...

Help! What should I do?

May 13-10:22

What qualities or skills do Year 6 children need to develop to make sure they're ready for Year 7?

May 13-10:22



May 13-10:22

Read the secondary school timetable and look at the map.
(This is replica, not your real timetable)

What do you need to understand?

How would you prepare?

Secondary School Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:40-9:00	Tutor Lesson 7A1 BT	Tutor Lesson 7A1 BT	Tutor Lesson 7A1 BT	Tutor Lesson 7A1 BT	Tutor Lesson 7A1 BT
9:00-10:00	MATHS Room 6	ENGLISH Room 13	ART Art studio	MATHS Room 6	SCIENCE Room 27
10:00-11:00	ENGLISH Room 13	SCIENCE Room 27	ENGLISH Room 13	ENGLISH Room 13	HISTORY Room 22
BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
11:30-12:30	DRAMA Studio	MATHS Room 6	SPANISH Room 45	ICT ICT Suite 2	MATHS Room 6
12:30-13:30	MUSIC Room M2	RE Room 3	GEOGRAPHY Room 32	TEXTILES Room 3a	FOOD TECH Kitchen 4
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
14:00-15:00	DANCE Studio	PSHE 7A1 BT	MATHS Room 10	PE Hall	ENGLISH Room 13

May 13-10:22

At primary school, you are in the same few classrooms all day and your teachers tell you where to go. They tell you what you need and remind you LOTS! They also speak to your parents who will help you too e.g. sending letters home/tweets!

How is secondary school going to be different?

How could you improve your self-organisation?

May 13-10:22

Mind-map your thoughts and feelings (maybe pictures too). Writing things down can help you de-stress and ease your nerves.

Pack your bag the night before. Brainstorm the equipment you need.

Make a list of the homework you have this week and prioritise it.


Create a table. Your own timetable which includes after-school activities too.

Plan how you will spend your time including homework and relaxing.

Plan your route to school. You may want to do a practise run before!

May 13-10:22

What is a priority?

 **priority**
/praɪˈɒrɪti/

noun

the fact or condition of being regarded or treated as more important than others.
"the safety of the country **takes priority over** any other matter"

Similar: prime concern first concern most important consideration

- a thing that is regarded as more important than others.
plural noun: **priorities**
"housework didn't figure high on her list of **priorities**"
- **BRITISH**
the right to proceed before other traffic.
"priority is given to traffic already on the roundabout"

Agony aunt:

'I feel so worried about next week at school. I have a History exam on Tuesday and I haven't revised yet. I need to read a poem for English on Wednesday and make some brief notes on it. I have started my art project already which is good and that is due in on Friday.'

How can you help?
Write down the advice you would give this person.

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