

YEAR 7 TRANSITION CHECKLIST



Make sure they have everything they need, they will need so much more equipment than they ever had in primary school

Write down a list of all the things they are looking forward to about their first day, it is a big day, a huge transition and can either be really exciting or scary depending on how we approach it so let's approach it with excitement.



Write down all the things that are worrying them about it and discuss these things with them.

Get them to rehearse how they want their first day to look, how they want it to feel - the more we visualise things and practice thinking about how we want them to go the more likely we are to be successful.



Talk about what they know will happen. and focus less on what they can't control

Remind them that they are not alone and that everyone is going to be feeling the same..



Reassure them that there are people around to help them if they get lost or are worried about something.

Take a picture to mark the big occasion.

