

A large version of the 'be awesome GO big' logo. The words 'be awesome' are in black, 'GO' is in grey, and 'big' is in large orange letters. Small human figures are integrated into the letters. A vertical line of text on the right side of the logo reads 'The PXL Club Ltd in partnership with Hachette UK'.

Session 9

Living well



Welcome to Session 9 – our very last session together. Last time, we looked at ‘friendships and fallouts’.

We looked at the kind of friends you want and the kind of friend you want to be.

We explored the idea that sometimes friendships change and that is OK, BUT also that we should always act with kindness in each circumstance.

You can't function well at school, or in life, if you don't look after yourself and 'live well'.

It is important that you have a healthy body and mind to cope with the transition of starting a new school.



There are lots of different ways you can live well

- Switching off from technology
- Being kind to yourself and others
- Getting enough sleep
- Being patient
- Keeping fit and staying healthy



If you have a phone now, use it wisely

**Put it away.
Turn it off.**



- Try to limit your screen time so you can perform your best in and out of school.
- If you are doing homework, turn your phone off or put it away somewhere so that it doesn't distract you.
- Try to have time away from your phone and technology each day.
- Be very careful what you look at and what you send to others.

If you are going to be online more and have a phone now that you're moving to secondary school, then you need to think about this...

“Look after yourself and think about what your actions say about you. Are you proud of that person who's the 'online' you? If so, then brilliant. If not, maybe it's time to make a change.”

You get to decide the person you are going to be!



Sleep is so important for you to stay well



It will help you:

- Feel good
- Concentrate
- Learn better
- Improve your memory
- Stay fit and healthy.

Spend your time at secondary school being the best version of you.

Spend time finding your way and make the mistakes you need to (and will) make to learn to be even better.



Activity: Keeping yourself well

Write down three things that you are going to do when starting your new school to help you stay well.



So our journey is now over. I have taken you through nine sessions to try and help you be ready for secondary school and to be awesome.

Now it is up to you!

You are the one in the driving seat, deciding how you are going to live your life and make this transition.

Have a look through your workbook: have you completed all of the activities?