

Coming to terms with school changes linked to Coronavirus

A guide for Year Six Pupil

Making Sense Of It...

So, you've found out that your Primary School is closing suddenly, and you might not be doing things that were planned in Year 6 as you had expected.

You might be feeling..

- **Sad** that you might not see your friends and teachers again;
- **Worried** about what this will mean for Secondary School;
- **Frustrated** because you have worked so hard in Year Six;
- **Confused** about what all this will mean for you.

You are not alone in these feelings, they are all **normal**.

When things change suddenly, we can feel a sense of **loss**.

*But we humans are resilient, and when difficult things happen, they can help us to **grow !!!***

TIME TO REFLECT!

- 1) What has been the best experience you have had in Year Six?
- 2) Think of three things you have learned in Year Six that you are really good at?
- 3) Think of a challenge in school you have overcome, and how did you do this?
- 4) Think of the special relationships that you have made in Primary School. Can you make a list of all of these people and why they are special to you?
- 5) Thinking ahead, what kinds of things would you like your Secondary school to know about you?

What can you do next?

- ✓ Talk to an adult you trust about how you are feeling.
- ✓ Keep in touch with your friends. There are lots of ways to stay in touch even if you cannot meet face to face.
- ✓ Look after yourself. There are lots of ways to do this such as keeping active, listening to music, eating healthy food and doing activities you enjoy.
- ✓ Routines are helpful. Ask an adult to help you plan your day!

Vision Board



In the future

I want to



To get there I'm going to need



Things I am already good at that will help me achieve thi



Think about the people who love you
How can they help?

Some helpful apps and Websites!

Headspace (App for mindfulness)

www.bbc.co.uk/cbbc

www.kooth.com

www.nopanic.org

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