

## Activity 2:

# Change tunnel

### Learning Outcome:

To be aware of how they feel about changes happening during transition to secondary school.

### Context:

Transition to secondary school is a significant change for children and many will feel nervous and/or excited about it. Feeling isolated can heighten anxiety. Therefore, sharing their worries and anticipation can help to make children feel reassured.

### Activity:

Start the session with groundrules, to ensure that children feel safe to speak and only share what they don't mind others knowing.

- This activity can be done as a whole class. Explain to the class that they are going to discuss going to secondary school and how this thought makes them feel. Remind them of the groundrules and what they need to make the space safe.
- In pairs or small groups, ask the children to think about what they are worried or excited about when they think of going to secondary school. Ask them to write each idea on a post it.
- When they have written all their ideas down, ask them to put all their post its in the hat/bowl.
- Put up the signs 'Nervous', 'Excited', 'Not Sure' in different areas of the classroom/hall.
- Read out each statement from the hat/bowl and ask children to go to the sign that best describes how they feel about it. Ask a few children to explain why they feel that way and acknowledge this reaction.
- Repeat with other statements until most of the common themes have been covered.
- Ask the children how they feel about other people having similar worries to them. Does it make a difference?
- Look at quotes from Yr 7 pupils 'Advice to my Yr 6 self' – page 5 of PDF. Explain that these come from young people from all over the UK.
- Introduce the concept of resilience: *'Resilience is having the skills and resources to deal with difficult situations in life. There are different ways to build resilience in people and in these sessions we are going to have some fun and learn some new ways to cope.'*
- Ask pupils to think about who they can talk to about these worries.

### Time:

40 mins



### Resources:

- Post its
- Pens
- Hat/bowl
- Signs:
  - 'Nervous'
  - 'Excited'
  - 'Not Sure'

### Thing to consider:

Children may feel very differently about issues, but all their feelings are valid and should be respected. Asking children to put their hands up if they agree with another child's feelings helps the less vocal children to feel listened to.

### Extension activity:

Set up a worry box for other concerns that children may have about transition. These should be discussed in future sessions.

**Nervous**



**Excited**

**Not sure**

# Advice to my Year 6 self...

Don't worry, it will be fine.

Don't worry, everything turns out ok.

Think Strong.  
Be Strong.

Be ready for the future, because anything can happen.

Don't try and change yourself, instead be yourself.

Hi! You may be nervous and scared but it's okay. At first it may be rocky but it gets better. You will meet mean and nice people, but don't let them knock you down.

Dear YR6, secondary school isn't as hard as you think. If you are resilient and work hard it will be easy.