

Introduction

Starting secondary school can seem intimidating, but building skills such as staying positive (resilience) can help you feel more prepared for it.

This activity will help you understand how reacting in a positive way can help us get good outcomes to situations, including new ones. You can type in the boxes to answer the questions.

Worksheet

Think about your upcoming move to secondary school.

1. What are you really looking forward to?

2. What are you worried about?

3. What do you think you need to do to get organised for starting your new school?

Scenario	Reaction
You've received your timetable, but have gotten lost trying to find your next classroom.	Immediate reaction
	Positive reaction
A few weeks into term, you have a lot of homework to get through that's all due at a similar time.	Immediate reaction
	Positive reaction

Worksheet cont.

Remember, even if you initially react by being worried by a situation, taking some time to think how to respond positively can help overcome the worry.

It is normal to feel fear when we are faced with challenges, but the challenges we overcome can help us grow and develop. Think about the challenges you wrote down earlier on this worksheet and use the table below to consider how these challenges could become opportunities.

Example challenge

I am worried about getting lost at my new school, it's so much bigger, there are lots of people and I'm worried about being late to class.

How I could see it as an opportunity...

- Practise map-reading
- An opportunity to communicate with someone new to ask for help
- A way to start a conversation with someone in my class and practise teamwork finding the room together

My challenge

How I could see it as an opportunity...

My challenge

How I could see it as an opportunity...