



be
awesome
some **big** GO



The PXL Club Ltd in partnership with Hachette UK

Session 4

Making the change

In Session 3, we looked at the things that we worry about including the fear of failure.

We agreed that failure is a way to learn and we should embrace it!

People who want to be awesome and mature, make failure an opportunity to learn.



What is change?

In life, we go through many different changes or 'transitions'. Here are some examples:

- Moving house
- Becoming a vegetarian
- Becoming a brother or sister
- Getting your first job
- Breaking your leg or arm
- Growing up
- Going to secondary school



One of the biggest changes you will ever make is the leap from primary school to secondary school.

Change is an opportunity



How can you face change and be prepared?

Talk to friends and family about your concerns or excitement.

Be organised and get all of your equipment ready.

Learn the layout of your new school.

Know the timetable of your new school.

Know what uniform and sports kit you need.

Never be afraid to ask for help.

There are many ways we can embrace the change of going to secondary school



- See it as an opportunity to make new friends.
- Try out new clubs and activities.
- Everyone is facing the same thing so try to enjoy it!
- Make a great first impression with your behaviour, organisation and presentation.

Activity: School memories

Before you make a change, it is good to look back as well as look forward. You can see how far you have come! You started primary school when you were just five years old – you couldn't read or write back then!

- Name three things that have changed the most since you started primary school.
- What will you miss most about your old school?
- What are you most concerned about in your new school?



There are many differences between primary and secondary school. Here is what to expect:

Primary	Secondary
<ul style="list-style-type: none">• Smaller school• Same class all the way through school• A smaller range of subjects• The same teacher or a few teachers for an entire year• Playtime activities to do• It could be close to your home with friends nearby• Less independence	<ul style="list-style-type: none">• Bigger school and you will move to different lessons• Different subjects• Different types of homework• Different structure and routine• Different teachers for each subject• You will have a form tutor and class• More independent learning• Manage your own time• A mixture of different children from different schools• Different set of rules

Activity: New school

- Write down three things you are really excited about doing in secondary school.
- Write down three worries you have about secondary school. Speak to someone you trust about your worries to help you feel better.



Life is a journey...

Build on who are and what you have done in primary school.

Use it as a stepping stone to help you achieve and enjoy a new school and environment.

In your workbook:

What are the things that you have already done at primary school that you would like to build on?



It is YOUR journey...

Here are some top tips for making the change:

1. When you go for your first day, ask people their names.
2. Be kind – everyone is nervous, we just display it in different ways.
3. Make yourself talk to new people.
4. Ask if you are not sure.
5. Be determined to make a good impression – be polite and have the right equipment.
6. Smile! Even your teacher will be nervous on the first day back!