What Am I Worried About?

Sometimes, you might have worries or questions about starting secondary school. Write down your questions on the thought clouds below.

Positive Affirmations

Please write a positive affirmation about starting secondary school, e.g. I am going to try my hardest with every new challenge that comes along.

My positive affirmation is:

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Starting Secondary School

Read these questions and answer them carefully.

1. If you felt ill at your new school, what would you do?

   _____

2. If you wanted to start an after school activity at your new school, what would you do?

   _____

3. If you arrived late at your new school, what would you do?

   _____

4. If you forgot your PE kit at your new school, what do you think would happen?

   _____

   _____

5. Who might help you at your new school, if you fell out with one of your friends or someone was being unkind to you?

   _____

   _____

Check your answers with your teacher.

It might be a good idea to keep this passport with you when you start your new school.

What Am I Excited About?

Starting secondary school is a very exciting time. There will be new things to learn, new places to go, new experiences to have and new people to meet.

Think of all the things you are excited about and write them on the stars below.

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