



Salvesen Mindroom Centre
No Mind Left Behind

MOVING SCHOOL
**PRIMARY
WORKBOOK**



This workbook will help you think about your school move.

It is your workbook. You might want to do it on your own or you might want to ask an adult you trust to help you. You can show it to other people or you might want to keep it private. There are no right or wrong answers.

There's lots to think about in this workbook. You don't have to do it all at once. You might want to do a little bit at a time.

If you have any questions about this workbook, it's important to speak to an adult you trust.

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The school you are moving from



Think about your time at the school you are moving away from.

How does it make you feel?

happy



bored



relaxed



worried



excited



sad



What were your favourite things to do?

Write or draw your answer here.

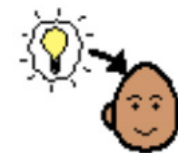


Was there anything you didn't like?

Write or draw your answer here.



Write down or draw three things you enjoyed during your time at the school you are moving away from:



1:

2:

3:

Feelings about moving school



We might have lots of different feelings about moving school.

What feelings do you have?

happy



bored



relaxed



worried



excited



sad

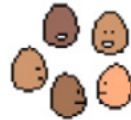




There can be lots of good things about moving school. Think about the things you're looking forward to.

Who are you looking forward to seeing?

Write or draw your answer here.



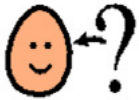
What are you looking forward to doing?

Write or draw your answer here.





It's okay to have some worries about moving school.



Do you have any worries about moving school?

Write or draw any worries you have about moving school here.

Some worries are big and some are little.

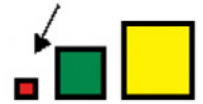


Try to sort your worries into big and little worries.

Big worries



Little worries





It's important to speak to an adult you trust about your worries. This might be a family member, teacher, or another adult you know.

?



They can help answer questions and help you feel better.

Who are the people you can speak to about your worries?

Write or draw the trusted adults you can speak to about your worries here.



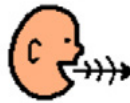
What questions could you ask your trusted adults to help you feel better?

Write or draw your questions here.

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The school you are moving to might have some different rules. You might have different feelings about the new rules. It's okay to feel a bit frustrated

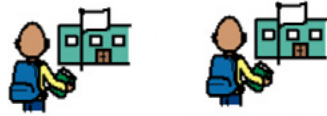


or annoyed sometimes. It can help to speak to an adult you trust about your feelings.

Do you know what the new rules will be at your school?

Write or draw what you know about the new rules here.

Classroom



You will have a new classroom when you move school. Some schools have more than one classroom.

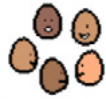


Do you know what your classroom(s) will look like?

Draw or write what will be in your classroom here.



Talking to friends



When you move school, you will meet your new classmates.



It might help to think of things you'd like to say to them.



Think about the things you like to talk to your new classmates about.

What would you like to tell your friends about?



Teachers and learning



You will have a different teacher when you move school.

Do you know who your teacher will be? Some people might have more than one teacher. Are there other adults who help you at school?

Draw your teacher or write their name here.

Who else will help you at school?

Draw or write about the people who help you here.

What would you like your new teacher(s) to know about you?

Things I like.

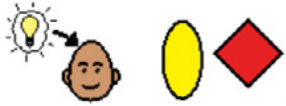
Draw or write your ideas here.



Things I don't like.

Draw or write your ideas here.





We all learn in different ways. Sometimes, we need help to learn.



What can your teacher do to help you learn?

Write or draw your ideas here.

instructions



timetable



choose



quiet time



movement



fidgets



What helped you learn at the school you are moving from?

Write or draw the things that helped you here.

projects



play



time



computer



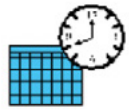
breaks



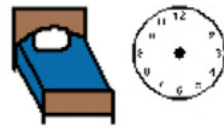
family



Morning and bedtime



Sometimes your routines can change when you move school so it is important to prepare.. This will help us get ready to learn. It might help to



practice getting up early each morning. Going to bed early will help us get enough sleep.

Morning and bedtime routines can help. Here are some ideas for routines.

Morning Routine

Wash

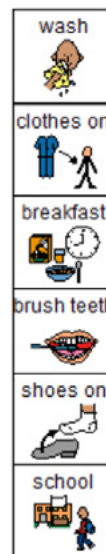
Put clothes on

Eat breakfast

Brush teeth

Put shoes on

Go to school



Bedtime Routine

Dinner

Bath time

Put pyjamas on

Brush teeth

Story time

Go to sleep



Write or draw a morning and bedtime routine for you and your family.

Morning Routine



Bedtime Routine





Or you might want to count down how many sleeps are left until you move school.

	4 sleeps 4	3 sleeps 3	2 sleeps 2	1 sleep 1	start at new school

School bag



You'll need to get your school bag ready for your first day at your new school.



Think about what needs to go in your school bag.

School Bag Checklist

pencil case



snack



gym kit



homework diary



something else





What will you have for lunch at school? Will you have a packed lunch or a school dinner?

Write or draw what you have for lunch here.

School clothes

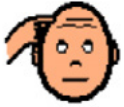


You'll need to get your school clothes ready. What clothes do you wear to your new school? Do you wear a school uniform?

Draw a picture of your school clothes here.

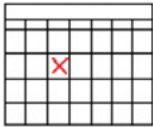


First day at your new school



Think about your first day at school. What will happen on your first day?

Fill in the gaps.



My first day at my new school will be _____ .
(Date)



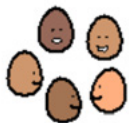
School will start at _____ o'clock.
(Time)



I will go to school by _____ .
(Transport)



_____ will take me to school.
(Person)



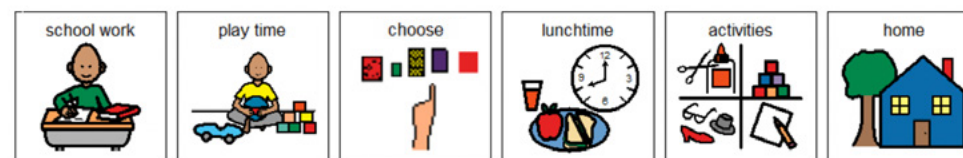
I will see _____ when I get there.
(Friend or Teacher)



You might do different activities on your first day at your new school.

What activities do you think you might do on your first day?

Write or draw your ideas here.



**What time will school finish
at the end of the day?**

Write or draw the time here.



**Who will you see
when you go home?**

Write or draw your answer here.



How will you travel home from school?

Write or draw your answer here.



Relaxing after school



Everyone feels differently about moving school. However you feel, it can help to make a plan of things to help you relax after school.

What helps you relax?

Write a list or draw things that help you relax here.



What could you do to help you relax when you get home after your first day at school?

Write or draw your ideas here.



Feelings after the first day



We might have lots of different feelings after our first day at school.

After your first day, think about the different feelings you have.

Write or draw the different feelings you have here.

sad



tired



happy



excited



worried



relaxed



**What was your favourite thing
about your first day at school?**

Write or draw your answer here.



**Was there anything you didn't like
about your first day at school?**

Write or draw your answer here.





Sometimes things can go wrong or don't happen the way we hope they will.

If there was anything you didn't like about your first day at school, what ideas do you have to make this better?

Write or draw your ideas here.



Two stars and a wish:

Think of two things you did really well at school and one thing you'd like to get better at.



I did really well at _____



And _____



I'd like to get better at _____

Summary and questions



You might have lots of different feelings about moving school.



There will be lots of good things about moving school. Some things might be a bit tricky but you can speak to your



trusted adults about any worries. They will help you to feel better.

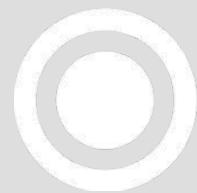
Do you have any questions? You could ask an adult you trust to help answer your questions.

Write or draw any questions you have here.



Your thoughts

Use this space to write or draw any other thoughts and feelings you have.



Salvesen Mindroom Centre
No Mind Left Behind

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