**Week 4 – Utilise your skills!**

You’ve probably experienced lots of changes in your life already. For example, you might have moved house, or even moved country. You might have welcomed new siblings into your family unit.

**Task 1** – Think of a change that you’ve already faced in your life. Explain what changed, and how it made you feel and how you overcame any negative emotions that may have been associated with it.

A change that I have faced is …

Moving to secondary school might feel like a big change in your life, but you know that you have experienced changes before and have the resilience to manage your feelings. Here is a reminder of some things that might help you manage your feelings when things are changing:

1. **You’re not alone.** Sometimes it might feel overwhelming or that you don’t know what is happening. Uncertainty can make you feel very anxious. Talking to other people going through similar things can help reassure you that you’re not the only person who feels like this. Try talking to friends about how you’re feeling. This is a really important way of managing change effectively.
2. **It is always ok to as for help.** It is ok to find change worrying or stressful. If you find yourself feeling overwhelmed, it is ok to ask for help from a friend or trusted adult at home or in school.
3. **Sleep, eat and exercise well.** Any kind of stress is harder to cope with if you are overtired or hungry, and change is no exception. Try to eat healthily and keep a good sleep routine. Exercise releases hormones that can help to reduce any feelings of stress or anxiety.

**Task 2 -** In Secondary school your are likely to be faced with lots of new situations and this may seem daunting. Thinking about what you might do beforehand can help you feel more prepared to deal with them if these situations arise. Talk to a trusted adult or older sibling about the following situations and together come up with a plan.

What will you do if…

1. You miss the bus? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. You feel unwell?

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1. You lose your lunch money or find you have no money on your school account?

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1. You forget your PE kit?

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1. You don’t know who to talk to or sit with at lunch or break time?

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1. You are late to a lesson and when you get to the right room, it has already started?

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1. You go to the wrong room?

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Write down any other concerns that you have and how you are going to prepare yourself for them.